

NASHVILLE FIT

M A G A Z I N E

**Build Balanced Strength
and Hypertrophy
by Collin Schoen**

**Elevate Your Breakfast
Recipes by
Robert Reames & Andie Watson**
March/April 2025

Nory Dayen

A Journey of Fitness, Resilience,
and Empowerment

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NFM provides valuable opportunities for businesses within the fitness community to connect with their target audience and promote their products or services. Through advertising, sponsored content, and partnerships, the magazine offers businesses a platform to showcase their offerings to a highly engaged and health-conscious audience. By aligning with Nashville Fit Magazine, businesses can increase their visibility, build brand credibility, and attract new customers who are actively seeking ways to enhance their fitness journey. Additionally, the magazine's events and collaborations provide businesses with networking opportunities and avenues to engage directly with potential clients in the vibrant fitness scene of Nashville.

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Publishers Note

When I think about what makes Nashville Fit special, it's not just the workouts, the meal plans, or the latest gear—it's the people. The ones who show up, put in the work, and lift up those around them. This issue is a testament to that spirit, featuring stories of individuals who are making a real impact on our community.

Our cover story highlights Nory Dayen, a powerhouse in fitness and a true advocate for health in the Hispanic community. Nory is proving that fitness is for everyone, breaking down barriers, and making wellness more accessible. Her passion and drive are nothing short of inspiring, and if you haven't met her yet, you're going to love her story.

We're also diving deep into expert advice with Dr. Alec Dragelin, whose insights into health optimization are changing the game for those looking to perform at their best. We are also honored to feature Robert Reames, a longtime celebrity trainer whose career has been built on transforming lives through fitness, discipline, and smart training strategies.

At Nashville Fit, we're here to celebrate the ones who hustle, who push through, and who make our city a healthier, stronger place. This issue is packed with inspiration, expert advice, and a whole lot of motivation. Dive in, take what you need, and as always—keep moving forward.



See you out there,

TERRY BARGA
Owner | Nashville Fit Magazine

MEET THE NFM TEAM

TERRY BARGA

PUBLISHER

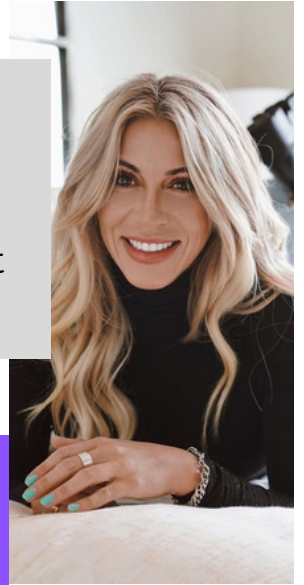
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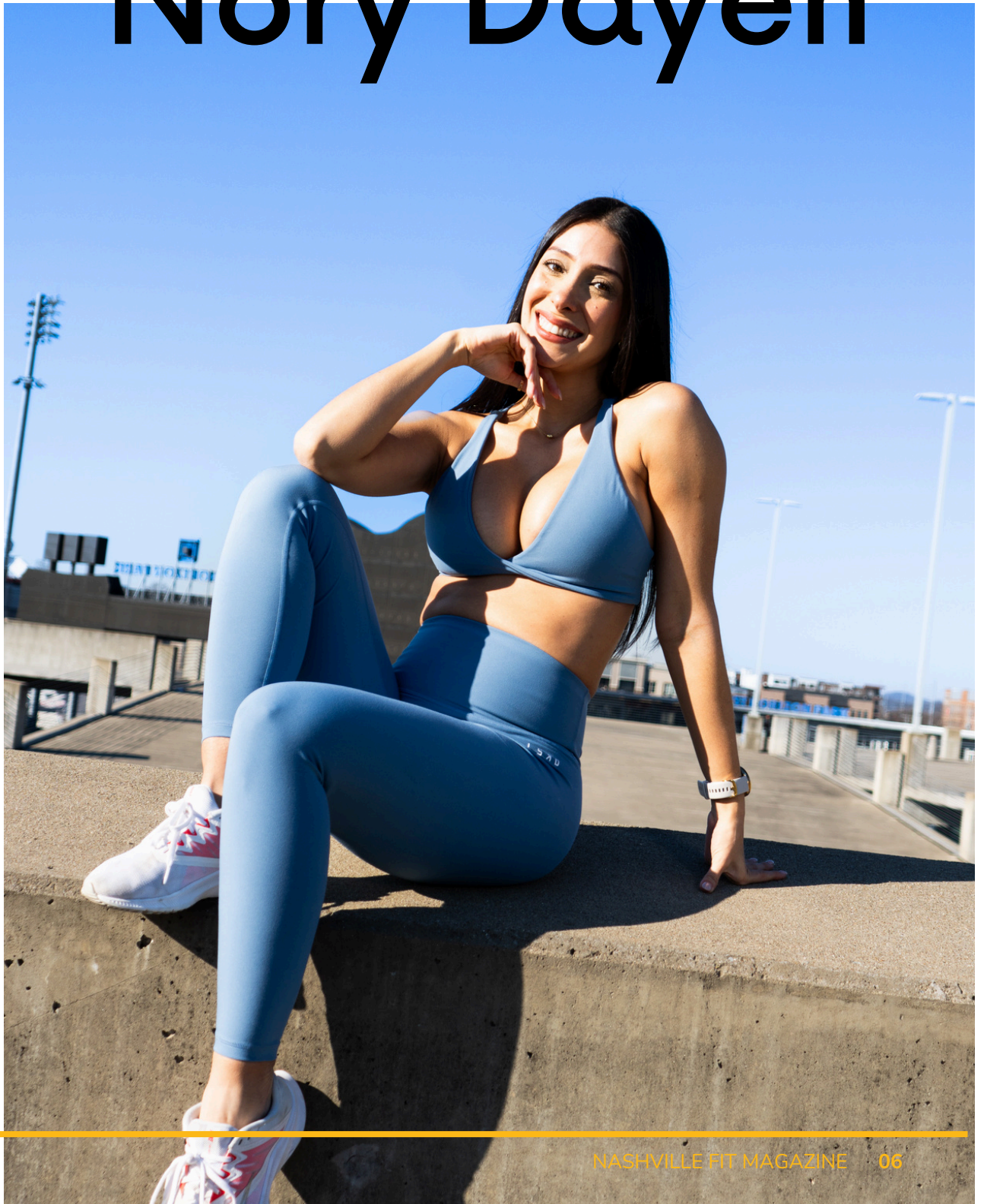
Nory Dayen

