

RESOURCES

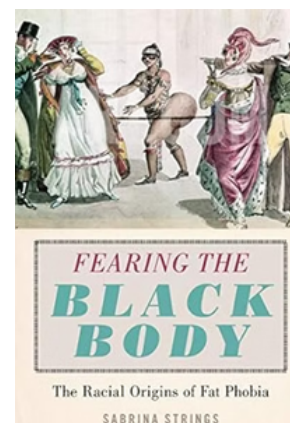
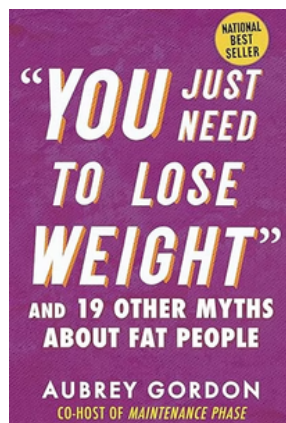
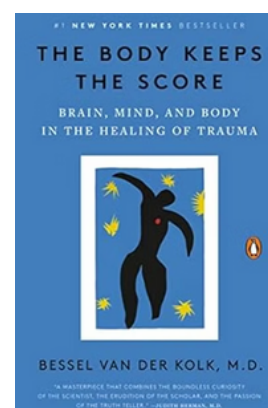
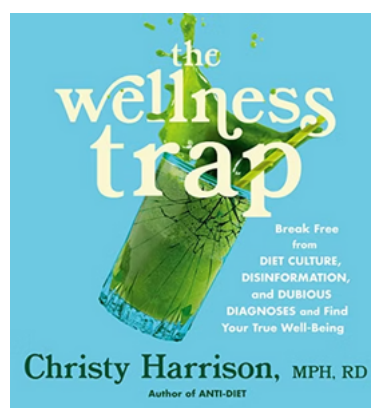
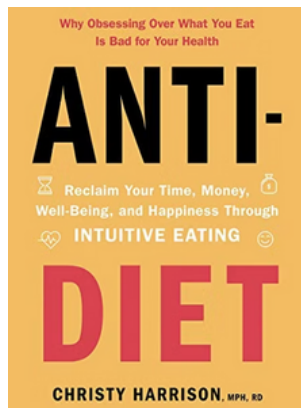
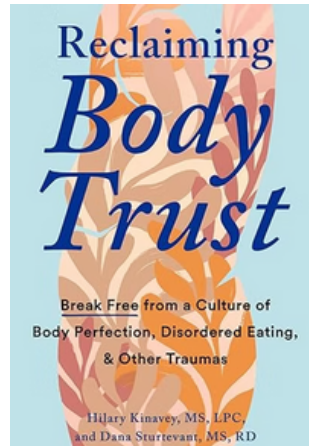
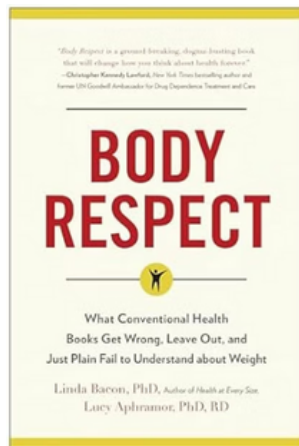
*here's a little peek into
our library, podcast
queue, IG/FB recs ...
and more!*



TAKE GOOD CARE FITNESS



Books





Instagram Accounts

@michaelulloapt
@thenutritiontea
@abbieattwoodwellness
@abbeybooh_lifts
@_eofit
@soheefit
@diets_dont_work_haes1
@moritsummers
@formfitnessbk
@jen.farrugia *
@quinttusenialyogatherapy *
@thrivinspirednutrition *
@amongthetreescounseling *
@kharveyfit
@rozthediva
@ilonamaher
@foodsciencebabe
@kanoagreene
@bodyliberationhikingvermont *
@healthy_with_kelsey
@vibrantmamawellness

***local to Vermont!**

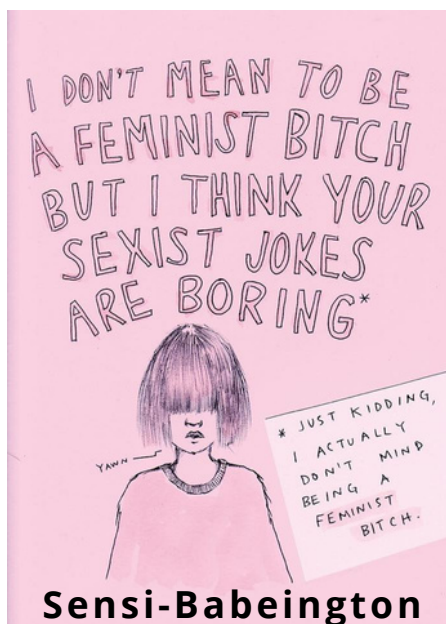


Podcasts





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!