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### In Flight Running Archives Available

**February 27th 2015: Special Encore Presentation: Nutrition Tactics For Weight Loss, Energy, Performance & Endurance**

Fitness should be a three pronged attack including cardiovascular fitness, strength training and solid nutritional habits. Practice all 3 along with some stretching and flexibility thrown in and you are well on your way to optimal health. But nutrition is probably the toughest for most of us to consistently pull off yet the most important for body transformation, weight management and performing well at running or your favorite sport.

On "Fitness Momentum" show #4, Michael is joined by special guest and accomplished dietitian, Catherine Kruppa, as they share and discuss solid nutri

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### Featured Guest



#### Catherine Kruppa

Catherine Kruppa, MS, RD, CSSD, LD earned her Bachelor of Science in Nutritional Sciences and Master of Science in Nutrition from Texas A&M University. She is a registered, licensed dietitian and wellness coach and the Director of Nutrition for US Diving. She is also Board Certified in Sports Nutrition. She specializes in weight management, sports nutrition, diabetes, eating disorders, heart disease, and pediatric nutrition. Catherine was a member of the Texas A&M Varsity Diving Team and is currently an active member of the running community in Houston and a Boston qualifier. She has competed in 5 triathlons, 15 marathons and 3 ultramarathons with a personal best of 2:59 at the maratho

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