



Holistic Wellness for Gymnasts

Fit Intuit empowers gymnasts to achieve peak performance and long-term well-being through mindfulness, functional medicine, and a holistic approach to body, mind, and spirit.



About Fit Intuit

Fit Intuit helps high-level gymnasts thrive by offering personalized wellness solutions designed to support peak performance, resilience, recovery, and well-being, both in and out of competition. The Fit Intuit approach blends mindfulness, functional medicine, and mental resilience training to create well-rounded, high-performing athletes and healthy individuals.

About Theresa

Theresa is a 3x NCAA Champion, former Olympic alternate, physician assistant, certified functional medicine practitioner, and mindfulness teacher. With over 20 years in gymnastics, she understands the unique challenges athletes face and created Fit Intuit to give gymnasts the tools to excel in body, mind, and spirit during their careers and beyond.



Contact Info

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Services for Gymnasts (all Virtual)

★ **Mindfulness Coaching**
Enhance focus, reduce stress, and improve performance.

★ **Functional Medicine & Nutrition**
Personalized health plans for better energy, faster recovery, and injury prevention

★ **Transition Coaching**
Guidance for gymnasts moving into life after sport

Testimonials

"Overall, I feel like any gymnast can benefit from Theresa's work! She is so compassionate, understanding and a great listener. Most gymnasts struggle with control and fears, including my gymnast. So when she spoke with Theresa, it opened my gymnast's eyes that what she feels in her mind isn't always the fact. And that gymnastics doesn't define who she is as a person."

— Mother of a Gymnast

"The services Theresa offers are spot on for what is needed in sport right now. As a world-class athlete, Theresa had an amazing ability for introspection and analysis. Now, as a working professional, and with this unique skill set she possesses, she has the ability to provide what no other entity is doing right now—addressing the needs of the whole athlete and giving them tools through their entire lifecycle to manage the many challenges athletes face not only while competing but beyond their athletic career."

— Michelle Dusserre-Farrell, 1984 Olympian
(Gymnastics), President, US Olympic and Paralympic
Alumni, Colorado Chapter