

Curriculum Vitae
Jennifer Gibson
MSc, RD, CSSD, IOC Dip Sport Nutr

A self-directed, high-performance professional with 17 years of experience in high performance management and education in the Olympic (USOPC, Canadian Olympic) and professional (NFL, MLS, WTA, NBA) settings.

Education

Master of Science, Exercise Science

University of Victoria, School of Exercise Science, Physical Health & Education
Victoria, British Columbia (2008-2010)

- Thesis study: *Nutrition and Hydration Status of Junior Elite Female Soccer Athletes*. Cross sectional assessment of nutrition (dietary analysis, hematological, anthropometrics) and hydration (urine specific gravity, fluid balance, sweat sodium concentration) in 34 adolescent elite female soccer athletes.

IOC Graduate Diploma in Sport Nutrition

International Olympic Committee, Medical Commission, Lausanne, Switzerland. (2007-2008)

- Graduated with academic distinction

ISAK Level 3 Anthropometry Certificate – (Instructor Level)

International Society for the Advancement of Kinanthropometry (ISAK)

- Level 1 certificate - Australian Institute of Sport, Canberra, Australia (2008)
- Level 2 certificate - United States Olympic Committee, Chula Vista, USA (2011)
- Level 3 certificate - United States Olympic Committee, Colorado Springs, USA (2014)

Dietitians of Canada Accredited Dietetic Internship

University Health Network, Toronto, Ontario (2003-2004)

- Dietetic research study: *Effect of Branched Chain Amino Acid Supplementation in Severely Malnourished Orthotopic Liver Transplant Candidates*

Bachelor of Science, Nutrition, Minor: Marketing

Ryerson University, School of Food and Nutrition, Toronto, Ontario (1999-2003)

- Graduated with honors

Academic Scholarships and Grants

- Gatorade Sport Science Institute Graduate Student Grant Award (2008)
- University of Victoria: Dairyland Graduate Scholarship in Nutrition (2008)
- University of Victoria: Dairyland Graduate Scholarship in Nutrition (2009)
- Research in Early Childhood Care, Education and Health Scholarship
- Ontario Dietetic Intern Research Award (2004)
- Ryerson University: Elizabeth Chant Robertson Award for Literary Excellence (2001)
- Ryerson University: Academic Entrance Scholarship, Deans List

Professional Affiliations

2015 - Current	Co-Chair, NFL Sport Dietitians Network (CPSDA)
2015 - 2016	Mentor, Gatorade Sport Nutrition Immersion Program
2012 – Current	Full RD Member, Academy of Nutrition & Dietetics + SCAN
2012 – Current	Full RD Member, Commission on Dietetic Registration
2012 – Current	Board Certified Specialist in Sport Dietetics (CSSD)
2013 – Current	Collegiate and Professional Sport Dietitians Association (CPSDA)
2010 – 2011	Canadian Liaison, ADA Sport, Cardiovascular & Wellness Nutrition
2009 – Current	Member, Professionals in Nutrition and Exercise for Sport
2006 – 2012	Co-Chair, Dietitians of Canada Sports Nutrition Network (SNN)*
2006 – 2012	Sport Science Committee, Tennis Canada
2004 – 2012	Full RD Member, College of Dietitians of British Columbia
2004 – 2012	Full RD Member, Dietitians of Canada
2003 – 2012	International Member, Sports Dietitians of Australia

**Duties as co-chair of the SNN (300+ members) included: managing sport nutrition initiatives such as conferences/education events, budget and member communications.*

Sport and Clinical Employment Experience

Founder & CEO

Elite Eats Inc. Colorado Springs, CO, USA (2022-present)

- Founder & CEO Elite Eats Inc. Colorado Springs, CO, USA (2022-present)
- High performance sport science and nutrition consulting services
- Services include professional education, athlete programs, organizational consulting and media/communications
- Clients include: Carolina Panthers (NFL), US Special Forces (Ft. Bragg), Colorado Rapids (MLS), Intentional Sports, Canadian Women's Rugby Team, Landow Performance, Boston University, BISU Sport Technology & LeadCo Sports

Lead Sport Science Coordinator and Sport Dietitian

Chicago Bears Football Club, Lake Forest, IL (2015-2022)

