



LET'S TALK ABOUT WHAT FUELS GREATNESS

TUNE IN TO FUEL-UP WITH:

LUKE COUTINHO

With 3 bestsellers and named one of 500 "most influential people in Asia" by the NY Press Agency, Luke joins us from his home in India. He is a holistic lifestyle coach globally known for his approach to Integrative and Lifestyle Medicine. Learn the 4 pillars of wellbeing that blend Eastern and Western thoughts and practices.

Friday, August 6, 2021
10:00 am PDT / 7:00 pm CEST
6:00 pm BST / 10:30 pm IST



BRYAN SNYDER, RD

Go on a rare behind the scenes tour at state-of-the art Broncos Training Facility, led by the Director of Nutrition for the Denver Broncos. With past experience in consulting multiple pro sports teams, he reveals the effects of sleep deprivation in athletes and how to fuel up for specific sports.

Friday, December 3, 2021
10:00 am PST / 7:00 pm CEST
6:00 pm GMT / 11:30 pm IST

SCOTT M. SMITH, PhD

Nutritionist, Manager for Nutritional Biochemistry at the NASA Johnson Space Center. Determining the specific nutritional needs for space exploration, Dr. Smith is one of the few people on the planet whose work ranges from Antarctica to Outer Space.

Friday, September 3, 2021
10:00 am PDT / 7:00 pm CEST
6:00 pm BST / 10:30 pm IST



DALLAS SEAVEY

2021 Iditarod champion and one of only two athletes to win five times (along with a team of canine athletes). In a grueling race that braves blizzards, whiteouts and wind chills as low as -70°C, Seavey explains why every second and every calorie counts.

Friday, January 7, 2022
10:00 am PST / 7:00 pm CEST
6:00 pm GMT / 11:30 pm IST

JEREMY JONES

Big Mountain Snowboarder, Filmmaker, Climate Advocate, National Geographic Adventurer of the Year and dad, Jeremy recounts his most daring adventures and his passion to encourage action on climate change.

Friday, October 1, 2021
10:00 am PDT / 7:00 pm CEST
6:00 pm BST / 10:30 pm IST



VICKY LOSADA

International soccer star, she led her team to 2021 UEFA Champions League title, played two World Cups and two European Cups. A leading advocate for women & girls in sports, she fuels her strength on a largely plant-based diet.

Friday, February 4, 2022
10:00 am PST / 7:00 pm CEST
6:00 pm GMT / 11:30 pm IST

ALISTAIR & JONNY BROWNLEE

Gold, Silver and Bronze-winning British Triathletes made of steel, Alistair, the only 2x Gold winner now chases Iron, while Jonny is fresh from the Tokyo games. Two competing brothers, one brotherly legend.

Friday, November 5, 2021
10:00 am PDT / 6:00 pm CET
5:00 pm GMT / 10:30 pm IST



JOSH ALLEN

As one of the most exciting pro Quarterbacks today, this football hero hails from one of the smallest farming towns in California and takes us on his journey to the pros. But he hasn't completely left the farm, join us as he talks about his new venture in his hometown.

Friday, March 4, 2022
10:00 am PST / 7:00 pm CET
6:00 pm GMT / 11:30 pm IST



Friday Fuel-Up is a monthly Facebook Live series hosted by Dr. Mike Roussell, author and nutrition expert, that welcomes top athletes, adventurers, and thought leaders from around the world for amazing conversations about what fuels their goals mentally and physically.

Always on the first Friday of every month @ 10:00 am PST, the show is **LIVE at Facebook.com/AmericanPistachios**, with recorded episodes on IG and YouTube.



DR. MIKE ROUSSELL