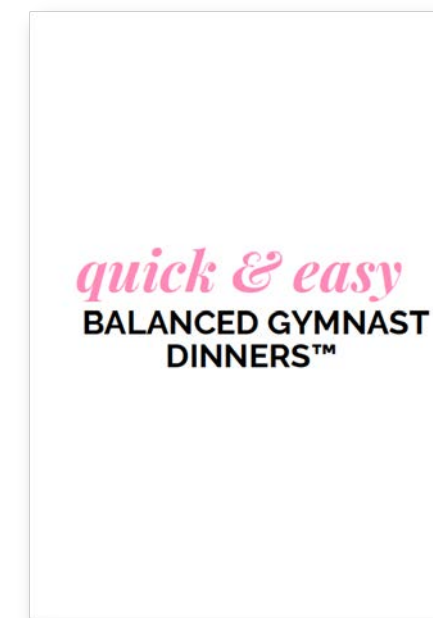
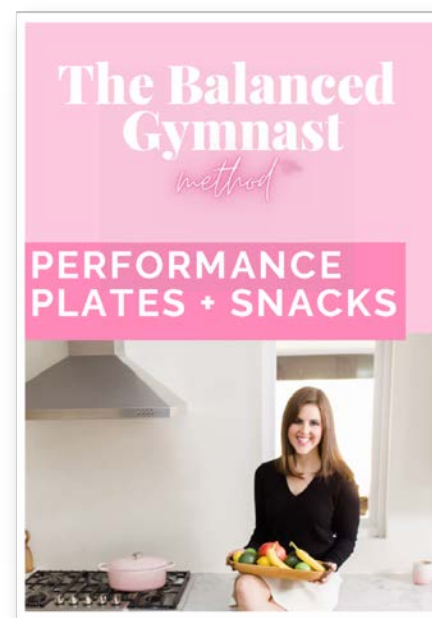


the gymnast nutritionist™

Christina Anderson | RDN



TEAM TALK SERIES

SESSION 1: THE GYMNASST'S FOUNDATION

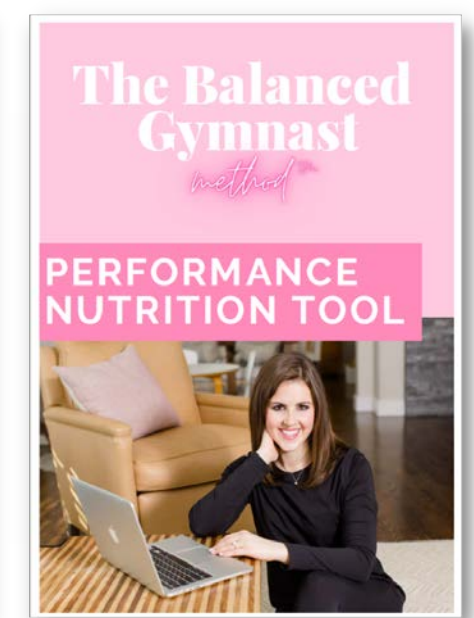
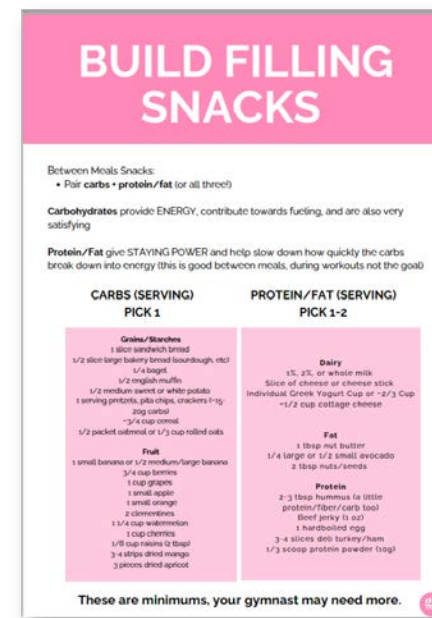
SESSION 2: PERFORMANCE NUTRITION

SESSION 3: NUTRITION FOR INJURIES/INFLAMMATION

SESSION 4: PARENTS & COACHES ONLY

3 COLORFUL PDF WORKBOOKS TO GO ALONG WITH THE SESSIONS

EACH 45-60 SESSION IS HELD EVERY 1-2 WEEKS PER GYM'S PREFERENCE VIA ZOOM OR IN PERSON



FOUNDER & CEO of The Gymnast Nutritionist™

Hey there, I'm Christina

I'm a pediatric and adolescent sports dietitian nutritionist that specializes in nutrition for the gymnast. I work with compulsory through elite female gymnasts.

My approach to supporting gymnasts, parents, and coaches comes from my own experience as a high-level gymnast that struggled with food and her body. Like many of you, my career was plagued with injuries that were largely related to underfueling, though I was clueless as to the effects my nutrition had on my body and performance.

I didn't learn to fuel and nourish my body until college, which was after my gymnastics career had ended. So much of what I write and speak about is what I wish I could have told my 16-year-old gymnast self.

As I became more involved in nutrition, I realized very quickly that a "one-size-fits-all" approach and "just do it" doesn't work. Not only does this not work, but this approach often makes the food + body situation worse.

My mission is to help gymnasts learn to fuel their bodies for optimal performance and longevity in the sport. Together we can learn about the body's energy needs and how all foods can fit. And, we can together create a way of eating that supports sports performance and a healthy relationship with food + body.

As a former competitive artistic gymnast, current Developmental Program/NCAA women's gymnastics judge, and someone who works in the sport of gymnastics each day, I get you. I understand your struggles, the cultural challenges, and pressure that you and our gymnasts face.

Professional Credentials

Christina Crowder Anderson MS, RDN, CSP, CDE, CSSD

Bachelor of Science in Dietetics, University of Arkansas

Master of Science in Nutritional Sciences, The University of Oklahoma Health Sciences Center

RDN Registered Dietitian Nutritionist and LD Licensed Dietitian

CSSD Certified Specialist in Sports Dietetics

CDE Board Certified Diabetes Educator

CNSC Board Certified Nutrition Support Clinician

CSP Board Certified Pediatric & Adolescent Specialist

Level 10 and NCAA rated US Women's Gymnastics Judge

Member of the Academy of Nutrition and Dietetics, The Collegiate and Professional Sports Dietitian Association, USA Gymnastics, and the National Association of Women's Gymnastics Judges

Nutrition Consultant to USA Gymnastics Athlete Wellness Committee