- Lead sport dietitian for the team. Conduct all nutrition services including individual player consults, educational workshops/materials, blood work and supplementation recommendations, medical nutritional therapy, home meal logistics as well as all pre, during and post practice/game fueling.
- Sport Science coordinator overseeing the following: daily player tracking and reporting (Catapult and Zebra systems), body composition analysis (Bod Pod and DXA), anthropometric profiling and weekly weigh-ins, fluid balance and sodium assessment (body weight, refractometry, sweat sodium analysis). Engaged in various other technologies including: Coach Me Plus player dashboard, DEXCOM blood glucose system, sleep technology (REM-Fit), Nordbord hamstring testing, altitude simulator, float pods and hyperbaric chamber.
- Oversee all aspects of the foodservice budget (\$2.5 million). This includes menu planning and oversight of the facility cafeteria (300 people/day, 3 meals per day), nutrition fuel bar, all hotel meals for home and away games, post-game catering as well as plane travel.
- Mentor and manage yearly nutrition staff (1 seasonal, 1 training camp intern) (9 staff thus far)
- Member of the Bears renovation project team helping to develop concepts, design and layout ideas for the sport performance areas of the 2019 facility buildout (\$110 million project).

Senior Sport Dietitian & Applied Physiologist

U.S. Olympic Committee, Colorado Springs, CO, USA (2011-2015)

- Sportfolio included combat (judo, taekwondo, wrestling, fencing, boxing) and acrobat (gymnastics, diving, synchronized swimming) sports.
- Delivery of evidence-based nutrition services, which include: one-on-one counseling, weight making protocols, blood work assessment, educational workshops, practical cooking skills workshops, mindful-based eating sessions, athlete meal planning/logistics, travel nutrition, development of factsheets and internal nutrition protocols.
- Anthropometric & physiological assessment skills include: fluid balance, sweat sodium composition testing (Wescor System), urine specific gravity testing (refractometry), core temperature assessment (CoreTemp), heart rate, blood lactate testing, blood glucose testing (skin prick & DEXCOM), anthropometry (ISAK method restricted & complete profile, DXA certified technician), indirect calorimetry (Parvo Medics RMR system)

Sport Dietitian Consultant

New Orleans Saints, Metairie, LA, USA (2013-14)

- Developed a comprehensive sport nutrition program which included overseeing a cafeteria renovation, a complete menu revision and build out of a recovery nutrition station.
- Development of pre, during and post-game protocols, meal logistics and implementation of nutrition and blood parameter screening in player physicals. Conducted player consults and developed a local personal chef network.

Sport Dietitian, Canadian Sport Centre Pacific, Sport Med Council BC

Vancouver & Victoria British Columbia, Canada, (2006-11)

- Comprehensive nutrition service provider for Tennis Canada, Canadian Women's Soccer, Canada Snowboard, Team BC, Canadian Alpine Disabled Skiing, Kelly Scott Curling Team, Vancouver Whitecaps Soccer, Softball Canada, Taekwondo Canada, BC Golf, Canadian Wheelchair Rugby, BC Figure Skating, BC Hockey, BC Alpine Skiing & Field Hockey BC.

Sport Dietitian Consultant, Women's Professional Tennis Tour (2006-12)

- Nutrition service provider for WTA tour. Attended 2-4 tournaments per year and provided nutrition services for players. Services included nutrition assessment, recommendations, hydration management, supplement recommendations and dispensing. Attended weekly sport performance meetings, worked on WTA educational factsheets and protocols.

Research Dietitian

Hospital for Sick Children, Cardiovascular Research, Toronto, Ontario (2004-06)

- Dietetic researcher investigating the nutrition and exercise environment available to outpatients, visitors, and staff in children's hospitals in Canada and the United States.
- Assisted in the delivery of healthy eating and nutrition education workshops for patients.

Nutrition Consultant & Project Manager

AXON Medical Communications Group, Toronto, Ontario (2005-06)

- Developed evidence-based nutrition communications for healthcare professionals in the areas of cardiovascular and diabetes nutrition.

