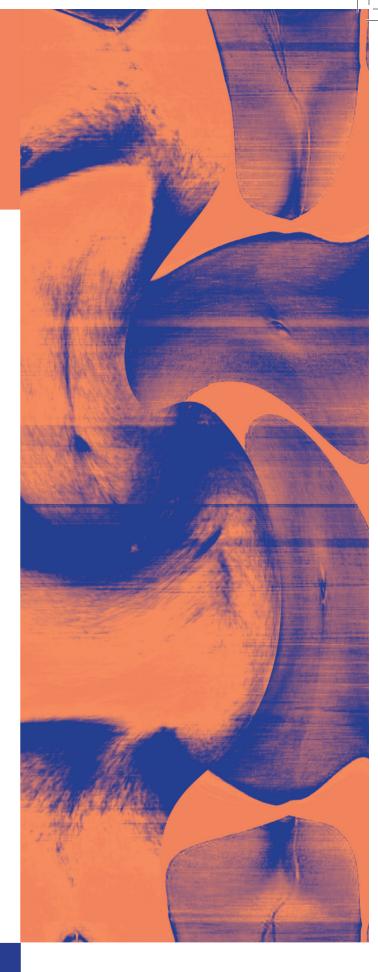


Talking with experts, athletes and other interesting people about topics such as:

## MUSCLE DYSMORPHIA DISORDERED EATING

## EXERCISE ADDICTION

and much more



## **#I**MyoMinds

Demystifying mental health within the exercising and sporting community.

visit: MyoMinds.com also available on: Spotify,

Apple Podcasts and
Google Podcasts