

Amanda Carlson-Phillips is SVP & Head of Performance Innovation for EXOS. Carlson-Phillips joined EXOS in 2003 and has held a variety of roles. She holds a Master's Degree in both sports/clinical nutrition and exercise physiology and over the last 18 years she has worked with professional, elite and youth athletes across all sports, professional and collegiate sports teams, military operators and forward thinking organizations to optimize their human performance systems. Carlson-Phillips speaks nationally about the importance of improving nutrition for performance and overall health and is known as a leader beyond nutrition and more broadly about how to bring an integrated high performance program to life. She has contributed to many sports- and fitness-based publications, has edited various sports nutrition books and educational texts, and now serves as an ambassador to the Collegiate and Professional Sports Dietitians Association after serving on their Board of Directors for 6 years.

Carlson-Phillips spent 15 years coordinating the company's performance research and analytics team, undertaking both case studies and peer-reviewed research to help EXOS stay on the cutting-edge of both health and performance while building a business intelligence function for EXOS. This research manifested in publications, case studies, and proof points to accelerate both business growth, but also scientific credibility. Carlson-Phillips expanded her role in 2019 to lead all of EXOS strategic partnerships with the vision of bringing the best technology and science to our clientele while exposing EXOS IP to the broader population looking to achieve their performance goals. In 2021 she was appointed to Head of Innovation where she leads a team that is committed to bringing the most cutting edge solutions to EXOS clients and programs while keeping EXOS front of mind as a pioneer in the field of human performance to the industry.