



**The Good Clean Nutrition Podcast  
Episode 31 Show Notes**

**Episode 31: Strength Training Tips for Women featuring Kelly Jones, MS, RD, CSSD, LDN**

In this episode of The Good Clean Nutrition Podcast, host Mary Purdy, MS, RDN, speaks with Kelly Jones, MS, RD, CSSD, LDN, who is a board-certified specialist in sports dietetics, and owner of both Kelly Jones Nutrition and Student Athlete Nutrition. Kelly has created medical fitness programs for internationally recognized fitness clubs and consults with national sports organizations, including Major League Baseball, USA Swimming and New York Road Runners. Tune in as they discuss strength training and nutrition to help women achieve their health & fitness goals.

**In this episode we'll cover:**

- (3:30) How Kelly became interested in sports nutrition + performance
- (6:52) Importance of building a fitness routine
- (10:38) Breaking down different types of strength training
- (19:14) Nutrition to support strength training goals
- (36:00) Dietary supplement dos and don'ts

**Links:**

- Connect with Kelly on [Instagram](#), [Facebook](#), [Twitter](#) and [YouTube](#), and visit her [website](#).

**About Kelly Jones MS, RD, CSSD, LDN:**

Kelly Jones MS, RD, CSSD, LDN, is a board-certified specialist in sports dietetics, and owner of both Kelly Jones Nutrition and Student Athlete Nutrition. Kelly began her career as an associate professor of nutrition and exercise physiology, while building her performance nutrition business and gaining notoriety in the media busting myths and showcasing the ease of incorporating nutrient dense foods and food products into busy, active lifestyles. Kelly has created medical fitness programs for internationally recognized fitness clubs and consults with national sports organizations, including Major League Baseball, USA Swimming and New York Road Runners. As a board-certified sports dietitian, mom of two young boys, and former division I athlete who still loves to compete in races and weight train, Kelly understands the need to implement positive nutrition habits in practical and personalized ways. Kelly is also a valued member of Orgain's Nutrition Advisory Board.

**About host Mary Purdy, MS, RDN:**

Mary Purdy, MS, RDN is an integrative eco-dietitian and nutrition educator with a Master's Degree from Bastyr University, where she is currently adjunct faculty. She has been in clinical practice for over 12 years using a personalized medicine and functional nutrition approach. In addition to being the host of The Good Clean Nutrition Podcast, she had her own podcast, The Nutrition Show, with 100+ episodes,



and has authored two books, *Serving the Broccoli Gods* and *The Microbiome Diet Reset*. Mary also teaches for other universities and educational platforms, is a nutrition and sustainability adviser for [Big Bold Health](#), and is a sought-after speaker, consultant and community builder working with organizations to create a more sustainable, just and resilient food system.

Connect with Mary on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

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