Competition Travel Support. *Note: list excludes domestic travel for training camps.*

- 2023 Colorado Rapids MLS training camp Quatertero, Mexico
- 2015-2022 NFL Games w/ Bears – All home and away in regular season
- 2014 World Wrestling Championships, Tashkent, Uzbekistan
- 2014 World Wrestling Championships acclimation camp, Ostia, Italy
- 2014 USA Wrestling World Cup, Los Angeles, USA
- 2014 USA Diving World Cup Acclimation Camp, Shantou, China
- 2013 -14 NFL Games w/Saints – 5 home games, 3 away games
- 2013 World Wrestling Championships/training camp, Belarus & Hungary
- 2013 World Diving Championships Pre Camp, Mallorca, Spain
- 2012 Summer Olympic Games, London, England**
- 2012 World Boxing Championships: Quinghuandao, China
- 2012 USA Diving World Cup training camp: Sheffield, England
- 2011 Pan American Games, Guadalajara, Mexico**
- 2011 World Wrestling Championships/training camp: Belarus & Turkey
- 2011 BNP Paribas Tennis Tournament: Rome, Italy
- 2011 US Fencing Nationals: Portland, USA
- 2011 BNP Paribas Tennis Tournament: Indian Wells, USA
- 2010 China Open Tennis Tournament: Beijing, China
- 2010 BNP Paribas Tennis Tournament: Indian Wells, USA
- 2010 Winter Olympic Games: Vancouver, Canada**
- 2009 Western and Southern Financial Women's Tennis Open: Cincinnati, USA
- 2008 Wimbledon Tennis Tournament: Wimbledon, England
- 2008 Canadian Women's Soccer Olympic Qualifying Tournament: Juarez, Mexico
- 2008 Canadian Women's Softball Olympic Training Camp: Las Vegas, USA
- 2007 Zurich Open Tennis Tournament: Zurich, Switzerland
- 2007 Canadian Women's Soccer Training Camp: Beijing & Nanjing, China
- 2007 Pan American Games: Rio de Janeiro, Brazil**
- 2007 Canada Winter Games: Whitehorse, Yukon**
- 2007 Australian Open Tennis Tournament: Melbourne, Australia
- 2006 Canadian Snowboarding Team World Cup: Saas Fee, Switzerland
- 2006 Zurich Open Tennis Tournament: Zurich, Switzerland

Academic Employment Experience

Faculty Member (2013-14)

**University of Delaware/USOC/International Olympic Committee
International Coaching Enrichment Certificate Program (ICECP), USA/Switzerland**

- The ICECP professional program is aimed at educating international coaches in high performance approaches and systems. Faculty members lecture and supervise 3 coaches through their thesis projects.

Sessional Lecturer (2011-14)

**University of Colorado at Colorado Springs, Department of Health Sciences
Colorado Springs, Colorado, USA**

- Advanced Clinical Sport Nutrition HSCI 6100. Graduate course for sport nutrition students aimed at increasing practical skills.
- Nutritional Assessment HSCI 492 (2012). Undergraduate level clinical sport nutrition course for dietetic majors.
- Sport Nutrition Basic Principles HSCI 3330 (2012). Undergraduate level online course open to all students.

Sessional Lecturer (2008-12)

**University of Victoria, School of Exercise Science, Physical and Health Education
Victoria, British Columbia, Canada**

- Issues in Nutrition for Sport EPHE 497 (2010). Cellular and Systemic Physiology EPHE 241A/B (2008-09). Undergraduate courses for exercise science majors.
- Introduction to Nutrition Concepts and Controversies, EPHE 155 (2009). Undergraduate course open to all majors.

Specialist Instructor (2009-11)

**National Coaching Institute, Pacific Institute for Sport Excellence
Victoria, British Columbia, Canada**

- Nutrition, Training and Competition Readiness Module. Course content included sport nutrition assessment, nutrition for daily training and recovery, competition nutrition, sport supplements and special issues in nutrition.

Sessional Lecturer (2006)

**George Brown College, Faculty of Hospitality and Tourism
Toronto, Ontario, Canada**

- Nutrition and Lifestyles GSCI 1102. College level course offered to culinary student majors. Course topics included: nutrition foundations, micro and macronutrients, sport nutrition and current issues in nutrition.