A Journey of Fitness, Resilience,
and Empowerment

From Venezuela to
Nashville:
A Journey of Fitness, Resilience,
and Empowerment

By: Terry Barga
Photos by: Christian Pennington

Nory Dayen





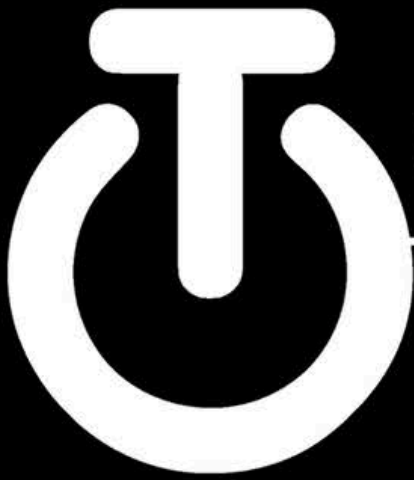
In the quiet hum of an interview, Nory Dayen leaned into her story—a tale of resilience, passion, and an unwavering dedication to empowering others. Born and raised in Venezuela, Nory's love for fitness began as a child athlete. From her early years in gymnastics to her current role as a fitness trainer, her journey has been as much about self-discovery as it has been about helping others find their strength.

"I've always loved fitness," Nory shared. "As a kid, I was an athlete, and gymnastics was my life from age four until 18. But I never imagined I'd teach or inspire others. That realization came later."

Finding Purpose Through Fitness

It wasn't until she moved to the United States that fitness transitioned from a personal passion to a professional purpose. "Helping friends with their goals and seeing their transformations—how they felt, not just how they looked—was so satisfying. That's when I knew I wanted this to be my life's work."

But Nory's journey was anything but linear. Venezuela's political turmoil made staying in her homeland unsafe. Leaving behind the life she knew, she moved first to Panama and then to the United States, seeking safety and a better future. After a brief stint in Miami, she found her home in Nashville, where her passion for fitness and her entrepreneurial spirit began to take shape.



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A New Chapter in Nashville

Nory's career took off when she combined her gym experience with her desire to guide others. With her husband's encouragement and the growing interest on Instagram from people asking if she trained, she took a leap of faith. "I was praying for purpose," she said. "And suddenly, people started reaching out. It felt like a sign."

Starting with one-on-one classes and eventually expanding into group sessions that combined Zumba and HIIT, her client base grew. Affordability was a priority. "I wanted to make training accessible," she said. "It's an investment, but I believe everyone deserves the chance to feel their best."

Empowering Women Through Her App

Today, Nory's work extends far beyond in-person training. Her app, designed to serve a global community, reflects her commitment to making fitness accessible. "It's mostly in Spanish, but I've started running challenges in English," she said. Offering workouts, meal plans, and community challenges for \$14.99 a month, the app bridges fitness and inclusivity.

"It's about more than workouts," she explained. "It's about creating a lifestyle and a community where people feel supported in their journey."

App name: NORY DAYEN FIT

Where to find it: App Store and Google play



A New Frontier: Pregnancy and Postnatal Fitness

As she awaits the arrival of her first child, Nory is preparing for a new chapter: prenatal and postnatal fitness. "This niche needs attention," she emphasized. After struggling to find strength-training resources for expectant mothers, she began studying and earning certifications to fill the gap. "Pregnancy is a blessing, but it comes with challenges. Fitness can be a powerful way to navigate them."

For moms-to-be worried about losing their fitness progress, she offered heartfelt advice. "It's okay to slow down. Your body was built for this. Therapy helps, and so does movement—even a walk can make a difference."

Inspiring a Legacy of Wellness

Nory's story is one of transformation, not just for herself but for the many lives she's touched. Her journey from Venezuela to Nashville, from a childhood gymnast to a fitness entrepreneur, showcases her resilience and her heart for others. "Seeing someone fall in love with the gym, with their progress, and make it a lifestyle—that's the goal," she said.

