



## **Victory Summit: Exercise**

### **Closing Remarks**

Davis Phinney Foundation

*Note: This is not a flawless, word-for-word transcript, but it's close.*

Polly Dawkins, MBA (Executive Director, Davis Phinney Foundation):

As we wrap up our day here, I wonder if I might invite my colleague Mel to join me on camera, and if she's available here, she's been, you know, instrumental in helping pull together today. Hi, Mel. Hello. Hi. Pulling today together, today's agenda, interviewing Bas, and getting all of our speakers here. Mel, what a great day.

Melani Dizon (Director of Education and Content, Davis Phinney Foundation):

It was a great day. So much great information, and I feel like just like kind of relieved, right? A lot of information that is not so scary. Like there's so much to do, there's so much you can do, and you don't have to feel like you have to be some sort of Olympic athlete to use exercise to help you live well.

Polly Dawkins:

Isn't that true? And our speakers have given so many tips and techniques and ways to make it accessible and fun and to see the benefits so it wouldn't be a complete Victory Summit event without closing the day with our friend Davis Phinney. Thank you all for being here. Oh, this has been a wonderful day and I just have one way to celebrate, which is of course my victory. So please join me in putting our arms to celebrate this big victory every day. Ready? 1, 2, 3. Yes.

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