

Resources

Direct Links to Intrafitt Corporate

Nutrition Programs and Phone Coaching

<http://www.intrafitt.com/programsproducts.aspx?category=180>

Reinstate Your Intrafitt Meal Planner

[http://www.intrafitt.com/ProductsDetails.aspx?q=378&faq=&type=ordinary nutrition program](http://www.intrafitt.com/ProductsDetails.aspx?q=378&faq=&type=ordinary%20nutrition%20program)

Physicians, Psychologists, Physical Therapy, Injuries

Bend/Redmond

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|--------------------------|---------------------------|--------------|--|
| Dr Rose Kenny | Family Practice | 541.548.8088 | |
| Dr Jamie McAllister | Family Practice | 541.330.9110 | |
| Dr Emma Baker | Hormones, Menopause | 541.322.3941 | www.dremmabaker.com |
| Lynne Herbert | Children, Couples, Family | 541.389.5446 | www.attachco.com |
| Nancy Curfman | Eating Disorders | 541.385.7408 | |
| Rebound Physical Therapy | 155 SW Century Dr | 541.322.9045 | |
| Desert Orthopedics | 1303 NE Cushing Dr | 541.388.2333 | |

Bodyfat Checks

Bend

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| Emily Fridae | Bodyfat Checking only | | EmilyFridae@hotmail.com |
| COCC | Exercise Physiology Lab | 541.383.7768 | http://hhp.cocc.edu/facilities/exercise_lab |

Los Angeles

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|----------------------|------------|--------------|--|
| Ken Toman | Trainer | 323.899.3339 | |
| <i>Home Calipers</i> | FattrackII | 877.991.3411 | www.bodybuilding.com/store/acc/fattrack.html |

Trainers

Bend

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| Morri Stewart | | 541.771.9226 | www.energizewithmorri.com |
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Los Angeles

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| Ken Toman | Cycling, Strength | 323.383.3339 | |
| Ian Murray | Triathlon | 310.924.7362 | http://triathlontrainingseries.com/coaching |

Sports Performance Labs

Bend

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|--------------------------------|--|--------------|--|
| Rebound Sports Performance Lab | | 541.585.1500 | www.reboundspl.com |
| | Lactate Tests, Bike Fits, Cycling Classes, Coaching Programs, Running Clinics, Pilates | | |

Los Angeles

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| Phase IV | | 310.582.8212 | www.phase-iv.net |
| | Scientific Training and Performance Evaluations and Programs | | |

Sports Nutrition

Los Angeles

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| Phase IV | | 310.582.8212 | www.phase-iv.net |
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HeartRate Monitor, Food Scales

Bend

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| | Sunnyside Sports | 541.382.8018 | Polar FT4 |
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| | Ginger's Kitchenware | 541.617.0312 | |
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Athletic Clubs

Bend

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| The Athletic Club of Bend | 541.385.3062 | www.athleticclubofbend.com |
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Photographer Credits

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| Tony DiZinno | 310.435.7545 | www.dizinno.co.uk |
| Jay Farbman | 805.886.2328 | www.jayfarbman.com |
| Nathan Bilow | 970.209.0655 | www.nathanbilowphotography.com |
| Dan Campbell | 435.901.8830 | www.dancampbellphotography.com |