With her app, her personal training, and her vision for the future, Nory Dayen is more than a trainer—she's a beacon of empowerment for a global community.



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Weight Control Simplified: The RR Push Pull Press Approach

Robert Reames
Co-creator of Revive & Sustain
Wellness

"Fat burning is a systemic phenomenon."

"Muscle dictates metabolism."

These are phrases I've used for about 30 years now, drawing on my 42 years of experience in the wellness industry. C'mon—42 years? Who does anything for that long? And keep in mind, as you read this, that I officially began receiving Medicare last year! You could say that I'm a blend of old-school wisdom and cutting-edge, up-to-date new-school techniques.

Because of that unique combination, thousands of pounds have been lost—and kept off—under my guidance. Humbly speaking, that's a track record few can match.

The Weight Control Sweet Spot

Over the years, I've worked in almost every corner of fitness and wellness: injury rehab, sports-specific training, nutrition, weight loss (or more accurately, fat loss), immunity, anti-aging—you name it. But my sweet spot? Weight control.

And here's the deal: Weight control isn't just about the scale. It's about keeping your body, mind, spirit, and perspective young. I customize my methods to fit the person or group I'm working with because no one-size-fits-all approach works.

Weight control goes hand in hand with keeping the body, mind, and spirit—your entire perspective—young. That's my focus. I use a mix of methods and modalities tailored to whoever I'm working with, whether it's individuals or groups. Despite my media work, I'm still in the trenches daily, working with real folks in the real world. I know what's happening on the ground because I'm there.

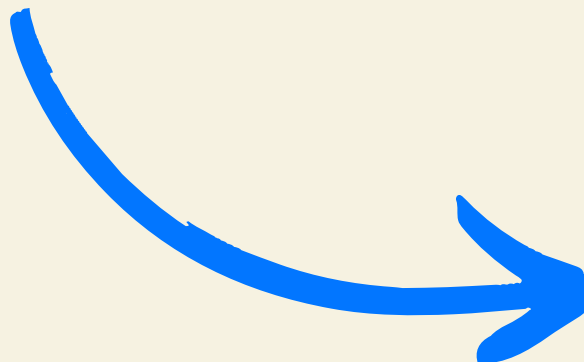
I've also lived it. I grew up a heavy, frustrated kid in Elkhart, Indiana, and I know how confusing the wellness world can be. Who do you trust? Where do you start? My experience gives me an X factor, and my mission is simple: keep it streamlined, straightforward, and doable.

Here's the key: Maintaining weight control, optimal health, and vitality isn't as complicated as people think. It's about embracing the effort, staying consistent, and making what I call "Critical Decisions" over time throughout life. It's all about perspective and, most importantly, taking action. For many people, this is where the real challenge lies.

But it all boils down to my RR Big Four of Life:

- **Optimum Exercise**
- **Optimum Nutrition**
- **Proper Rest**
- **Stress Management**

Once you master these areas, the sky's the limit when it comes to your overall health.



The RR Push Pull Press Circuit System

MY PUSH PULL PRESS CIRCUIT SYSTEM IS DESIGNED TO SUPERCHARGE FAT LOSS AND SET YOU UP FOR A LIFETIME OF WEIGHT CONTROL. IT'S SIMPLE, EFFECTIVE, AND CUSTOMIZABLE FOR ALL FITNESS LEVELS. HERE'S THE BREAKDOWN:

The Push Pull Press Principles

- Build and keep lean, active muscle. Your muscle is your 24/7 metabolic machinery.
 - Focus on multi-joint, large muscle group movements. Big pushes, pulls, and presses. (I call lower-body work "presses" with my clients.)
 - Think "surface area." Cover as much of your body's surface area as possible in a workout.
 - Maximize volume. Work one muscle group while another rests, covering more surface area and burning more energy.
 - Burn calories even at rest. By building your "metabolic fireplaces," your body will torch energy around the clock. It's that simple. No overcomplications—just results.
-

How It Works

Start with a warm-up — cardio, functional movement, or whatever gets your body ready for action. Then, follow this structure:



Push Motion:

Basic push ups, inclined pushups, machine chest presses, cable crossover chest presses, or basic free weight dumbbell chest presses.

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The RR Push Pull Press Circuit System



Pull Motion:

Lat pulldowns, rows, or any variation with machines, cables, free weights, or even bodyweight.



Press Motion:

These involve lower-body closed-chain movements (where your foot remains planted on the ground) like squats, split squats (lunges), or plyometric exercises. You can modify these by adding a “walking” element to your lunge or incorporating a dynamic rotational component. For those with injuries who can’t perform closed-chain movements, bridging exercises are a great alternative to engage large lower-body muscle groups.

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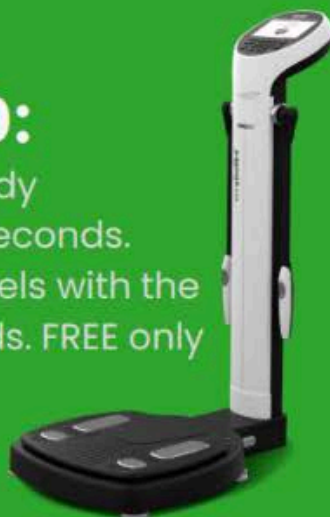


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The RR Push Pull Press Circuit System



MBT Interval (Metabolic Burst Training):

Go hard for 10–60 seconds with cardio, jump rope, sprints, battle ropes—anything you've got access to.



