

## Ted Munson Biography.

Ted is a leading registered Sport & Exercise Nutritionist (SENr). He has extensive experience working with a range of athletes, including Premier League and Championship football players, elite triathletes and cyclists, as well as with recreational athletes.

After graduating from the University of Hull, Ted joined Hull City as a Sport Scientist focusing on nutrition, GPS and physical performance. Here he developed his passion for high performance sport and the nutritional strategies that underpin success.

Ted then joined leading sports supplement provider, 'Science in Sport' as a performance nutritionist where he worked with USA Cycling and Team Sky amongst others; he was also involved in establishing the company in America.

He obtained a Level 3 FA Certificate in Physical Performance and a Post Graduate Award in Sports Nutrition to compliment his MSc in Sport, Health and Exercise Science.

Ted now runs his own Sports Nutrition company working with Harlequins Rugby, Chelsea FC, Birmingham City FC and Millwall FC. He has spoken at conferences and events in the UK and on the international stage; featured on Australian television providing expert commentary for the 'Tour Down Under'; supported Sacramento MLS club and has recently published a study on the importance of hydration in tennis. He maintains an extensive professional network with world leading experts in the field, striving to provide up-to-date knowledge and advice to his athletes. His credentials include:

- BSc ( Hons) Sport Science
- Registered Sport and Exercise Nutritionist (SENr Grad)
- MSc Sport, Health & Exercise Science
- PG Cert Sport Nutrition
- FA Level 3 Physical Performance
- UK Anti Doping Accredited Advisor
- BASES member