

# RESOURCES

*here's a little peek into  
our library, podcast  
queue, IG/FB recs ...  
and more!*

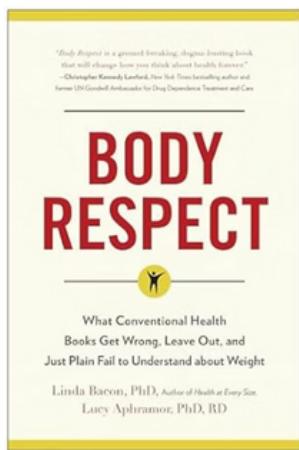


TAKE GOOD CARE FITNESS

photo by B Hauz Productions

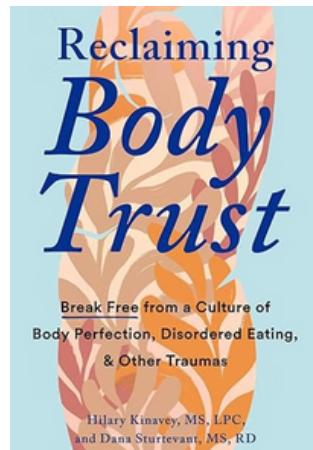


# Books

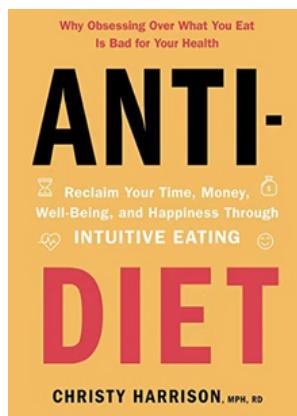
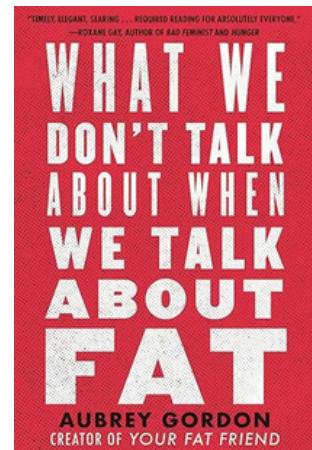


What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight

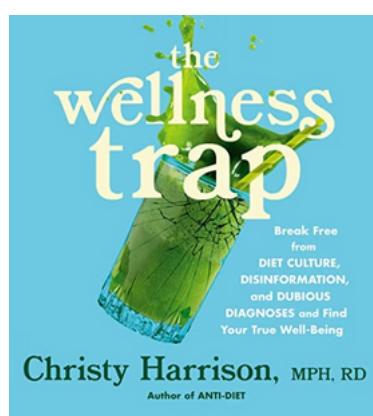
Linda Bacon, PhD, Author of *Health at Every Size*.  
Lucy Aphramor, PhD, RD



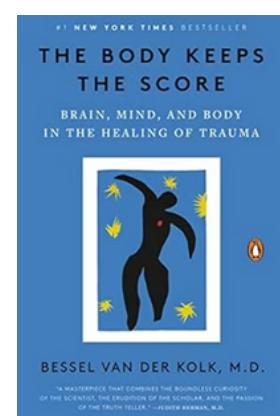
Hilary Kinane, MS, LPC,  
and Dana Sturtevant, MS, RD



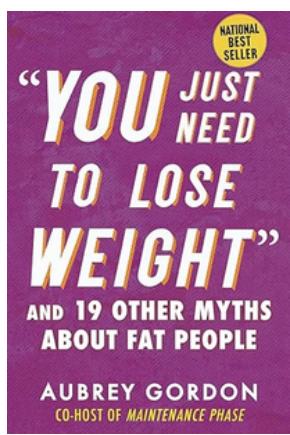
CHRISTY HARRISON, MPH, RD



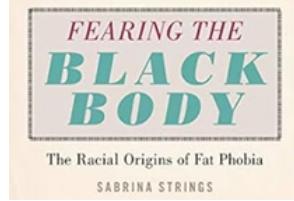
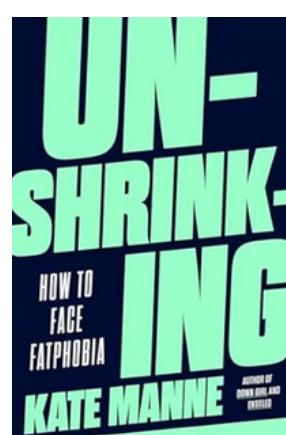
Christy Harrison, MPH, RD



BESSEL VAN DER KOLK, M.D.