Optional Functional Movement:

Add some kettlebells, Olympic lifts, or sports-specific drills based on your goals.

Example Rounds:

- **Beginner:** 1–2 rounds of push, pull, press, and 1 MBT interval.
- **Advanced:** Up to 4 rounds, progressing consistently over time.

As you get comfortable with this approach, you'll develop a better sense of how to customize your workout combinations to fit your needs on any given day.

The RR Push Pull Press Circuit System

Why It Works

This approach keeps it simple but effective. By maximizing muscle engagement, you not only burn calories during your workout but also rev up your metabolism for hours after. Plus, it builds functional strength and mobility to keep you feeling young.

The Bottom Line

The RR Push Pull Press Circuit System is your roadmap to weight control, optimal health, and thriving from the inside out. It's simple, it's proven, and it works. With effort, consistency, and a commitment to action, you'll get the results you're after.

Remember:

Keep it simple, stay relentless, and always focus on progress. You've got this!

In Great Health!

Robert Reames, co-creator of Revive & Sustain Wellness



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ELEVATE YOUR BREAKFAST: TWO EASY & NOURISHING EGG TOAST RECIPES

A well-balanced breakfast doesn't have to be complicated to be satisfying. These two egg-centric toast recipes bring together bold flavors, nutrient-dense ingredients, and simple preparation for meals that fuel your body and delight your taste buds. Whether you're craving the creamy goodness of avocado toast with a perfectly cooked egg or the zesty, comforting warmth of Huevos Ahogados on toast, these dishes prove that healthy eating can be both effortless and delicious.

BY ROBERT REAMES & ANDIE WATSON

RECIPE 1

Egg on Avocado Toast

INGREDIENTS

2 LARGE EGGS

POACHED, FRIED, OR SCRAMBLED

2 SLICES OF BREAD

WHOLE GRAIN, SOURDOUGH OR
LOW CARB BREAD, TOASTED

½ OF A SMALL HASS AVOCADO

SMASHED

SEA SALT AND BLACK PEPPER

TO TASTE

HOT SAUCE OR RED PEPPER FLAKES

OPTIONAL

FRESH DILL

OPTIONAL

Directions



1

MASH AVOCADO

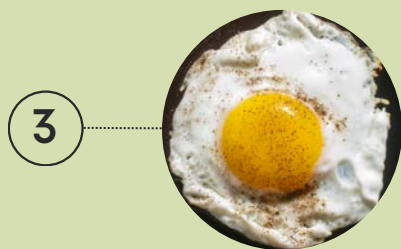
in a small bowl and season with sea salt and pepper to taste



2

TOAST BREAD

Coat with avocado mash



3

ADD EGG

Top avocado toast with your favorite type of egg. I prefer sunny side up but any version will work, even boiled or poached.



4

SEASONINGS

Now, you can either enjoy your avocado toast as-is, or you can top it with some red chili flakes or your favorite hot sauce.

Note

If you want to skip the spice but still add some additional flavor, try adding some fresh dill.

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RECIPE 2

Quick & Easy Huevos Ahogados on Toast

INGREDIENTS

SALSA

16 OZ OF YOUR FAVORITE SALSA

LARGE EGGS

2 - 4

LOW-FAT MOZZARELLA

1/2 CUP (CAN SUB CRUMBLLED QUESO FRESCO)

WHOLE GRAIN BREAD

2 - 4

COOKING SPRAY

SALT & PEPPER

TO TASTE

ADDITIONAL TOPPINGS

DICED JALAPENOS, DICED TOMATOES, AVOCADO (OPTIONAL)

Directions

- 1 LIGHTLY SPRAY YOUR NON-STICK SKILLET WITH YOUR CHOICE OF COOKING SPRAY AND TURN TO MEDIUM HEAT.
- 2 POUR IN YOUR SALSA AND ALLOW TO SIMMER.
- 3 ONCE YOUR SALSA BEGINS TO SIMMER, GENTLY CRACK YOUR EGGS RIGHT INTO THE SALSA AND ALLOW THEM TO COOK. TOP WITH SALT AND PEPPER.
- 4 ONCE YOUR SALSA BEGINS TO SIMMER, GENTLY CRACK YOUR EGGS RIGHT INTO THE SALSA AND ALLOW THEM TO COOK. TOP WITH SALT AND PEPPER.
- 5 ALLOW EVERYTHING TO COOK JUST LONG ENOUGH UNTIL THE CHEESE IS MELTED.
- 6 WHILE YOU WAIT, TOAST YOUR BREAD. ONCE YOUR BREAD IS TOASTED, PLACE IT ON YOUR PLATE BECAUSE IT'S TIME TO SERVE!
- 7 TURN OFF YOUR PAN AND REMOVE THE LID. USING A SPATULA, PLACE ONE EGG AND SOME OF THE SALSA ON EACH PIECE OF TOAST.

Note

Top your eggs and toast with whatever toppings you desire and enjoy.



