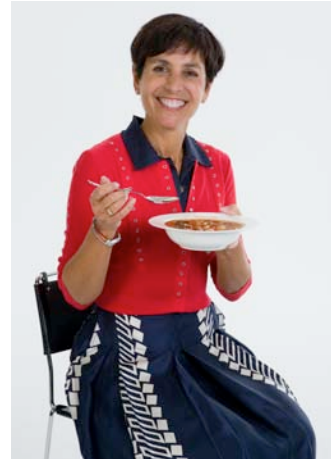




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Leslie Bonci is a registered dietitian with a master's degree in public health from the University of Pittsburgh where she is now an adjunct assistant professor of nutrition. She is also a Board certified Specialist in Sports Nutrition. She has expertise in nutrition therapy for weight management, digestive disorders, cardiovascular disease, cancer, diabetes and eating disorders.

Bonci serves as the sports dietitian for the *Pittsburgh Steelers*, a position she has held for the past 16 years, *the Pittsburgh Penguins*, *Pittsburgh Pirates*, *Milwaukee Brewers*, The University of Pittsburgh Athletic Department and the Pittsburgh Ballet Theatre. She also consults to local and national schools and universities, including the University of Texas on topics such as eating disorders and sports nutrition and is a consultant to the NCAA. Leslie consults with the WNBA and USA Women's Rugby and works with 45 high schools in Western Pennsylvania as well as to gymnastics clubs, swimming clubs, and sports camps. Her passion is promoting healthy body image, healthy eating habits and optimizing performance. Leslie is also on the Gatorade® Sports Science Institute sports nutrition board.

She is a contributing author to the sports nutrition manual by the American Dietetic Association and has written chapters for other textbooks including DeLee and Drez's *Orthopaedic Sports Medicine*, *ACSM's Primary Care Sports Medicine*, the *IOC Basketball Handbook*, and *Integrated Women's Health: Holistic Approaches for Comprehensive Care*. She co-authored *Total Fitness for Women* and is the author of the *American Dietetic Association Guide to Better Digestion*. Leslie was guest editor for *Clinics in Sports Medicine: Sports Nutrition Update*, 2007. She also writes regularly for *Training and Conditioning Journal* and sits on the editorial board of the *Journal for Athletic Training*. Leslie served as an author on the 2007 National Athletic Trainer's Association position paper on *Disordered Eating in Athletes*. She has written a Sports Nutrition manual for coaches available in the Spring of 2009.