

HEALTHCARE

Equinox taps wellness experts for health advisory board

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Four doctors and a fitness professional will now inform Equinox's offerings. Image credit: Equinox

By LUXURY DAILY NEWS SERVICE

American luxury fitness club Equinox is forming a new collective.

The company has established a health advisory board. Comprised of wellness experts, medical professionals, academics and industry leaders, the group is now providing insights and guidance to inform Equinox's operations.

"At Equinox, we are relentless in our pursuit of delivering results to our community, and the accomplished members of our Health Advisory Board will be instrumental in helping take our shared commitment to new heights in 2024 and beyond," said Scott DeRue, president of [Equinox](#), in a statement.

A wealth of health

Bringing together fitness science and health, the new health advisory board is centered on core tenets of community, regeneration, movement and nutrition.

With this holistic approach, the board members will also support and counsel Equinox's Fitness Training Institute, which offers curriculum and board certification for performance coaches.

The most personalized Equinox experience, The E by Equinox Madison Avenue location in New York City boasts bespoke services and our finest amenities to unlock your highest performance. [#ItsNotFitnessItsLife](#)
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Equinox (@Equinox) [December 13, 2023](#)

The experts tapped include Eric Cressey, president and cofounder of Cressey Sports Performance. The certified strength and conditioning specialist is the director of player health and performance at the New York Yankees, having worked with over 100 professional baseball players.

Doctors such as Mark Hyman, founder and director of The UltraWellness Center and board president for clinical affairs at The Institute for Functional Medicine are contributing their knowledge to Equinox. Mr. Hyman is also a 15-time New York Times

bestselling author, and the founder and senior advisor of the Cleveland Clinic Center for Functional Medicine.

Stephanie Kuku likewise joins the board, bringing with her more than 15 years of clinical and research experience.

Dr. Kuku used to train and work as a surgical oncologist specializing in women's cancers. She is now a health technology advisor in digital health and artificial intelligence at Hardian Health, and the chief knowledge officer at Conceivable Life Sciences.

Rebecca Robbins, an assistant professor in medicine at Harvard Medical School and an associate scientist at the Brigham and Women's Hospital, known for coauthoring *Sleep for Success!*, is joining, as is Dr. Jordan Shlain, founder and chairman of Private Medical, a full-service multifamily establishment.

He also founded Healthloop, one of the first AI digital health companies, and is chair and cofounder and nonprofit EatReal, which works to improve public school menus.

In their roles as members, these leaders will help Equinox bolster its fitness and wellness offerings to consumers, a mission that has continued throughout 2023 ([see story](#)).

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