

Coach Beau's Picks

I am addicted to podcasts. No, not really but I do attribute a lot my continued education regarding health and fitness to various podcasts. Just wanted to share my current top 3 with you to help you navigate through this life in the best health possible.

1. The Model Health Show with Shawn Stevenson.
<https://themodelhealthshow.com/podcasts/>
2. The Ready State with Dr. Kelly Starrett
<https://members.thereadystate.com/podcasts/>
3. Stacked with Joe Distefano
<https://www.coachjoedi.com/stacked>

If you have come across amazing podcasts that have helped you improve your health and fitness, please share them with me as well. In this together. Coach Beau