



Todd Whitthorne's goal is simple - help individuals and organizations improve the quality of their life. He firmly believes that embracing healthy behaviors positively impacts all areas of performance, both personally and professionally. Whether he's speaking to small groups of students or auditoriums packed with corporate executives, Todd's gift of communication delivers an empowering combination of education and motivation.

Whitthorne is a nationally recognized 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."

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.

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 4...

Todd Whitthorne

Speech Topics

- Personal Growth
- Motivation
- Life Balance
- Healthcare
- Health & Wellness



Testimonials

"I've asked Todd to speak to my employees twice in the past year, first to our leadership team and then to the entire workforce. His knowledge and communication style connects with employees at all levels. He shares insightful scientific data in a simple, practical way that motivates his audiences to be healthier today than they were yesterday. We've had several employees make dramatic improvements in their personal health after hearing Todd speak."

- President and CEO, Partsmaster.

"Todd's presentation was best in class! His knowledge and first-hand examples were compelling, thought-provoking, and inspired all of us to make subtle or significant changes to increase our overall health."

- Vistage Chairman.