



JACK GROPPPEL, PH.D

VICE CHAIRMAN AND CO-FOUNDER

Dr. Jack Groppe is an internationally recognized authority and pioneer in the science of human performance, and an expert in fitness and nutrition. Dr. Groppe is an Adjunct Professor of Management at the J.L. Kellogg School of Management at Northwestern University.

Dr. Groppe is the author of The Corporate Athlete book. He developed the Corporate Athlete® concept for his training program while serving as an associate professor of kinesiology and bioengineering at the University of Illinois helping both business executives and athletes increase performance levels. In 1992, he combined his program with Dr. Jim Loehr to form the Human Performance Institute, formerly LGE Performance Systems, Inc.

Dr. Groppe was recently elected as a Vice President on the Board of Directors of the United States Professional Tennis Association. A Fellow in the American College of Sports Medicine, Dr. Groppe is also a Board certified nutritionist in the American College of Nutrition and a former Research Associate to the U.S. Olympic Training Center. He served for 16 years as the Chairman of the National Sport Science Committee of the United States Tennis 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 Energy for Performance™ 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.