

Local Pastor in the running for Muscle and Fitness's Mr. Health and Fitness Title

Faith and fitness go hand in hand with this Pastor/Executive and health coach vying to become Mr. Health and Fitness.

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EINPresswire.com/ -- Clark Phillips, a dedicated Riverside County resident from Lake Elsinore and fitness Coach, is competing in the prestigious 2024 [Muscle and Fitness's Mr. Health and Fitness](#) competition. This is not just another fitness contest for Phillips—it's the culmination of an inspiring journey from health setback to fitness comeback.



A former athlete, Phillips once found himself out of shape as he devoted his energy to raising two high-level athletes: his eldest son, now a player for the Atlanta Falcons, and his second son, who plays football for San Diego State. It was a health scare involving hypertension and a torn meniscus that pushed him to take charge of his health. Determined to turn things around,

Phillips lost over 45 pounds and reduced his body fat by nearly 20%. At age 50, he has resumed the powerlifting and running regimen he enjoyed 30 years ago.

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I strive to encourage and inspire healthy habits to people north of 50. Age is merely a measure of time and not ability. We can truly achieve far more than we image if we are willing to evolve.”

Clark Phillips

Now, Phillips aims to inspire others to pursue a healthy lifestyle, demonstrating that age is merely a measure of time and not ability. By winning the 2024 Mr. Health and Fitness title, he hopes to raise awareness about the importance of fitness and encourage busy professionals of all ages to prioritize their health.

Clark Phillips is on a mission to prove that fitness and good health are within everyone's reach. You can support his journey and help him win by voting at

<http://mrhealthandfit.com/2024/clark-phillips>. Your vote can make a difference and inspire others to follow in his footsteps.

For more information, please contact Clark Phillips at 562.256.6573 or clark.phillips@d1training.com

****About Muscle and Fitness's Mr. Health and [Fitness Competition](#)****

The Mr. Health and Fitness competition is a prestigious national event that celebrates individuals who embody health, fitness, and perseverance. Contestants are judged not only on their physical fitness but also on their ability to inspire others through their stories and commitment to a healthy lifestyle.

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