

Frank Forencich



Frank Forencich is an internationally-recognized expert on health and human performance. As a writer, speaker and movement teacher, he brings a unique perspective to the human predicament and offers practical solutions for some of the most pressing problems of the modern age.

Author of

Beautiful Practice: A Whole-Life Approach to Health, Performance and the Human Predicament

Exuberant Animal: The Power of Health, Play and Joyful Movement

Change Your Body, Change the World: Reflections on Health and the Human Predicament

Stresscraft: A Whole-Life Approach to Health and Performance

The Exuberant Animal Play Book: Secret Moves and Games of the Play Masters

Biology of the Bottom Line

The Exuberant Animal Blog

- B.A. Stanford University: human biology and neuroscience, 1979
- Thirty years teaching experience in health and performance education
- Traveled to Africa on four occasions to study human evolution and the ancestral environment: Experience with the Hadza bushmen of Tanzania; bushmen of the Kalahari, Botswana; wild chimpanzees at Gombe, Tanzania.
- Black belt rank in karate and aikido
- Regular columnist: Paleo Magazine
- Climbed extensively through North America, including 3 El Cap walls
- Extensive experience in aviation, including flight instruction and two seasons in Alaska
- Named by Experience Life magazine as one of “Five Visionaries leading the charge to better health, and a healthier world.”
- California teaching credential and trained massage therapist

Presentations:

Ancestral Health Symposium, UCLA 2011 and Harvard 2012

Google, January 2012

Dr. Robert Conn Heart Conference, December 2011

General Electric, September 2011

Stanford University Institute of Design: 2009 - 2011

TEDx: Pearl River, Hong Kong, December 2010

Mattel, 2007

University of Puget Sound, Weyerhauser Lecture Series, 2014

Wildfitness: London, UK, 2009

Ido Portal Movement Camp, Singapore: 2013