Academic and Professional Publications

Academic Publications

- Jones, L., Meyer, N., & Gibson, J. (2014). Weight Management Practices of 2012 Olympians in Combat Sports. *International Journal of Wrestling Science*. 4(1): 56-64.
- Gibson, J., Stuart-Hill, L., Pethick, W., & Gaul, K. (2012) Hydration status, fluid and sodium balance in elite Canadian junior women's soccer players in a cool environment. *Applied Physiology, Nutrition & Metabolism*. 37(5): 931-7.
- Gibson, J., Martin S, Stuart-Hill, L., & Gaul, K. (2011). Nutrition status of junior elite Canadian female soccer athletes. *International Journal of Sport Nutr. & Exercise Metabolism*. 21(6): 507-14.
- Gibson, J., Temple, V., Anholt, J., & Gaul, K. (2011). Nutrition needs assessment of young special Olympics participants. *Journal of Intellectual & Developmental Disability*. 36(4): 264-8.
- Gibson, J., Gaul, K., & Janzen, J. (2011). Education and training of sport dietitians in Canada: A review of current practice. *Canadian Journal of Dietetic Practice & Research*. 72(2): 88-91.
- Gibson, J. & Vulliamy, A. (2010). Accidental methadone poisoning in children: A call for research action. *Child Abuse & Neglect, The International Journal*, 34, 553–4.
- Gibson, J.(2008). Practical Considerations in Applying Theory: How Can We Narrow the Gap Between Sports Science and Professional Practice in Sports Nutrition? *International Journal of Sport Science & Coaching*, 3, 309-12.
- McDonald, C., Karamlou, T., Wengle, J., Gibson, J., & McCrindle, B.W. (2006). Nutrition and Exercise Environment Available to Outpatients, Visitors, and Staff in Children's Hospitals in Canada and the United States. *Archives of Pediatric Adolescent Medicine*, 160: 900-5.
- Gibson, J. (2004). Confessions of an Intern. *Canadian Journal of Dietetic Practice & Research. Practice, Issue #26*.

Professional Writing and Contributions

- R. Reale., & Gibson, J. (2021). Nutrition for Weight Management Sports. Clinical Sport Nutrition, 6th edition. Human Kinetics.
- Rankin, J., & Gibson, J. (2015). Nutrition for Weight Management Sports. Clinical Sport Nutrition, 5th edition. Human Kinetics.
- Gibson, J. & Day, M. (2009). Nutrition Guidelines for Food and Beverages Sold at Sporting Events in British Columbia. Ministry of Healthy Living and Sport & SportMedBC.
- Gibson, J. (2009). Special Olympics Young Athletes Nutrition Guide. Special Olympics Canada.
- Canadian Disabled Ski Association Athlete Resource Manual (2008). *Sport nutrition chapter*.
- Wheelchair Sports Association of BC Athlete Training Manual (2007). *Sport nutrition chapter*.
- McCrindle, B.W., & Wengle, J.G. (2006). Get a Healthy Weight for Your Child. Toronto, Ontario: Robert Rose Publishing. *Nutrition content advisor*.
- Caron, M. (2006). *Sport Medicine Council of BC: Walking for Fitness*. Vancouver, BC: Greystone Books Publishing. *Nutrition content advisor*.

Conference Presentations and Media Communications

Professional Presentations

- 2023 Data Driven Interventions in Real World NFL Environment. Catapult Sports Annual NFL Conference, Las Vegas, NV.
- 2022 Blood Biomarkers for Sports Performance. College and Professional Sports Dietitians Association. Advanced Practice Webinar Series #1
- 2022 Keynote Session: Sports Science Applications in Performance Nutrition. Sports and Human Performance – Academy of Nutrition and Dietetics Webinar.
<https://www.eatrightstore.org/dpg-products/shpn/keynote-sessions-sports-science-applications-in-performance-nutrition>
- 2021 Next Level High Performance Summit - Advent Health
Practical Considerations for Making Body Composition Changes in Athletes
<https://nextlevelsportsmedconference.com/schedule/>
- 2019 Sport Science into Practice. Webinar Professional and Collegiate Sport Dietitians Association <https://www.youtube.com/watch?v=N6DTcclOqiA&feature=youtu.be>
- 2019 Sport Science into Practice. Webinar
Professional and Collegiate Sport Dietitians Association
<https://www.youtube.com/watch?v=N6DTcclOqiA&feature=youtu.be>
- 2016 Hitting Top Gear – Developing Your Career in Elite Sport
Professional and Collegiate Sport Dietitians Association Annual Conference
- 2016 A Game of Inches. Sport Science in the NFL
Chicago Bears Sport Business Summit, Lake Forest, IL
- 2014 Body Composition Criterion Methods, Applications of Anthropometry
ISAK Level 1 Certification Course – Co-instructed course (A.Kendig/Dr.Broad)
United States Olympic Committee, Colorado Springs, CO
- 2014 The Role of Protein in Training and Recovery
Whey Advisory Board Annual Meeting, Colorado Springs, CO
- 2014 Nutrition and Physiological Considerations for Wrestling
Conference at the Cup, Los Angeles, CA
- 2014 Current Nutrition Trends in Swimming
Pan American Sport Organization Annual Conference, Colorado Springs, CO
- 2014 Sport Nutrition Applications at the Olympic Games
Colorado Dietetic Association Annual Meeting, Boulder, CO
- 2013 Sport Nutrition & Applied Physiology Innovations in Technology
USOC Sport Technology Summit, Colorado Springs, CO
- 2013 Scientific Case Study: Weight Class Sports
Canadian Society for Exercise Physiology Annual Conference, Toronto Canada.

