

WHERE TO FIND GREAT TRAINING RESOURCES FOR HEALTH, FITNESS AND HUMAN PERFORMANCE

*Disclaimer: This list below is by no means comprehensive. Instead, it lists some of the best in health, fitness, and human performance. This list will evolve over time as I meet and engage with thought leaders in these fields. Please contact me if you are in this industry, and I missed your name. I always want to connect with the high-performers and Mavericks doing great and daring work in this field.

HEALTH & LONGEVITY RESOURCES

1. <http://diamandis.com> Peter Diamandis
2. <http://peterattiamd.com> Peter Attia
3. The Sinclair Lab David Sinclair David Sinclair, PhD

Check out Dr. Sinclair's work at Sinclair Lab here:

<https://sinclair.hms.harvard.edu/>

Dr. Diamandis is the founder or co-founder of many companies, including Celularity, Fountain Life, and Human Longevity Inc., to name a few. Find out more at <https://www.diamandis.com/companies>

These thought leaders are among the best I have encountered and will be a guiding beacon for you on your continued journey. They will be a great source to keep up to date on the latest advancements and best practices regarding optimizing your healthspan and lifespan.

Be sure to keep current with the Only One Body resources page, as I will update healthspan and longevity resources as I become aware of them.

TRAINING RESOURCES

- EXOS <https://www.teamexos.com>
- MIKE BOYLE STRENGTH COACH www.strengthcoach.com
- ERIC CRESSY www.cresseypower.com
- NICK TUMINELLO <http://www.performanceu.net/>
- PAT MCNAMARA <https://www.combatstrengthtraining.com/>

- ❑ KELLY STARRETT <https://thereadystate.com/>
- ❑ Starting Strength Mark Rippetoe <https://startingstrength.com/>
- ❑ DR STUART MCGILL <https://backfitpro.com>
- ❑ Mountain Tactical Institute <https://mntactical.com/>
- ❑ WIM HOFF BREATHING
- ❑ Catalyst Athletics w/ Greg Everett www.CatalystAthletics.com
- ❑ Dr. Joel Seedman www.advancedhumanperformance.com
- ❑ Mike Matthews Muscle for Life and Legion <https://legionathletics.com>
- ❑ ATG and KNEESOVERTOES Ben Patrick
- ❑ Squat University Dr. Aaron Horschig founded SquatUniversity.com and Squat University on YouTube. He is the author of Rebuilding Milo and The Squat Bible, both available on Amazon.
- ❑ The Blauer SPEAR System w/ Tony Blauer <https://blauerspear.com>

If you are in Northern Virginia, check out these great resources.

1. Trident Athletics
2. Capital MMA
3. SAPT
4. CrossFit Burke