



JENNIFER LEA, BS, CSCS, CPT PERFORMANCE COACH

As a performance coach, Jennifer trains hundreds of corporate executives on the role of fitness, exercise and nutrition in energy management for increased productivity, engagement, and performance.

Before being recruited by the Human Performance Institute as a performance coach, Jennifer was a full-time intern. She worked directly with the Director of Fitness to deliver the Corporate Athlete® program, educating numerous Fortune 500 executives about fitness, nutrition and energy management. Jennifer also designed and implemented the first comprehensive employee wellness program at the Human Performance Institute. As an experienced Health Educator and public speaker, Jennifer has organized and managed several wellness events and programs. She has been sought by multiple health promotion/wellness companies for her creativity and passion for health and wellness education.

Jennifer holds a Bachelor of Science degree in Health Education and Behavior with a specialization in Health Promotion/Wellness from the University of Florida. She served on the Programming Committee for the 'Healthy Gators 2010' campus health initiatives and was an active volunteer at GatorWell Health Services. She has also researched and closely studies the prevention of eating disorders in athletes. She is a full member of the professional organization and national health education honor society, Eta Sigma Gamma.

Jennifer is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. She is also a Personal Trainer through the American College of Sports Medicine and holds a CPR/AED/First Aid certification by the American Heart Association. In her spare time she enjoys to surf and dance.

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.