- 2013 Body Composition Analysis, Nutrition for Weight Management, Sport Nutrition for Soccer, Hydration Management in Athletes.
Sport Dietitians of Australia/Dietitians of Canada Sport Nutrition Course.
Canadian Sport Centre Ontario, Toronto, Canada
- 2013 Sport Nutrition at the 2012 Olympic Games
Utah Dietetics Association Annual Conference, Ogden Utah
International Society for Sport Nutrition Annual Conference, Colorado Springs
- 2012 Building a Successful Sport Nutrition Practice
Dietitians of Canada Annual Conference, Toronto, Ontario
- 2011 Sport Nutrition Assessment. International Coaching Enrichment Certification Program.
United States Olympic Committee, Colorado Springs, CO
- 2011 Nutrition Status of Junior Elite Female Soccer Players. American College of Sport Medicine Annual Conference. Poster Presentation. Denver, CO, USA
- 2011 Nutrition through the life span, Nutrition for Winter Sports, Female Athlete Triad, Nutrition for Weight Management Sports, Sport Nutrition in Canada. Sport Dietitians of Australia/Dietitians of Canada Sport Nutrition Course. Sport for Life, Winnipeg, MB
- 2011 ISAK level 1 Anthropometry Course. Co-instructed course with Dr. Gary Slater.
Sport for Life Center, Winnipeg, MB
- 2011 Sport Nutrition for Tennis. International Olympic Committee Diploma in Sport Nutrition. Course Module development and presentation
- 2010 Sweat Rate, Fluid Intake & Sodium Loss Assessment in Junior Elite Female Soccer Athletes. Canadian Society for Exercise Physiology Annual Conference. Toronto, ON
- 2010 ISAK level 1 Anthropometry Course. Co-instructed course with Dr. Gary Slater.
Bell Aliant Racing Centre, Halifax, NS
- 2010 Power Up for Work! Healthy eating and exercise workshop. Garth Homer Society Supported Employment Services, Victoria, BC
- 2010 Nutrition Considerations for High Performance Snowboarding
Invited Guest Lecture – Camosun College, Victoria, BC
Invited Guest Lecture – University of Victoria, Victoria, BC
- 2009 ISAK level 1 Anthropometry Course. Co-instructed course with Dr. Gary Slater.
Pacific Institute for Sport Excellence, Victoria, BC
- 2009 Female Athlete Triad, Nutrition for Weight Management, Sport Nutrition in Canada.
Sport Dietitians of Australia/Dietitians of Canada Sport Nutrition Course.
Pacific Institute for Sport Excellence, Victoria, BC
- 2009 Development of Provincial Guidelines for Food and Beverages Available at Sporting Events in British Columbia. Canadian Society for Exercise Physiology Annual Conference. Vancouver, BC
- 2009 Going For The Gold: Eat Like a Champion. Lafayette Health Awareness Forum.
University of Victoria, Victoria, BC