AUBREY GORDON  
CO-HOST OF MAINTENANCE PHASE



Take Good Care Fitness



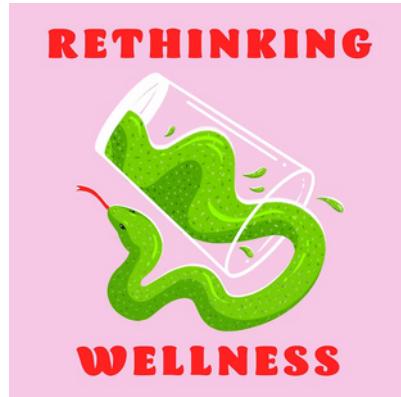
# Instagram Accounts

@michaelulloapt  
@thenutritiontea  
@abbieattwoodwellness  
@abbeybooh\_lifts  
 @\_eofit  
 @soheefit  
 @diets\_dont\_work\_haes1  
 @moritsummers  
 @formfitnessbk  
 @jen.farrugia \*  
 @quinttusentialyogatherapy \*  
 @thrivinspirednutrition \*  
 @amongthetreescounseling \*  
 @kharveyfit  
 @rozthediva  
 @ilonamaher  
 @foodsciencebabe  
 @kanoagreene  
 @bodyliberationhikingvermont \*  
 @healthy\_with\_kelsey  
 @vibrantmamawellness

**\*local to Vermont!**



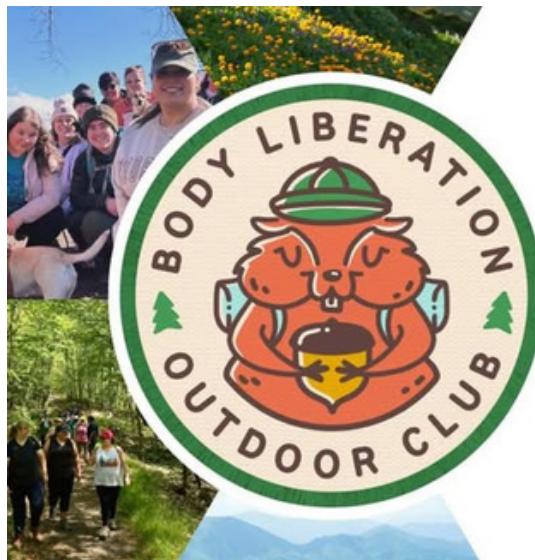
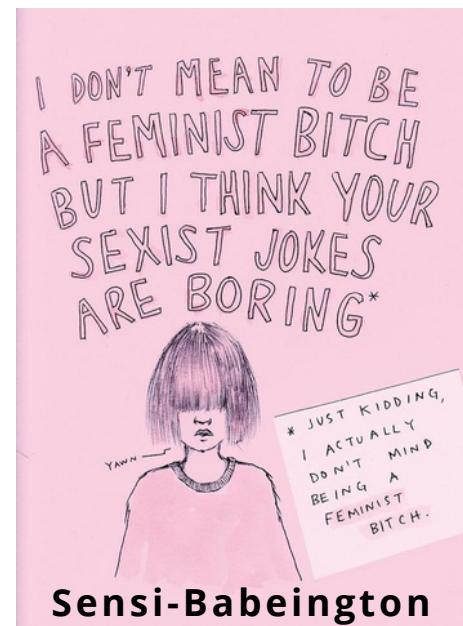
# Podcasts



Take Good Care Fitness



# Facebook Groups



## Facebook Group Mission Statement

To promote body visibility and inclusivity in outdoor spaces by sharing media, posts, or ideas.

Whether you're seeking a hiking club, biking club, or any other event of ours in your area, visit the featured tab to access updated links.



# Providers

## **DIETITIANS - intuitive eating**

ThrivInspired Nutrition, Dana Notte  
A Full Bite, Britt Richardson

## **THERAPISTS**

Haica Rosenfeld  
Kate Morris  
Kelsey Varzeas

>>> If you need help finding a weight inclusive service provider, please let me know and I can do my best to connect you!