



FOR IMMEDIATE RELEASE

**Johnson & Johnson and American College of Sports Medicine Form Global Alliance  
to Advance Human Health and Performance**

***Proven Principles in Sport Science and Energy Management  
Shed New Light on Improving Health Outcomes***

New York, NY (April 29, 2014) –Johnson & Johnson announced today, in partnership with the American College of Sports Medicine (ACSM), the creation of the Global Alliance for Health and Performance (the Global Alliance). The Global Alliance will work to educate and promote the ways in which proven principles of sport science and energy management can move society from a disease state to a performance state.

With the goal of creating more resilient individuals who will be better prepared to manage the changing demands of family and work life, athletes and non-athletes alike will benefit from learning new approaches and strategies that place equal emphasis on the four drivers of performance: physical, emotional, mental and spiritual. Understanding how to enable these four states is at the core of the Global Alliance mission.

“Recessionary economics, demanding workloads, family care giving demands, and lack of sleep are overwhelming the health and resilience capacity of individuals, families and communities,” said Jim Whitehead, CEO of ACSM. “The Global Alliance is committed to driving a global conversation around the societal value of physical activity and energy management as a public policy priority and working with thought leaders in implementing solutions to improve health outcomes around the world.”

The Global Alliance, comprised of leading professionals in business, sport, science, and academia, will share tools, best practices, research, and case studies in this newest initiative. Both Johnson & Johnson and ACSM have been working in the fields of human performance and sport science for decades. The Human Performance Institute Division of Wellness & Prevention Inc., a Johnson & Johnson Company, is a pioneer in energy management training and has been helping businesses, athletes, military, elite medical teams and law enforcement agencies apply principles of energy management to help drive health and performance since the 1980s.

For more information on the Global Alliance, go to [www.GlobalAllianceHP.com](http://www.GlobalAllianceHP.com).

**Members of the Leadership Advisory Board for the Global Alliance for Health and Performance:**

**Jack Groppe**, PhD (Co-Chair), Co-founder, Human Performance Institute & Vice President of Applied Science and Performance Training at Wellness & Prevention, Inc., a Johnson & Johnson company

**Jim Whitehead** (Co-Chair), CEO, American College of Sports Medicine

**Cathy Baase**, MD, Global Director of Health Services, Dow Chemical Company

**Steven N. Blair**, P.E.D., FACSM, Professor, Departments of Exercise Science and Epidemiology and Biostatistics, Arnold School of Public Health, University of South Carolina

**Ron Goetzl**, PhD, Vice President, Truven Health Analytics and Director, Institute for Health and Productivity Research, Emory University

**Sanjay Gupta**, President, Wellness and Prevention, Inc., a Johnson & Johnson company

**Fik Isaac**, MD, Vice President, Global Health, Johnson & Johnson

**Caren Kenney**, Senior Director, Thought Leadership and Communications, Wellness and Prevention, Inc., a Johnson & Johnson company

**Wolf Kirsten**, PhD, President, International Association of Worksite Health and Promotion

**Jim Loehr**, EdD, Co-founder, Human Performance Institute & Vice President of Applied Science and Performance Psychology at Wellness and Prevention, Inc., a Johnson & Johnson company

**Joe Preston**, Executive Vice President, Global Footwear, Product & Marketing, New Balance

**Nico Pronk**, PhD, Vice President for Health Management and Health Science Officer, Health Partners

**Robert Sallis**, MD, Kaiser Permanente, Chair, Exercise Is Medicine Global Initiative

**Thad Seymour**, PhD, President, Lake Nona Institute

**Maria Stefan**, Senior Advisor, Global Partnerships, American College of Sports Medicine, President, ChaseAmerica Group

**Sean Sullivan**, President & CEO, Institute for Health & Productivity Management

**Wes Welker**, Co-Captain, Denver Broncos, National Football League

**Silvano Zanuso**, MSc, PhD, Director of Medical & Scientific Department, Technogym

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