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Build Balanced Strength and Hypertrophy:

Collin Schoen's Expert Workout for Overlooked Movement Patterns

This workout is designed to add a high hypertrophy stimulus while addressing movement patterns that are often overlooked in traditional hypertrophy and strength programs. We begin with Y raises, which not only improve overhead mobility but also stretch the deltoids at the bottom of each rep, helping to maximize their development.

Next, we move into lateral raises, incorporating just a bit of momentum to enhance the overall look of the delts. This movement hits an arm path that typically isn't targeted during compound lifts, offering a different stimulus to the muscles for better overall growth.



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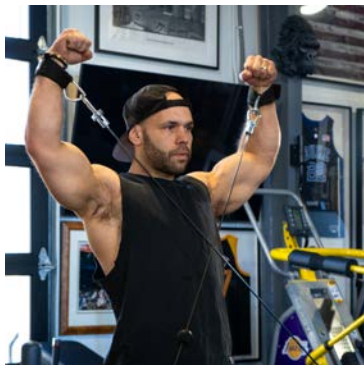


We then perform the incline cable curl, a move that emphasizes tension in the stretched position while also incorporating a low reach. This low reach helps with shoulder stability and opens up the chest, counteracting the compression from pressing movements throughout the week. The cable curl offers a stable foundation to ensure full range of motion, effectively targeting the biceps.

If you have access to the Vultra machine, it provides an opportunity to overload the eccentric phase, helping to maximize muscle growth during this portion of the workout.

Finally, we finish with the Kas Overhead Tricep Extension. The elbow support in this exercise provides added stability, allowing for optimal tricep recruitment in the overhead position, ensuring maximal motor unit activation for full tricep development.

1



Y Raises

3 Sets 10-15 Reps

3



Incline Cable Curls

3 Sets 10-15 Reps

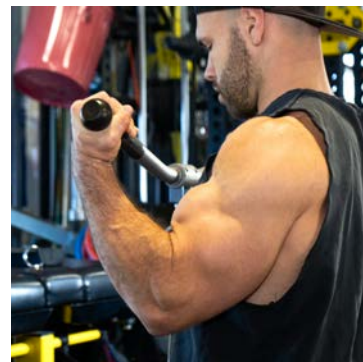
2



Lateral Raises

2 Sets 7-10 Reps

4



Cable Curls

2 Sets 10-15 Reps

5



Kas Overhead Tricep Extensions

3 Sets 10-15 Reps



Scan to workout on youtube with Collin

Collin Schoen is a certified strength and conditioning specialist (CSCS) with a comprehensive background in exercise science and performance training. Holding certifications in Pre-Script Level 1 Biomechanics and Precision Nutrition Level 1, Collin combines his expertise to specialize in physique development and strength training. With a Bachelor's degree in Exercise Science, he has worked with athletes across a variety of disciplines, including bodybuilding, powerlifting, Olympic weightlifting, and individuals looking to transform their physiques.

Collin's approach is rooted in the belief that the foundation of success lies in mastering the basics and implementing intelligent, well-structured programming. As a competitive bodybuilder himself, Collin not only applies these principles to his clients but also to his own training. You can catch him on stage at the Nashville Fit Show this May!



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A Passion for Movement:

How Dr. Alec Dragelin Is Redefining Health and Fitness Care

BY: TERRY BARGA
PHOTOS BY: CHRISTIAN
PENNINGTON

Dr. Alec Dragelin's journey to becoming a leader in fitness-focused health care is a testament to perseverance, curiosity, and a deep passion for helping others. In this interview, Dr. Alec shares his story, from a formative trip to Peru to his mission of transforming health care through a movement-based, data-driven approach.

FROM UNDECIDED TO DRIVEN BY MOVEMENT

Dr. Alec didn't have a clear vision for his future career growing up. A lifelong interest in health care and fascination with the human body laid the groundwork for his path. His love of sports and movement evolved further during college, where he explored pre-med before discovering kinesiology. "I was fascinated by how our brain coordinates activities like running and kicking a soccer ball," Dr. Alec recalls.

A chance mentorship with a chiropractor treating one of his injuries inspired Alec to take a deeper look at this field. Through hands-on learning and personal experiences, he realized the transformative power of movement and exercise. "I quickly got involved in the rehab world and started studying under some of the best minds in the industry," he shares.

A LIFE-CHANGING EXPERIENCE IN PERU

One pivotal moment came after Dr. Alec spent a summer in Peru. Contracting a parasite and losing 35 pounds during his time there left him physically depleted. Returning home, Dr. Alec saw firsthand how fitness could restore physical strength and mental resilience. "That experience catalyzed my journey into fitness and weightlifting," he explains. This personal transformation became the cornerstone of his professional mission.





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Redefining Health Care

Dr. Alec's approach challenges the traditional, volume-based medical model. He champions quality over quantity, emphasizing personalized care. "You can have something fast, cheap, or high-quality, but you can't have all three," he notes. To prioritize quality, Dr. Alec opened his practice in 2023, focusing on fitness enthusiasts and endurance athletes who view exercise as a cornerstone of their lives.

