



Julián Alvarez García, M.D., Ph.D.

Spain

Julián Alvarez García, M.D., Ph.D., has been a member of the Herbalife Nutrition Advisory Board since 2006.

Alvarez specializes in sports medicine and sports physiology. Over the past 25 years he has advised professional teams, national teams and individual athletes in a range of disciplines including weightlifting, triathlons, mountain biking, football and basketball.

Alvarez served as head of medical services for the Spanish Federation of Weight Lifters from 1992 to 1995, he was the doctor of the Spanish Olympic Expedition in the 1993 Mediterranean Games and was a member of the medical team testing and preparing the Spanish athletes for the 1996 Summer Olympic Games in Atlanta. He was the head of the medical service of the Sierra Nevada CAR (International High Performance Altitude Training Center) from 1995 to 2000, working with elite athletes and teams from around the world in several disciplines. He was team doctor for the Spanish National Mountain Bike Team during the 2000 World Championship in which they won five medals, three of them gold. He was team doctor for a professional basketball team in the Spanish Major League (ACB) from 2000 to 2004, and head of the medical services and national team doctor for the Spanish Triathlon Federation from 2004 to 2008. He served as team physician of Second and Third Spanish League football teams in 2007 and 2008, respectively, and acted as the head of the medical services of sports medicine in the High Performance Training Center in Alicante from 2009 to 2010.

As an academic, Alvarez has lectured in sports medicine and physical education throughout Spain, coordinating study programs and lecturing to masters programs in sports physiotherapy at the European University in Madrid and on postgraduate courses in sports nutrition. He was associate professor of Sports Medicine at Miguel Hernandez University in Alicante, Spain, and now is directing and teaching special courses about fitness at Alicante University.

An active researcher and publisher both at home and internationally, Alvarez has also contributed to and written books on the physiology of exercise, supplements in sport and the biological aspects of an athlete's nutrition. He is a regular contributor to both radio and television broadcasts on health, nutrition and sport.

Alvarez is a founding member of the Spanish Association of Specialists in Sports and Physical Education Medicine and a member of the Spanish Association of Basketball Doctors. He also has held memberships to the American and European Colleges of Sports Medicine.

The Herbalife Nutrition Advisory Board is made up of leading experts from around the world in the fields of nutrition and health whose role is to educate and train Independent Herbalife Members and, in China, sales representatives, on the principles of good nutrition, getting regular physical activity, and leading a healthy lifestyle.