

# Kansas Academy of Nutrition and Dietetics

MAY MEMBER SPOTLIGHT: Kat Benson, RDN LD



**Kat owns a mostly-virtual private practice. Her new podcast, co-hosted w/ Christina Spencer, talks about nutrition and movement from a science-based approach. "I'm in the process of creating an online program designed to coach people to a healthy relationship with food - designed with CrossFit athletes in mind."**

Role of nutrition on training:

"It's so fun to work with athletes who care about their health. It's amazing how much nutrition plays a role in performance, recovery, and overall well-being. I decided to become a dietitian because of my own experience of how much it changed my performance as an athlete. I can now share that gift with others!"

Kat talks food...

Fav veggie: "Super colorful salads, tons of veggies, and salsa on top."

"I would travel to France! I would have to get a warm, flaky, buttery croissant and pretty much everything else that looked amazing!"

Kat talks crossfit...

"I grew up as an athlete. I decided to give crossfit a try & fell in love with the community & atmosphere!"

Favorite & most accomplished CrossFit move: "bar muscle up & being super consistent at jump rope double-unders."

Best Kansas outdoor activity & restaurant spot?

"I love going out to Milford Lake at Acorn's Resort. There's even a nice restaurant you can eat at during breaks!"