- 2009 Understanding Sports Nutrition Supplements
Canadian Athletic Therapists Association Conference, Vancouver, BC
- 2009 Nutrition for Weight Class Sports
Dietitians of Canada Annual Conference, Charlottetown, PEI
- 2008 Sport Nutrition Fundamentals for Coaches
Coaching Association of BC Annual Education Conference, Prince George, BC
- 2008 Sport Nutrition for Daily Recovery, Weight Loss, Adventure Sports
Canadian Association of Fitness Professionals Annual Conference
Toronto, ON & Whistler, BC
- 2008 Sport Nutrition for Daily Training and Recovery
Physiotherapy Association of BC Continuing Education Conference, Vancouver, BC
- 2008 Sport Nutrition Fundamentals for Coaches
Coach Education Conference, Pacific Sport Okanagan, Kelowna, BC
- 2008 Sport Nutrition for Soccer
Dietitians of British Columbia Annual Regional Conference, Vancouver, BC
- 2008 Sport Nutrition Assessment
Invited Guest Lecture – University of British Columbia, Vancouver, BC
- 2008 Sport Nutrition Career Paths
Invited Guest Lecture – Trinity Western University, Langford, BC
- 2007 Applied Sport Nutrition Fundamentals
Power Bar/Nestle USA National Sales Conference, Tampa, FL
- 2007 Sport Nutrition for Spinal Cord Injury
Dietitians of Canada Annual Conference, Vancouver, BC
- 2006 Sport Nutrition Fundamentals for Rowing
Rowing Association of BC Coaches Conference, Richmond, BC

Media Communications

- 2020 Difference Makers: Jennifer Gibson - Melding lifelong passions into life's work.
<https://www.chicagobears.com/news/gibson-melding-lifelong-passions-into-life-s-work>
- 2019 Chicago Tribune: It's no small feat to travel with 208 people and a ton of Gatorade. Here's how the Bears got it all from Chicago to London.
<https://www.chicagotribune.com/sports/bears/ct-chicago-bears-london-trip-week-5-20191003-n4wusnld5ewdoclxddou3wvk4-story.html>
- 2019 Mena Star Newspaper: Bears London Coverage
http://www.menastar.com/sports/national/article_41288073-9cbb-5e3f-895b-f3fa61f396.html
- 2019 NFL Today: Former Bears OLB Sam Acho helps lead philanthropic efforts locally and in mission work in Nigeria.
<https://www.profootballweekly.com/2018/08/06/former-bears-olb-sam-acho-helps-lead-philanthropic-efforts-locally-and-in-mission-work-in-nigeria/ahi4gy7/>
- 2017 Ryerson Today: Ryerson University Magazine. How a Nutrition Graduate tackles feeding

- a NFL Team.
<https://www.ryerson.ca/news-events/news/2017/02/how-to-feed-a-hungry-bear/>
- 2016 Bears Coaches Radio Show. Aired Aug 29th, 2016
<https://www.chicagobears.com/audio/coaches-show-fox-gibson-17591574>
- 2016 Chicago Sun Times: Fueling the Bears Fire. Meet Nutrition Guru Jennifer Gibson.
<https://chicago.suntimes.com/2016/7/23/18370611/fueling-the-bears-fire-meet-nutrition-guru-jennifer-gibson>
- 2016 Chicago Bears: Inside the Bears. Meet the Woman who Fuels the Bears
<https://www.chicagobears.com/video/itb-meet-the-woman-who-fuels-bears-17040838>
- 2016 ESPN.com: Jennifer Gibson's cool sports job: Chicago Bears sports science coordinator and dietitian.
https://www.espn.com/espnw/voices/story/_/id/18084206/jennifer-gibson-cool-sports-job-chicago-bears-sports-science-coordinator-dietitian
- 2014 Washington Post: Recovery for Athletes
http://www.washingtonpost.com/national/health-science/how-to-refuel-after-a-workout-without-undermining-your-hard-work/2014/05/19/7c16871c-da0f-11e3-b745-87d39690c5c0_story.html
- 2014: Vancouver Sun: Fueling a Gold Medal Performance
<http://www.vancouversun.com/health/Fuelling+gold+medal+performance/9828638/story.html>
- 2014: Case performance: Expert Interview
<http://www.caseperformance.com/223/interview-with-the-expert-jennifer-Gibson/>
- 2014: Live interview - KOAA News regarding Winter Olympics & nutrition. Aired Feb.14
- 2014: 24 Hour Fitness segment: Q&A regarding Olympians diet
<https://www.youtube.com/watch?v=nLRUu9AhG0k>
- 2013: Outside Magazine: Secret Foods of Olympic Athlete
<http://www.outsideonline.com/fitness/nutrition/The-Secret-Food-of-Athletes.html>
- 2012: Huffington Post: The Olympic Athletes Diet
http://www.huffingtonpost.com/2012/07/30/olympic-diets_n_1717713.html
- 2012 Kellogg's Sport Nutrition Video Series <http://www.kelloggs.com/teamusa.html>
- 2012 Diets in Review.com. Nutrition needs of Olympic athletes
http://www.dietsinreview.com/diet_column/05/us-olympics-team-is-taking-a-record-number-of-dietitians-to-m-london/
- 2012 Food and Nutrition Magazine. London Games Nutrition
<http://foodandnutritionmagazine.com/london-calling-sports-dietitians>
- 2012 Today's Dietitian Magazine. USOC Sport Nutrition team is interviewed regarding nutrition preparation for the Olympic Games <http://www.todaysdietitian.com/newarchives/040212p20.shtml>
- 2012 Huffington Post. Olympic Athletes Diet
http://www.huffingtonpost.com/2012/07/30/olympic-diets_n_1717713.html
- 2012 Women's Health. Olympic Nutrition for the Recreational athlete
<http://www.womenshealthmag.com/fitness/usoc-trainers-tips>
- 2012 Examiner.com. Olympic nutrition planning with athletes
<http://www.examiner.com/article/us-olympic-diet-plans-prepare-athletes-for-gold-medal-success>

