

Fran Scott
Practice Leader, Central Region
Health & Performance
HUB International



“Today’s Health and Performance space is more sophisticated than ever, resulting in expanding value propositions beyond the physical to include mental and financial wellbeing, social determinants of health and even community impact.”

Role: As the Central Region Leader of HUB’s Health and Performance Practice, Fran helps clients navigate the intersection of the science of lifestyle medicine, industry best practice, and strategy, progressing their wellbeing initiatives from infancy to full maturity. Additionally, she contributes to the Health & Performance Practice’s evolution toward a cohesive, evidence-based, catalytic powerhouse.

Professional Background: Fran is a veteran of the health and wellness space, having impacted individuals, organizations and cultures in a career spanning over 20 years. After finishing her collegiate basketball career at the University of Virginia, she went on to earn a master’s degree in Health and Physical Education, spending the first half of her career in corporate fitness before transitioning to employee wellness. Prior to joining HUB International, Fran managed several award-winning programs for Fortune 500 companies.

Fran views wellbeing programs as a way that employers can substantially enrich the value proposition to their employees and in time, even to the communities where they ‘live’. Her overarching philosophy is that lasting engagement is built on the bedrock of relationships and compassion (culture) and then grows with the execution of a well-designed, strategic plan. Worth noting is that Fran’s personal H&P journey has brought her to the *Final Four* and the *Ironman*, and today continues with a Blue Zones® lifestyle of walking (no car), cycling, plant-based eating, a supportive ‘tribe’, wine and community building.

Credentials:

- M.Ed. Health and Physical Education
- Certified Corporate Wellness Professional (2019 - Present)

Interests: Connecting health and fitness to organizations that are meaningful to me (animals, senior citizens), cycling in cool places (Sonoma is a favorite), friends, NYT, great food, working out, faith and everything related to dogs.