

Merry Frigaard

Sports nutritionist

Profile

As a sports nutritionist, I have over 1 year of experience helping athletes improve their performance through optimized diet and supplement regimens. I am well-versed in the latest research on sports nutrition and utilize an evidence-based approach to create individualized plans for my clients. In addition to one-on-one counseling, I also provide group education sessions on topics such as proper fueling for training and competition, hydration strategies, and recovery nutrition. My goal is always to help my clients reach their full potential as athletes while also promoting long-term health and wellness.

Employment History

Sports Nutritionist at Nutrition & Therapy Services, MN

May 2022 - Present

- Created and implemented nutrition plan for high school football team that resulted in 15% weight loss on average for each player.
- Presented at national conference on the role of sports nutrition in athletic performance.
- Authored an article for a major scientific journal on the importance of protein intake for athletes.
- Wrote a best-selling book on sports nutrition entitled "Eat to Win".
- Served as consultant to professional baseball team, helping players increase energy and improve batting averages by 5%.
- Advised Olympic gold medalist swimmer on diet and supplement regimen leading up to competition.

Assistant Sports Nutritionist at Healthy Eating and Exercise, MN

Aug 2021 - Mar 2022

- Led a team of 5 dietitians in developing and implementing nutrition programs for 100 athletes.
- Monitored food intake of 20 athletes to ensure they were meeting their daily caloric needs.
- Wrote monthly articles on sports nutrition topics that were featured in the school's newsletter.
- Presented at a statewide conference on the importance of proper hydration for young athletes.
- Implemented new software that helped track athlete's progress and nutritional data more efficiently.
- Successfully created individualized meal plans for 15 vegan athletes while ensuring all nutrient needs were met.

Education

Bachelor of Science in Sports Nutrition at University of Minnesota

Sep 2017 - May 2021

Some skills I've learned are how to properly assess someone's nutritional needs, how to create a diet plan that meets those needs, and how to educate others on the importance of nutrition.

Details

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Links


[linkedin.com/in/merryfrigaard](https://www.linkedin.com/in/merryfrigaard)

Skills


Sports nutrition




Exercise physiology



Biochemistry



Anatomy and physiology



Chemistry



Physics



Languages

English



French



Hobbies

Biking

Running

Weightlifting