- 2011 Powered by Chocolate Milk. Health and Training Blog
<http://www.poweredbychocolatemilk.com/category/health-and-training/>
- 2010 QMFM Morning Radio Show. Live interview regarding Canada Snowboard team nutrition at 2010 Winter Olympic Games. Aired Feb 24th, 2010
- 2010 Breakfast Television Vancouver: Olympic Bites live interview. Aired Feb. 8th, 2010
- 2010 Vancouver Sun Newspaper. Eat, drink, Perform Like an Olympian
<http://www.vancouversun.com/health/drink+perform+like+Olympian/2568332/story.html>
- 2010 Health and Wellness News. Vancouver's multicultural cuisine awaits Olympic athletes
<http://www.ctvolympics.ca/health/news/newsid=29003.html>
- 2009 Powered by Chocolate Milk. Health and Training Blog
<http://www.poweredbychocolatemilk.com/category/health-and-training/>
- 2009 Lifestyle Magazine. Food For Fuel. <http://www.lifestylemaritimes.ca/Food%20for%20Fuel>
- 2009 Team BC Nutrition Video Tips for the 2009 PEI Summer Games
http://teambc.org/pages/4/Team_BC_Nutrition_Tips/
- 2008 CBC Sports Online: Minor Menu: Hockey Fitness and Nutrition weekly blog column
http://www.cbc.ca/sports/hockey/ourgame/columns/minor_menu/
- 2008 CFUN 1410 AM Morning Radio Show. Live interview regarding weight loss. March 25th
- 2008 Vancouver Sun Newspaper: Keeping Sun Run Expectations In Check. Printed Feb 25th
- 2008 Vancouver Sun Online: Nutrition for Running Ask an Expert Live Forum Jan-April
- 2007 CBC Radio: FIFA Women's World Cup coverage interview Aired Sept. 13th
- 2007 Vancouver Sun Newspaper: Nutrition for Running – Eating Smart. Printed Jan. 22nd
<http://www.canada.com/vancouversun/news/arts/story.html?id=87e35585-65b4-46e0-86f0-4d3ca16b70ab>
- 2006 Breakfast Television Vancouver: Pre-workout nutrition. Aired Aug. 21st
- 2006 Vancouver Sun Newspaper: Eat Right - Nutrition for Runners. Printed Feb. 6th
<http://www.canada.com/vancouversun/sunrun/story.html?id=cb72664f-1c7a-40bd-a1ee-52e244f9afa3>
- 2006 Deconstructing Dinner Radio: Dinner Date with the Olympics. Aired Feb. 23rd
<http://cjly.net/deconstructingdinner/022306.htm>
- 2006 CBC radio: BC Almanac. Live Q & A Dietitian guest expert. Aired Feb. 27th