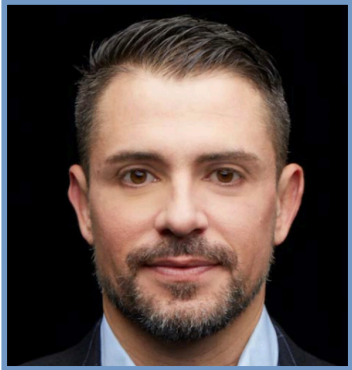


IHMC Lecture Series



Dan Pardi

THE TALK: Actual Health

In his talk entitled Actual Health - which parallels a book that he is co-authoring with former IHMC guest, Dr. Josh Turknett - Dr. Pardi will cover fundamental questions about what health means and why it's been so challenging to provide a definition that is universally agreed upon without legitimate dispute. It is a challenge that has seen more progress from philosophers than basic scientists. He will also cover major gaps in our healthcare system that will likely never be solved from within the system that exists now or from the infrastructure that funds it. In addition, he will discuss needed-but-absent roles in society that we must fill in order to see the progress we all want and desperately need. At the heart of his talk will be a discussion on how individuals, given the state of the world today, can best navigate their health regardless of where they sit on the health continuum.

Dr. Dan Pardi is the Chief Health Architect for Restore Hyper Wellness - the fastest growing franchise in the United States. He leads the Product and Health Sciences Department where he oversees product development, including digital, clinical trials, labs, and the Restore Hyper Wellness Coaching Program. Formerly, he served as founder and CEO of humanOS.me - an application dedicated to helping people achieve diverse health-related aspirations through health training and tools. To create the application, he and his team collaborated with over 100 top health-science Professors across the globe, and his podcast, humanOS Radio, is the official podcast of the Sleep Research Society, the Canadian Sleep Society, and a content partner of the Buck Institute on Aging. Restore Hyper Wellness acquired humanOS in 2021. He has also collaborated with high-performing organizations, from Silicon Valley VCs like the Mayfield Fund and Artis Ventures to companies like Adobe, Salesforce, Workday, Pandora, Intuitive Surgical, Jazz Pharmaceuticals and many more. He also works with Naval Special Warfare to help the most elite fighters in the world to develop and maintain a high-performance brain under challenging circumstances. Dan has a Ph.D. in Cognitive Neuroscience from Leiden University in the Netherlands, and Stanford University in the United States, and he has a Masters of Science in Exercise Physiology from Florida State University in the United States. He currently lives in Austin Texas with his wife and two young boys.



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