

## **TACSM President-Elect Nominees**

***Edwin Davila, DO, MS, CISSN, ACSM- CEP / EIM***

***Internal Medicine Physician  
Primary Care Physician, Wellmed  
Owner of Precision Health***



### **Interest in serving as TACSM President:**

My core drive of becoming a physician is rooted in my time as a Master student in Exercise Physiology. At the start, I knew the foundation of true health and quality of life was not found through a prescription pad, but via resistance training and proper dietetics. Unfortunately, much of the traditional medical education does little to elevate the impact exercise has on general health. Under the guidance of Dr Darryn Willoughby, someone I am grateful to call both a Mentor and friend, I was encouraged to pursue the clinical road and bring the value of exercise science into the lives of patients. I have since been grateful to serve as the Medicine Rep to the TACSM and, should I be given the opportunity to continue serving the TACSM as President, I will work on highlighting the numerous ways students can use passion for Exercise Science to impact people's lives.

### **Bio:**

Dr Edwin Davila is an Internal Medicine Physician practicing in San Antonio Texas. He was raised in a farming community along the Texas-Mexico border where early on he saw both the health benefits of physical activity and the significant debilitating impact obesity and deconditioning can have on a population. While serving as a US Naval Officer he utilized his experience in exercise science to spearhead projects such as developing command fitness centers and training protocols for warfighters throughout multiple regions. He obtained his medical degree from the University of the Incarnate Word School of Medicine, his Master of Science in Exercise Physiology and Bachelor of Science in Biology from Baylor University. He is a certified Sports Nutritionist with the International Society of Sports Nutrition (ISSN) and a certified Clinical Exercise Physiologist with the American College of Sports Medicine (ACSM). He has served on the Texas ACSM Board of Directors in the role of Medicine Representative for 3 years where he searched for novel clinical topics with an impact in exercise science. He currently serves as an academic contributor to the National Academy of Sports Medicine (NASM) and the medical advisor to the ISSN. Currently his primary interest is in obesity medicine and developing methods of incorporating lifestyle medicine, exercise science and evidence-based nutrition supplementation as primary care modalities as a means of preventing the progression of debilitating and preventable disease.

**TACSM President-Elect Nominees (cont.)**

***Write-in vote***

## **TACSM Medicine Representative Nominee**

***Katherine Hansen, MD***  
***Assistant Professor of Pediatrics***  
***Director of Exercise and Sports Cardiology***  
***UT Southwestern, Children's Health Dallas***



### **Interest in serving on TACSM Board of Directors:**

As a pediatrician and exercise cardiologist, I am passionate about advancing the field of exercise medicine and promoting cardiovascular health in children. Joining the board of directors of the Texas ACSM would provide a platform to collaborate with fellow professionals dedicated to enhancing the broader medical community's awareness of the importance of exercise in improving physical and psychosocial fitness. I am eager to contribute my expertise in pediatric cardiology and exercise science to drive initiatives that address the unique needs of young patients, particularly those with chronic diseases. Interdisciplinary partnerships through TACSM will best help us to advocate for "exercise is medicine" as an evidence-based practice and develop recommendations that improve the well-being of children in Texas and nationally.

### **Bio:**

Katherine Hansen is an Assistant Professor of Pediatric Cardiology at UT Southwestern and serves as the Director of the Exercise and Sports Cardiology Program at Children's Medical Center in Dallas. She leads the exercise laboratory and Exercise and Sports Cardiology Clinic, and founded and runs the Cardiac Fitness Program, cardiac rehabilitation for children with congenital heart disease. A former national team water polo player and Stanford University graduate in Human Biology and Religious Studies, she completed medical school at UC San Diego, followed by pediatric residency and pediatric cardiology fellowship at Stanford, culminating in becoming a graduate of the first exercise cardiology senior fellowship at Boston Children's Hospital. Katie is dedicated to improving the physical and psychosocial fitness of children and young adults with congenital heart disease. By integrating multidisciplinary care, patient and provider education, research, advanced diagnostics, and innovative approaches to exercise counseling and training, Katie aims to contribute to the growth of exercise cardiology to improve the fitness of patients.

**TACSM Medicine Representative Nominee**

***Write-in vote***