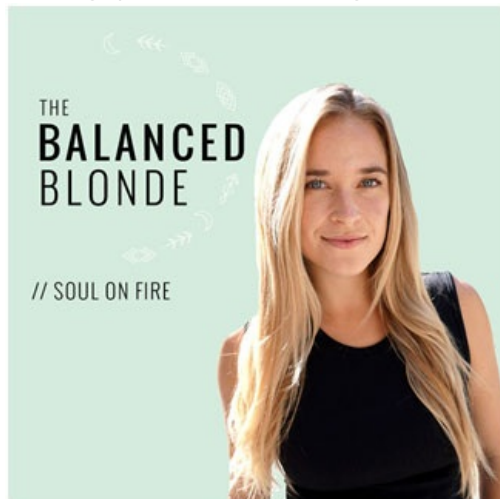


8 Best Podcasts for Health and Fitness Junkies

Summary: Are you interested in health and fitness? Try listening to one or more of these podcasts. Podcasts have become more and more popular over the past five years with people listening on their commute, while traveling, walking their dog or simply doing chores around the house. They are a way for people to be able to listen to something funny, insightful or learn more about topics they are interested in without having to set aside a separate amount of time to do so: multitasking at its finest. If you're a health and fitness junkie who can't get enough of nutrition, fitness and overall well-being, there are plenty of podcasts out there for you. Even if you're a newbie and want to learn more, the same podcasts could help you dive in. However, how do you know which ones to try? It can be frustrating to spend a half hour or more listening to a podcast to see if you like it, then doing so over and over again until you find a good one. To save you a great deal of time and frustration, here's a narrowed down list of the best ten podcasts for health and fitness. Read the summaries and find one that sounds like something you'd be interested in. Then, the next time you're stuck in traffic on the way to the office, give one a try. Pick an episode that sounds good to you, see if you like it, and then start at the beginning of their series to take them all in.



Bulletproof Radio: [Bulletproof Radio](#) with Dave Asprey is the perfect podcast for anyone who wants to hear from world-class experts on all things health, fitness and nutrition. Dave breaks down knowledge from high profile MDs, biochemists, Olympic nutritionists and meditation experts. Dave has spent more than a million dollars experimenting on his own health and fitness and shares his tales from places like private brain EEG facilities to Silicon Valley to remote monasteries in Tibet. Bulletproof Radio is all about high performance and finding the best information to improve your mind, body and life.



Soul on Fire: Hosted by Jordan Younger (@thebalancedblonde), [Soul on Fire](#) is where Jordan and her guests discuss "everything from the young entrepreneurial blogging life to wellness, friendship, branding a business, writing, how to keep the passion alive and so much more." During each episode, Jordan interviews a person in her life that has "set their soul on fire." Her guests include many health and fitness experts. This is a great podcast for anyone who is looking to take a more holistic route to health and

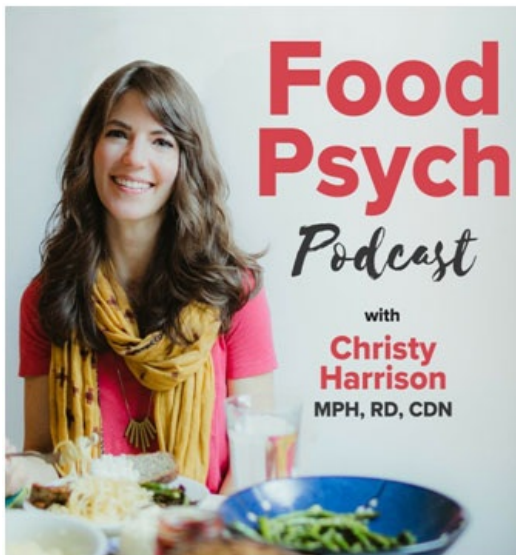


wellness.

The Jillian Michaels Show: [The Jillian Michaels Show](#) is hosted by none other than Jillian Michaels herself, one of America's most well-known personal trainers and health and wellness gurus. While informative about health, nutrition and fitness, her show is also inspirational and entertaining and touches on a wide range of subjects having to do with overall well-being. You can even submit your own questions on her [website](#) to potentially be answered on the show.



Barbell Shrugged: Whether you've drank the Crossfit "kool-aid" or want to learn more about the sport before you give it a try, Barbell Shrugged is right for you. The show not only covers crossfit but various types of strength and conditioning, along with giving its listeners a better understanding of their bodies and exercise theory with a myriad of topics and speakers.



Food Psych Podcast: Hosted by Christy Harrison, MPH, RD, CDN, [Food Psych Podcast](#) is all about intuitive eating, health at every size, positive body image, and eating disorder recovery. While not your classic fitness and weight loss podcast, Christy shares vital information for women who have been overwhelmed with the diet mentality in their personal lives and in social media. She provides a space where she and her guests can share an approach to health based on self-compassion and size acceptance rather than comparison and a constant desire to change the way we look.



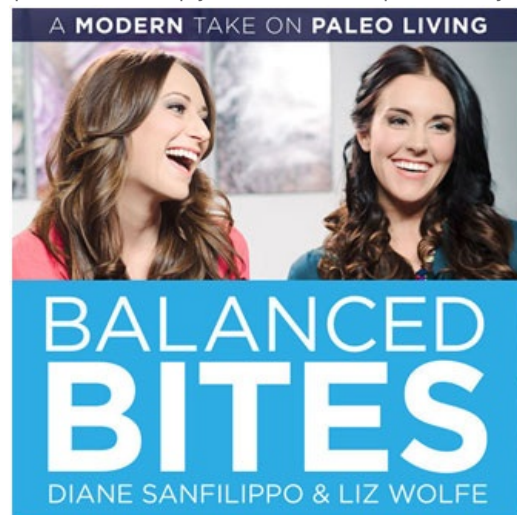
The Nutrition Diva: [The Nutrition Diva](#), Monica Reinagel,

MS, LD/N, CNS shares, "I'm here to help you sort food facts from fiction, separate the good information from the bad, and to make eating healthy just a little bit easier – and a lot saner." On a mission to give you helpful but quick tips to take your nutrition to the next level, Monica tries to make eating healthy as easy as possible while



answering questions that so many people have on the subject.

The Fat Burning Man: Featured on high profile media outlets like Women's Health, ABC, People and the New York Times, [The Fat Burning Man](#) shares a great depth of information to help you become the best version of yourself. Abel James, a New York Times Bestselling Author and Celebrity Coach on ABC interviews wellness experts including celebrities, Olympians, and authors. The goal of this podcast is to help you look, feel and perform at your



best with its advice on nutrition, fitness and overall wellness.

Balanced Bites: While the Paleo diet may be based on ancient ways, [Balanced Bites](#) hosts Diane Sanfilippo and Liz Wolfe bring the eating style into the twenty first century. Not only do they touch on what it means to eat Paleo and how to do so in a way that fits your lifestyle, these women cover a myriad of topics such as beauty, skincare, and how to have a healthy mindset all while creating a fun and funny environment between themselves and their guests.