



**CHRIS JORDAN, MS, CSCS, NSCA-CPT, ACSM HFI/APT**  
VICE PRESIDENT OF FACILITATOR TRAINING  
DIRECTOR OF FITNESS

Chris Jordan is the Vice President of Facilitator Training, responsible for the Train-the-Trainer Program. As the Director of Fitness for the Human Performance Institute, Chris manages the development and execution of all corporate fitness programming. He holds a Master of Science degree in Exercise Physiology with distinction from the Leeds Metropolitan University in the United Kingdom, and a Bachelor of Science in Applied Biological Sciences from University of West England in Bristol, in the United Kingdom.

Prior to joining Human Performance Institute, Chris was the Fitness Program Consultant for the U.S. Air Force in Europe, based at Royal Air Force Lakenheath base in the United Kingdom, and an exercise physiologist at the British Army Personnel Research Establishment of the Ministry of Defence. Chris co-authored *Energy Every Day, Your Personal Plan for More Energy and Better Health* with Ron Woods and is a contributing author to *The Corporate Athlete Advantage*. He has published research in the Journal of Sports Sciences, and has written over 50 articles for U.S. Air Force publications, the 'Army Health Connection' newsletter, Florida Tennis, Men's Health Magazine, and Best Life Magazine.

Chris is a Certified Strength and Conditioning Specialist and Certified Personal Trainer through the National Strength and Conditioning Association and a Health Fitness Instructor and Advanced Personal Trainer through the American College of Sports Medicine. He also holds an Exercise and Pregnancy Instructor certification and is an American Red Cross Certified First Aid/CPR/AED Instructor. He is a Full member of the NSCA, ACSM, British Association of Sport and Exercise Sciences, and the United Kingdom Strength and Conditioning Association.

The Human Performance Institute is the leader in Energy Management technology. Managing energy, not time, is the key to sustained high performance. The Institute's ground-breaking Corporate Athlete® training solutions range from executive and on-site training courses to keynotes and train-the-trainer courses. Corporate clients include Procter & Gamble, The Estée Lauder Companies, Dell, FBI, GlaxoSmithKline, PepsiCo, and Smith Barney Citigroup.