Therapeutic alliance—a strong mutual understanding between provider and patient—guides Alec's methods. "It's the number one predictor of positive outcomes," he emphasizes. By connecting with his patients personally, Dr. Alec ensures they feel seen, heard, and supported throughout their journey. Dr. Alec specializes in treating low back pain, neck and shoulder pain, knee and shoulder pain, tendonitis, and bone stress injuries. His approach focuses on addressing physical pain or injuries without relying on drugs or surgery, offering a safe and effective alternative to traditional interventions.

A Data-Driven, Holistic Approach

Dr. Alec begins with a thorough assessment of movement, mobility, and stability. Using this data, he crafts individualized plans to address specific needs. "I don't believe in shutting people down," Dr. Alec says. Instead, he helps patients train through injuries, teaching them to work within their limits while addressing root causes. His goal? To ensure patients leave stronger, fitter, and more confident than before.



Success Stories and Future Goals

One of Dr. Alec's most memorable cases involved a woman suffering from chronic back pain. After months of ineffective treatments elsewhere, Dr. Alec identified the true root cause of her pain, and she experienced immediate improvement. Over several months, she regained strength, mobility, and confidence. "It's moments like these that show how powerful the right approach can be," Dr. Alec reflects.

Looking ahead, Dr. Alec aims to expand his practice while promoting exercise as a cornerstone of health and longevity. "I want to change the standard of health care in America," he says. His vision includes providing world-class rehab care and sustainable fitness training to help people lead longer, healthier, and happier lives.

A Mission to Transform Lives

Dr. Alec's passion for movement and health care is evident in his work. His practice isn't just about treating injuries; it's about empowering individuals to take control of their health. By focusing on noninvasive treatments for a range of conditions—including tendonitis, bone stress injuries, and chronic joint pain—Dr. Alec is helping his patients achieve their goals and rediscover their full potential. "I want to love people, help them, and educate them," he says. With every patient he helps, Dr. Alec moves closer to his goal of revolutionizing the field—one step, lift, and breakthrough at a time.





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Stronger Legs, Healthier Heart:

How Lower Body Workouts Reduce Cardiovascular Disease Risk

BY: TERRY BARGA

Regular lower body workouts, encompassing both aerobic and resistance exercises, play a pivotal role in reducing the risk of cardiovascular disease (CVD) for both men and women. Engaging in these exercises not only strengthens the muscles of the lower body but also offers comprehensive cardiovascular benefits.

Aerobic Exercises and Cardiovascular Health

Aerobic activities such as walking, running, cycling, and swimming are instrumental in enhancing heart and lung function. These exercises improve blood circulation, lower blood pressure, and reduce bad cholesterol levels, all of which are critical factors in mitigating CVD risk. Research indicates that individuals who engage in regular aerobic exercise experience a significant decrease in cardiovascular mortality and a reduced risk of developing heart disease.

pmc.ncbi.nlm.nih.gov Article | PMC6172294

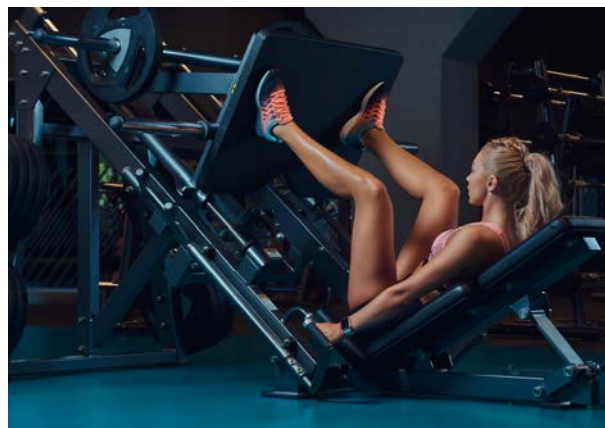


Resistance Training's Role in Heart Health

Incorporating resistance training, which includes exercises like squats, lunges, and leg presses, into one's fitness regimen has been associated with a lower risk of cardiovascular events. A study published in the Circulation journal found that adults participating in resistance training had approximately a 17% lower risk of CVD compared to those who did not engage in such activities.
ahajournals.org

Combined Exercise Approaches

Recent studies suggest that a combination of aerobic and resistance training may offer optimal cardiovascular benefits. For instance, research indicates that splitting the recommended amount of physical activity between aerobic and resistance exercises reduces cardiovascular disease risks as much as aerobic-only regimens.
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Mechanisms Behind the Benefits

Regular lower body workouts contribute to cardiovascular health through several mechanisms:

- **Improved Blood Flow:** Exercise enhances endothelial function, leading to better blood vessel dilation and circulation.
- **Blood Pressure Regulation:** Physical activity helps in lowering systolic and diastolic blood pressure, reducing strain on the heart.
- **Cholesterol Management:** Engaging in regular exercise can lead to favorable changes in lipid profiles, including increased HDL (good cholesterol) and decreased LDL (bad cholesterol) levels.
- **Weight Management:** Regular physical activity aids in maintaining a healthy weight, which is crucial for cardiovascular health.

Recommendations for Implementation

To harness the cardiovascular benefits of lower body workouts, consider the following guidelines:

- **Frequency:** Aim for at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity aerobic exercise per week, complemented by resistance training sessions on two or more days per week.
- **Variety:** Incorporate a mix of aerobic and resistance exercises targeting the lower body to ensure comprehensive benefits.
- **Progression:** Gradually increase the intensity and duration of workouts to avoid injury and promote sustained improvement.
- **Consultation:** Before starting any new exercise regimen, especially for individuals with pre-existing health conditions, it's advisable to consult with a healthcare provider or fitness professional.

