

# BODY AFFIRMING MOVEMENT

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## Other health professionals that I follow:

Alison Marie Helms, P.h.D., women's strength and running coach  
Follow on IG @alisonmariephd

Amir Zandinejad - mobility coach  
Follow on IG @beardthebestyoucanbe

Anthony Green - mobility specialist  
Follow on IG @coachgreen.pt

Bianca Russo - body affirming fitness for LGBTQ+ and Allies  
Follow on IG @biancarussofitness

Chrissy King - body affirming fitness  
Follow on IG @iamchrissyking

David Grey - trainer and movement specialist  
Follow on IG @davidgreyrehab

David Wilson - movement educator  
Follow on IG @oldschoolmoves

Dr. Jen Fraboni - PT, DPT  
Follow on IG @docjenfit

Dr. Moses Bernard - movement specialist, FRC  
Follow on IG @mosesbernard

Ian Markow - trainer and mobility coach  
Follow on IG @ianmarkow

Ilona Price, trainer and nutrition coach  
Follow on IG @imprice

Ilya Parker, body affirming fitness coach  
Follow on IG @decolonizing\_fitness

Kaisa Keranen - body affirming fitness coach  
Follow on IG @kaisafit

Lilian Holm - DPT, hypermobility specialist  
Follow on IG @hypermobilitydoctor

Sandra Sanchez - movement and soft tissue specialist  
Follow on IG @mov\_ensan

I would love to continue adding to this list. Email me at [christa@cocumelliwellnesscollective.com](mailto:christa@cocumelliwellnesscollective.com) if you have a favorite body affirming movement specialist that you follow.