



Fitness Expert

Professor Ingo Froböse is the right person when it comes to sports and health. He is a university professor for prevention and rehabilitation in sports at the German Sports University in Cologne and known as "The Fitness Doctor" from press and TV.

Born in 1957 in Unna, Ingo Froböse studied at the German Sports University in Cologne and graduated with a diploma. His doctorate followed in 1986 and his habilitation seven years later. During his studies he became several times German runner-up in sprint over 100 meters and over 200 meters as well as German university champion over 200 meters. In 1982 he finished fourth at the European Indoor Athletics Championships in Milan in the 200-metre category. He was also active in bobsleigh sport during his studies.

Ingo Froböse has been a professor at the German Sports University since 1995. He is head of the Centre for Health through Sport and Exercise and of the Institute for Rehabilitation at the German Sport University Cologne, of which he was prorector from 1999 to 2003. Professor Froböse is Scientific Director of the Institute for Quality Assurance in Prevention and Rehabilitation GmbH, Chairman of the Research Institute for Inclusion through Exercise and Sport and of the Scientific Advisory Board of the TÜV Rheinland Group "Quality Offensive in the Fitness Sector".

As an expert and expert witness, he is in great demand in court matters relating to sport and fitness, as well as an expert of the German Bundestag in matters of prevention and a scientific advisor to numerous health insurance funds and social insurance institutions.

Professor Froböse is the author and co-author of numerous books on health, nutrition and sport. He became known to a broad public as an expert in media such as "Stern", "Brigitte", "Fit for Fun", "Men's Health", "GQ", n-tv and ARD.