In conclusion, regular lower body workouts are a potent strategy for reducing the risk of cardiovascular disease in both men and women. By integrating both aerobic and resistance exercises into your routine, you can achieve significant heart health benefits and enhance overall well-being.



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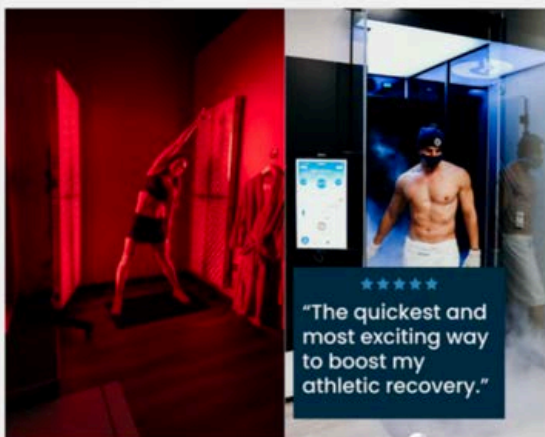
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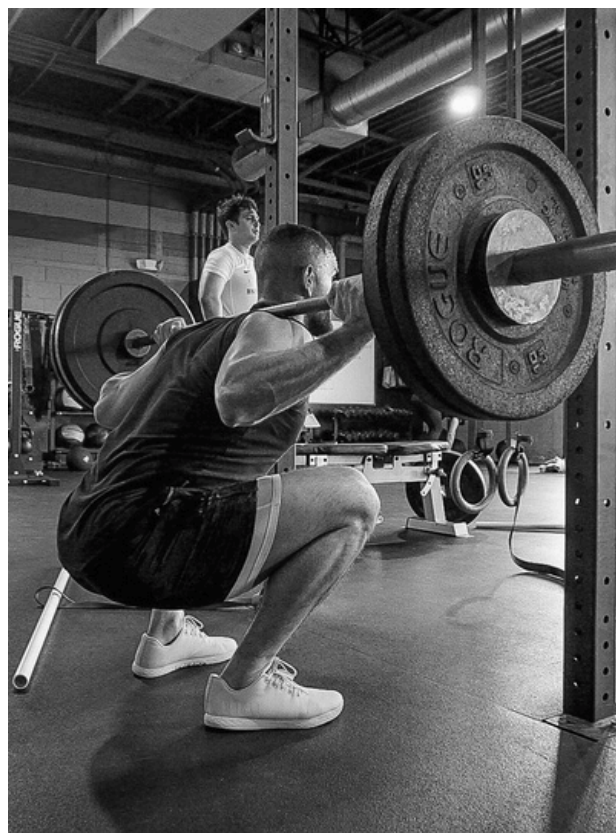
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How a Simple Sugar Detox Sparked a Thriving Business:

The Story of Simple Bars

BY: TERRY BARGA

When Amanda Ament decided to cut sugar from her diet for three weeks, she had no idea it would lead to a full-fledged business. What started as a personal health experiment quickly turned into a journey of discovery, entrepreneurship, and helping others find cleaner snack alternatives.



Breaking the Sugar Habit

Like many, Amanda found herself consuming sugar in excess—cookies for breakfast, brownies for lunch, and sweets sprinkled throughout her day. Realizing the need for change, she set a challenge for herself: eliminate sugar for three weeks.

The first week was brutal. Headaches, intense cravings, and the constant temptation to revert back to old habits made the detox a struggle. But by the second week, something shifted—her energy levels increased, and by the third week, she was sleeping better than ever. That initial challenge turned into months of a sugar-free lifestyle, simply because she felt so good.

However, a new challenge arose—finding satisfying snacks without hidden sugars. The shelves were stocked with options labeled “healthy,” but nearly every product contained hidden sugars, artificial sweeteners, or sugar alcohols. Frustrated and determined, Amanda took matters into her own hands, crafting her own snack bars at home using superfoods like chia seeds, matcha, and dragon fruit.



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From Kitchen Experiment to Business Venture

What started as a personal need quickly turned into a business idea. Amanda realized she wasn't the only one struggling to find a truly clean, no-added-sugar snack bar. That's when she dove into the world of food science, working with experts to develop a product that met her high standards. She partnered with a co-packer in Tennessee, perfected her recipes, and in 2022, Simple Bars officially launched.

Since then, the business has grown steadily. What was once a solo hustle of reaching out to potential buyers has transformed into inbound interest from retailers and distributors. Amanda and her team no longer have to chase every lead—now, companies are coming to them.

Challenges and Growth

Like any startup, Simple Bars has faced its fair share of challenges. Early on, securing suppliers and sourcing high-quality ingredients in small quantities made production costly. Now, with established supplier relationships, those hurdles have lessened, but new ones have emerged—such as navigating production delays and ensuring proper shelf life for every ingredient.

