

**Human Performance Institute**, formerly LGE Performance Systems, is a corporate training company that utilizes a science-based approach to fully engaging people's talent and skill under pressure to maximize performance, engagement, and productivity. We believe that managing energy, not time, is the key to sustained high performance. Our technology of managing energy is measurement-based and grounded in the sciences of performance psychology, exercise physiology and nutrition. The application of this technology has had a profound impact on performance in the high stress arenas of business, sport, medicine, and law enforcement.

For more information, please visit our website at [www.energyforperformance.com](http://www.energyforperformance.com). We are currently seeking a motivated individual for:

#### **Corporate Fitness Trainer for Orlando Office**

Human Performance Institute is seeking a contracted Corporate Fitness Trainer to assist and support the Director of Corporate Fitness in supervising clients during the practical fitness component of the *Energy for Performance™* Executive Course. This individual must possess excellent communication, motivational, and coaching skills. He/she ensures that clients are using the equipment correctly and safely and that they understand the practical application of the theoretical concepts presented during the program. Any individual expressing an interest in this position must have current CPR and First Aid Certifications along with personal trainer certification through one or more of the following organizations: ACSM, ACE, NSCA or NATA. A Bachelors degree in health and fitness related field preferred. This is an "as needed" position and therefore the individual will be given adequate notice of when they are needed and for how long.

If interested please contact Diane Nisbett at [dnisbett@hpinstitute.com](mailto:dnisbett@hpinstitute.com) or log on to our website at [www.energyforperformance.com](http://www.energyforperformance.com).