

# JUSTIN PARK

**PROFESSIONAL TRIATHLETE  
EXECUTIVE WELLNESS CONSULTANT**

JUSTIN PARK, J.D., HAS FINISHED ON THE PODIUM AT SOME OF THE WORLD'S LARGEST RACES, SETTING SEVERAL COURSE RECORDS IN THE PROCESS, BUT THAT'S NOT WHAT MAKES HIS STORY SO INCREDIBLE...

Justin shouldn't be able to compete at all. In fact, he is lucky to be alive. After blacking out and nearly dying on the race course at a Regional Running Championship, Justin was diagnosed with Long QT Syndrome, a life-threatening heart condition. Only an incoming freshman at Duke University, his lifelong dream of playing collegiate soccer was over.

Always a scholar, Justin continued his studies on the Benjamin N. Duke Scholarship, and after graduating, attended the UCLA School of Law to obtain his J.D. For several years, he practiced as a corporate attorney, working with companies of all sizes while specializing in mergers and acquisitions. Yet, all the while, he still had a nagging desire to pursue elite sports despite the monumental risks inherent with his heart condition.

He wanted to change the game.

Against all odds, Justin chose to compete. It required proper monitoring with several medical specialists, as well as specific attention to health and nutrition, but soon he was competing and winning triathlons at the highest level. He changed the game by thoroughly understanding the intricacies of stress, sleep, and nutrition; and applying that knowledge to ensure that he positioned himself in the best way possible to pursue his dream.

Justin's pursuit of a World Championship is not his only mission. His careers as both professional athlete and attorney have given him a strong desire to merge wellness and business to optimize others' individual performance. He helped found The Carolina Clinic at UNC, an Executive Wellness Program and division of UNC Hospitals, where he oversaw the Healthy Lifestyles Division and served as the Executive Fitness Director. He's also paid it forward by becoming heavily involved in high school athletics, volunteering as the Assistant Coach for both the Cross Country and Track & Field programs at Carrollton High School, as well as the Strength & Conditioning Specialist for the local youth aquatic club.

Through speaking and consulting, Justin is showing others the importance of health, wellness, and pursuing one's passions. No matter the challenges we face, we all have the power to choose and change the game for ourselves and our communities.



JUSTIN PARK

## EDUCATION:

Duke University,  
B.A. History & Economics  
UCLA School of Law, J.D.

## SPONSORS:

Cisco  
Orbea  
Orca  
Podium Multisport

## INQUIRIES

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## CONNECT

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