

About Marie

Marie Spano, MS, RD/LD, FISSN, CSCS is one of the leading sports nutrition and nutrition communications experts in North America. Currently serving as Vice President of the International Society of Sports Nutrition, she has helped elite, professional and amateur athletes go beyond their personal best and achieve maximum performance in their respective sport.

Marie is also a highly sought after advisor to some of the most respected food and nutritional supplement companies in American and Europe. She has formulated products, developed marketing materials and provided media communications exposure through TV, radio and public speaking.

Marie is also an accomplished researcher with regular contributions to popular press magazines such as Muscle & Fitness Hers and FitnessRx for Women, as well as industry publications. She is the co-editor of a forthcoming Human Kinetics textbook on Sports Nutrition.

Ms. Spano's BS degree is in Exercise and Sports Science from the University of North Carolina, Greensboro.
Professional Affiliations:

International Society of Sports Nutrition

www.theissn.org

National Strength and Conditioning Association

www.nscf-lift.org

Sports, Cardiovascular and Wellness Nutritionists

<http://www.scandpg.org>

American Dietetic Association

www.eatright.org