

Todd Whitthorne's goal is simple – help individuals and organizations improve their quality of life. As president of ACAP Health Consulting, he guides the company's product development, marketing and sales, and client consulting strategies in health and corporate wellness.

Whitthorne is a nationally renowned health and wellness speaker and is frequently invited to present at conferences and events for audiences ranging from corporate to non-profit on topics such as healthy living, fitness, and corporate wellness. His highly sought-after presentations include, "Healthy Living: The Links to Personal and Professional Success"; "The ABCs of Nutritional Supplements"; "Fitness for Life"; "Building a Better Brain"; "How to Build Healthy Habits"; and "Corporate Wellness Pays Big Dividends."

Prior to joining ACAP Health, Whitthorne spent 14 years as president and CEO of Cooper Concepts, Inc., a division of the Cooper Aerobics Center in Dallas, where he assisted organizations in developing strategies to increase employee health and productivity and decrease healthcare related costs. In addition, Whitthorne directed the in-residence, behavior modification program and the Cooper Complete nutritional supplement line.

Whitthorne is an award-winning broadcaster who, for eight years, was the executive producer and host of Healthy Living with Dr. Ken Cooper, a nationally syndicated weekly radio program heard in 42 cities across the United States.

Whitthorne holds a Bachelor of Science in kinesiology with an emphasis in exercise physiology from UCLA. He is dedicated to helping people live better and longer through proper exercise, nutrition, stress management, sleep and supplements. In constant pursuit of ways to enhance and share his knowledge of health and corporate wellness, Whitthorne is a member of the International Association for Worksite Health Promotion (IAWHP) and the American College of Sports Medicine.