



# PODCASTS

FOR

## HEALTH & WELLNESS



### HURDLE

Join Emily Abbate as she interviews top CEOs and elite athletes about lessons learned and leaning into wellness. Her mission is to encourage others to be their best selves, move with intention and have some fun along the way. Get your dose of inspiration every Monday and Wednesday, and start living a happier, healthier, more motivated life.

➤ 200+ EPISODES



### MENTAL ILLNESS HAPPY HOUR

Comedian Paul Gilmartin hosts a weekly, hour-long podcast which includes interviews with artists, friends and more, chipping away at the stigma of mental health by having an "hour of honesty about all the battles in our heads."

➤ 500+ EPISODES

### ANOTHER MOTHER RUNNER

Host Sarah Bowen Shea brings in experts to help you navigate that tricky—but manageable—intersection of running and motherhood. These mother runners cover it all (and then some).

➤ 300+ EPISODES

### FOOD PSYCH

Interested in intuitive eating and the "Health at Every Size" paradigm? Then this podcast hosted by dietician Christy Harrison is for you. It's one of the best resources if you're intrigued by this size-inclusive movement. She promotes a clean break from traditional diet culture and interviews guests who discuss how they're unlearning years of unhealthy behaviors. Get ready to dismantle the ways in which diet culture is a "life thief" and shift your perspective with this inspiring resource!



➤ 250+ EPISODES

### ALI ON THE RUN

Host Ali Feller interviews industry leaders, entrepreneurs, professional athletes and everyday runners to learn from their successes and failures. Her lively podcast pulls you right into the discussion about guests' experiences. It doesn't matter what level you're at—everyone is bound to gain something helpful from this podcast.

➤ 250+ EPISODES



### THE WELLNESS MAMA PODCAST

Learn about holistic health, stress, real food, sleep, fitness, natural living, DIY, parenting, motherhood and more with Katie Wells of WellnessMama.com. She gives actionable solutions to improve the health of everyone in your family.

➤ 300+ EPISODES

### BULLETPROOF RADIO

Host and Bulletproof founder Dave Asprey is an author, "biohacker" and researcher who isn't afraid to experiment on himself or call on experts to break down what he hasn't tried out yet. He does it all to keep listeners in the loop about strategies to reach their fitness and health goals. Follow along as Dave and guests provide you with everything you need to upgrade your mind, body and life.



➤ 300+ EPISODES

### OUTSIDE PODCAST

Host Peter Frick-Wright tells compelling human stories set in the great outdoors. The most gripping episodes contain an intersection between physical endurance and psychological upheaval. This show will change the way you look at your body and its capabilities.

➤ 150+ EPISODES

### WORK, PLAY, LOVE

Lauren Fleshman and Jesse Thomas, a married pair of athletes, created a podcast that answers listener questions about sports, family, business and the balance between all three. These two are world-class professional endurance athletes, authors, speakers and co-owners of a nationally distributed food products business called Picky Bars.

➤ 100+ EPISODES



### THE NUTRITION DIVA'S QUICK AND DIRTY TIPS FOR EATING WELL AND FEELING FABULOUS

Nutritionist Monica Reinagel, known as the Nutrition Diva, takes a "sane, scientific" approach to dietary advice that cuts through the onslaught of often-conflicting information and offers deceptively simple lessons. Before you know it, you'll be eating healthier and feeling more fabulous!

➤ 300+ EPISODES