

ALEX LARSON

NUTRITION



ABOUT ALEX

Alex Larson is a Minnesota-based registered dietitian who felt her calling the moment she crossed the finish line of Ironman Wisconsin and has leaned into this mission of serving endurance based athletes.. She works with endurance athletes on fueling for improved performance and body composition through a flexible eating style. She has worked with athletes from all over the U.S. and in over 15 different countries and her herself has completed 20+ triathlons including Ironmans and multiple 10K and half marathons. Her clients fall back in love with their sport and life again.

FEATURED IN

Parade

Women'sHealth

AG | A G E
G R O U P E R

TRAINERROAD

Bicycling

 **PELOTON**[®]

LIVESTRONGSM.COM

ALN

FUEL FOR
PERFORMANCE

Our core values include trust, fun, connection and authenticity.

Our mission is to create a world of well-fueled endurance athletes with positive relationships with food and their body. We want to make sure the businesses and brands we partner with support these values + mission as well!

PR MANAGER: GENIEVA BLISS MEDIA

✉ hello@genievablessmedia.com

✉ alex@alexlarsonnutrition.com

FIND US AT:

 @alexlarsonnutrition

 alexlarsonnutrition.com

ANALYTICS AND REACH



SERVICES

Talent at events, expos, trade shows

TV, radio/podcast, print and web interviews

Quotes for press releases

Social media engagement and promotion

Media and endurance sports nutrition consulting

And more!

 20.9K

[@alexlarsonnutrition](#)

 1.3K

[Alex Larson Nutrition Coaching Community](#)

 1.5K

[@alexlarsonnutrition](#)

 <1K

[@alexlarsonnutrition](#)

 <1K

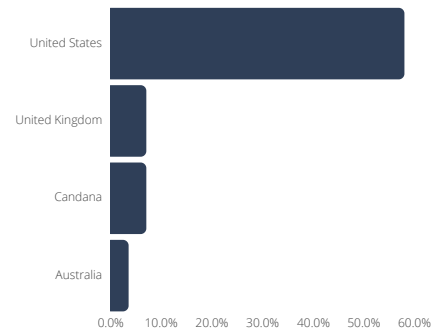
[@alexlarsonnutrition](#)

AUDIENCE

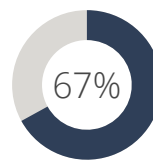
GENDER



LOCATION



AGE RANGE



25-45 YRS

DESCRIPTION

Our audience is directed at endurance athletes that are seeking clarity in how to improve their health and performance with nutrition as they train for an upcoming event. We also celebrate body inclusivity & diversity in endurance sports.

Products that we are looking to promote: food/drink options, equipment, race day needs.