



## JACK GROPPPEL, PH.D

### 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 served as an Adjunct Professor of Management at the J.L. Kellogg School of Management at Northwestern University for several years and continues to instruct courses at the University in a supplementary role.

Dr. Groppe authored *The Corporate Athlete* book on achieving the pinnacle of corporate performance and co-authored *The Corporate Athlete Advantage*. 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.

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 currently serves as Vice President on the National Board of Directors of the United States Professional Tennis Association. Dr. Groppe also served as the Chairman of the National Sport Science Committee of the United States Tennis Association for 16 years.

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.