

Nutrition

- ***Life Fuel Nutrition** - Leah Haggard, MS, CNS Candidate, Clinical Nutritionist
<https://www.lifefuel-nutrition.com/>
- ***Kate Davis, RD, MS, LDN, CSSD** - <https://rdkate.com/home-page>
- ***Elyse Huskey, MPH, RDN** - <https://elysehuskey.substack.com/>
- **Long Run Nutrition** - Amy Goblirsch, RD <https://www.longrunnutrition.co/>
- **Holley Fueled Nutrition** - Holley Samuel, MEd, RD, CSSD, CPT
<https://holleyfuelednutrition.com/>
- **SM Nutrition** - Stephanie, RD <https://smnutritionrd.com/>

Mental health

- ***Grand Rapids Specialty Therapy** - <https://www.grspecialtytherapy.com/>
 - performance anxiety recovery for athletes & artists (Hannah, Valerie & Justine)
 - disordered eating, relationship with food & body (Hannah, Valerie & Justine)
- ***Andrea Beck-Lundskow, LMSW, BTP** -
<https://andrea-beck-lundskow.clientsecure.me/>
 - performance anxiety recovery for athletes & artists
 - disordered eating, relationship with food & body
- **Persistence Psych** - Sport and performance psychology.
<https://www.persistencepsych.com/>

Education

- **Stanford Female Athlete Science and Translation Research Program** -
<https://fastr.stanford.edu/>
- **Dr. Stacy Sims, MSC, PhD** - exercise physiologist and nutrition scientist for women -
<https://www.drstacysims.com/>
- **Montana Running Lab** - <https://montanarunninglab.com/>
- **US Olympic & Paralympic Committee** - Nutrition education
<https://www.usopc.org/nutrition>
- **NCAA** - Mental health, nutrition and performance education -
<https://www.ncaa.org/sports/2024/4/22/mental-and-physical-health.aspx>
- **Gatorade Performance Partner** - athlete's plate resources
 - Easy training day -
<https://performancepartner.gatorade.com/resources/resource/athletes-plate-easy-training-day>
 - Moderate training day -
<https://performancepartner.gatorade.com/resources/resource/athletes-plate-moderate-training-day>
 - Hard training day -
<https://performancepartner.gatorade.com/resources/resource/athletes-plate-hard-training-day>

*indicates local organizations/professionals