

Human Performance Council



GLOBAL WELLNESS ADVISOR

Harley Pasternak, MS

An iconic leader in personal training, Harley Pasternak holds a Master of Science in Exercise Physiology, Nutritional Sciences, and Kinesiology from the University of Toronto and ACSM, respectively. Six-time New York Times Bestselling Author, Pasternak's expertise has made him one of most respected trainers for A-list celebrity clients and Fortune 500 companies globally. Outside of his monthly contributions on Good Morning America on ABC, Pasternak oversees the Global Wellness Advisory Board for the Four Seasons, consulting on fitness and health aspects across all properties.



HEALTHCARE ADVISOR

Dr. Jordan Metz

With a practice of more than 20,000 patients at the Hospital of Special Surgery, Dr. Metz is also recognized for his research interests which include the treatment and prevention of running related injuries, the effectiveness of preventive wellness programs, and the prevention of youth sport injury. Metz also contributes and advises for esteemed platforms including the Health Board of the Today Show and ESPNw's Sports Fitness, and is a medical columnist for Triathlete Magazine and a New York Times Wellness Contributor.



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ATHLETE PERFORMANCE ADVISOR

Dr. Kelly Starrett

The founding mobility expert for CrossFit, Kelly Starrett went on to publish the *Supple Leopard*, the first NY Times Bestseller for sports education. Starrett has since devoted over 20 years to coaching and educating Olympic athletes across all US National Governing Bodies to youth sports in tandem with the US Physical Fitness Testing.



MINDSET ADVISOR

Dr. Michael Gervais

Gervais is a high performance psychologist working in the trenches of highstakes environments with some of the best in the world, training the mindset skills and practices essential to pursuing and revealing one's potential. His clients include world record holders, Olympians, internationally acclaimed artists and musicians, MVPs from every major sport, and Fortune 100 CEOs.



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FUTUREPROOF ADVISOR

Dr. Vinh Pham

A world-renowned physical therapist for over a decade, Dr. Vinh Pham graduated from McGill University in Montreal, Canada. He is the Founder of Myodetox, a group of forward-thinking manual therapy clinics that is reimagining the traditional therapy and rehab experience. His unique system of manual therapy and movement programming is widely viewed as an effective solution to get you moving and feeling better. Myodetox's methodology is currently implemented in the Nike Training App, Equinox Personal Training Institute, and the Varris App.

Athletes



FUNCTIONAL FITNESS

Scott Britton

Co-founder of UK charity Battle Cancer



TRIATHLON

Alistair Brownlee

2x Olympic Gold Medalist in Triathlon

4x ITU Triathlon World Championship Gold Medalist

4x European Triathlon Championship Gold Medalist



TRIATHLON

Mirinda Carfrae

3x IRONMAN® World Champion

Athletes



CYCLING

Kate Courtney

2x US Cross-Country (XC) National Champion
1st Place Overall: UCI Mountain Bike World Cup
USA Cycling National Team
Red Bull Athlete



GOLF

Rickie Fowler

5x PGA Tour Wins
3x International Wins



CROSSFIT®

Zack George

UK's Fittest Man 2020
2020 UK CrossFit® Open Champion
2020 CrossFit® Games Champion

Athletes



TRIATHLON

Matt Hanson

4x IRONMAN® 70.3 Champion
IRONMAN® Course Record Holder
Coach at Matt Hanson Racing



TRIATHLON

Sebastian Kienle

2014 IRONMAN® World Champion
2x IRONMAN® 70.3 World Champion
2018 Challenge Roth Champion



TRIATHLON

Patrick Lange

2x IRONMAN® World Champion
Former 2x IRONMAN® World Championship course record holder



Athletes



TRIATHLON

Holly Lawrence

14x IRONMAN® 70.3 Champion

2016 IRONMAN® 70.3 World Champion



NFL

Patrick Mahomes

Quarterback, Kansas City Chiefs

2019 NFL MVP

2019 First Team All-Pro

2019 Pro Bowl



NFL

Christian McCaffrey

Running Back, Carolina Panthers

2019 First Team All-Pro

2019 Pro Bowl

Athletes



NBA

Ja Morant

Point Guard, Memphis Grizzlies
2020 NBA Rookie of the Year
2019 NCAA First Team All-American, Murray State



UFC

Amanda Nunes

Bantamweight Champion
Featherweight Champion
#1 Ranked UFC Women's Pound-for-Pound



TENNIS

Naomi Osaka

3x Grand Slam Winner
Former World No. 1 Ranked Player

WATCH "ALWAYS MOVING"

Athletes



TRACK & FIELD

Colleen Quigley

Team USA Olympian in Steeplechase

Nike Athlete



TRIATHLON

Imogen Simmonds

4x IRONMAN® 70.3 Champion



SURFING

Kelly Slater

11x WSL Champion

Athletes



NFL / ESPORTS

JuJu Smith-Schuster

Wide Receiver, Pittsburgh Steelers

2018 Pro Bowl

Competitive Esports Gamer

WATCH "ALWAYS GAMING"



MLB

Fernando Tatis Jr.

Shortstop, San Diego Padres

17 Home Runs (2nd in MLB in 2020)



CROSSFIT®

Tia-Clair Toomey

4x CrossFit® Games Champion

Commonwealth Games Gold Medalist

2016 Olympian



Athletes



FITNESS TRAINING

Alex Toussaint

Peloton Senior Instructor

Ladder Athletic Training Advisor

Experts



FITNESS TRAINING

Betina Gozo

2020 Women's Health Trainer of the Year
Apple Fitness Plus Trainer



TRACK & FIELD

Chari Hawkins

Heptathlete on Team USA
2019 Bronze Medal at USA National Championship



FITNESS TRAINING

Joe Holder

Founder of The Ocho System™
Nike Master Trainer

WATCH "TISSUE FLOSSING"



Experts



FUNCTIONAL TRAINING

Joseph Sakoda (Da Rulk)

Functional Training Specialist, Special Ops

WATCH "HYPERICE X RULK"



RUNNING

Bec Wilcock

Founder of Her Running

Nike Run Coach

WATCH "BEC ON CULTURE"



SKATEBOARDING / FITNESS TRAINING

Neen Williams

Pro Skateboarder

lululemon Ambassador

Ten Thousand Ambassador

Major Sports Partnerships

