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Lindsey Miossi Health Coach

Lindsey is a kinesiology PhD candidate at the University of Tennessee, focusing on sport psychology and motor behavior. She earned her master's in kinesiology which focused on the psychology and promotion of exercise, health, and sport behavior as well as a bachelor's degree in kinesiology at the University of Illinois, Chicago. Throughout her 5 years of graduate



school, Lindsey has taught a variety of undergraduate classes, developed in-person and online course curriculums, earned multiple teaching certificates, and received teaching-specific awards. Additionally, she is a mental performance consultant and has worked with multiple athletic teams and individual athletes. Lindsey is also an avid self-experimenter. She has tested numerous interventions on herself including fasting, the ketogenic diet, and gut health protocols. She is passionate about working with others and helping people discover what works best for them as they strive for a healthier, better life.