One of the biggest learning curves came with their use of allulose, a natural, low-glycemic sweetener that doesn't spike blood sugar levels. Many people aren't familiar with it, but once they learn about its benefits—especially for individuals managing diabetes or autoimmune conditions like Hashimoto's—they're eager to try it. That realization led Amanda and her team to expand their product line, packaging and selling the same allulose they use in their bars.



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- SMOOTHIE BAR



Changing Lives One Bar at a Time

The impact of Simple Bars extends beyond Amanda's personal health transformation. One of her earliest customers, a woman with Hashimoto's disease, was hesitant to try new foods due to severe sugar sensitivities. After trying Simple Bars, she experienced no negative side effects and has been a loyal customer ever since—so much so that she wanted to work with the company.

Moments like these serve as a reminder of why Amanda started this journey in the first place. Even during tough times—such as supply chain issues or financial strains—messages from customers expressing how much they rely on Simple Bars keep her motivated.

The Future of Simple Bars

Looking ahead, Amanda envisions big things for Simple Bars. The five-year plan includes expanding to Europe, where demand is high, but regulatory approvals for allulose are still in process. There's also growing interest from markets as far-reaching as Dubai and Costa Rica. New products are on the horizon as well. The team is working on kid-friendly bars, seasonal limited editions, and even beverages sweetened with allulose—an idea spearheaded by Amanda's sister and business partner Mélanie. And who knows? Maybe allulose-based cereals could be next.



Where to Find Simple Bars

For those eager to try Simple Bars, they can be found in Turnip Truck locations throughout Nashville, select gyms, co-working spaces, and even a couple of hotels. The easiest way to order, however, is through their website, SimpleBars.com.

Amanda's final words for those interested in her journey?

"Thank you for listening, reading, and giving us a chance. We appreciate every person who supports us and helps us grow." If her story proves anything, it's that sometimes the simplest changes can lead to the biggest transformations.



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Fit in Minutes: How Ash is Helping Busy Moms Break Free from the All-or-Nothing Fitness Mindset

BY: TERRY BARGA

For many moms, balancing fitness with the demands of daily life feels impossible. Between kids, work, and the endless to-do list, carving out time for an hour-long gym session isn't always realistic. That's where Ash, holistic trainer and creator of Fit in Minutes, comes in.

Ash helps busy moms escape the all-or-nothing fitness mindset by showing them how to integrate movement seamlessly into their daily routines. No complicated workouts or gym memberships are required—just simple, effective movement that builds confidence, energy, and strength. For Ash, movement is medicine, and fitness isn't about finding more time, it's about making movement work for YOU. And that's exactly what she helps moms do.

From Competitive Gymnast to Holistic Trainer

Ash's journey into fitness started early. At just three and a half years old, she became a competitive gymnast, dedicating over a decade to the sport. But after a career-ending collarbone injury, she stepped away from gymnastics and faced an unexpected challenge—she gained significant weight. She struggled to find a fitness routine that worked outside of the gymnastics gym.

"I didn't understand how to lift weights or do traditional gym workouts," Ash recalls. "So, I had to figure out what fitness looked like outside of gymnastics."

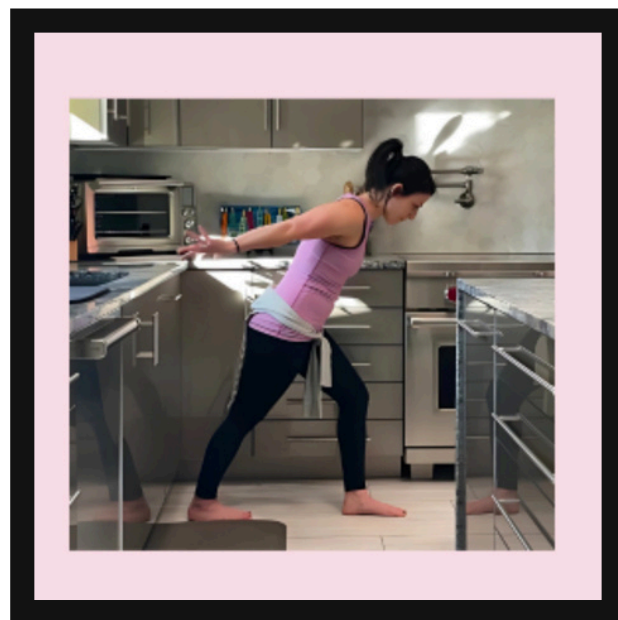
Determined to understand the human body, she pursued a degree in health sciences, became a personal trainer and group fitness instructor, and later worked as a physical therapy assistant. But it wasn't until she became a mom and gained 70 pounds that she truly understood the need for a fitness program designed specifically for busy moms.

"I didn't have time, energy, or gym access. So I asked myself, 'How can I get fit again without those things?' That's when I developed what I now call Daily Mama Moves—a method that makes fitness fit into a mom's life, rather than vice versa."

The Science Behind Fit in Minutes

Ash's background in gymnastics, calisthenics, and physical therapy heavily influences her approach. Instead of relying on traditional gym equipment, she teaches moms how to use their own body weight effectively.

"I focus on four key fitness methods—barefoot body weight strength training, active mobility, S.I.T. Training, and N.E.A.T movement. Many don't realize how proper foot function impacts balance, pelvic floor health, stride length, overall function, and movement patterns. So we do our best to train barefoot as much as we can just like in gymnastics"



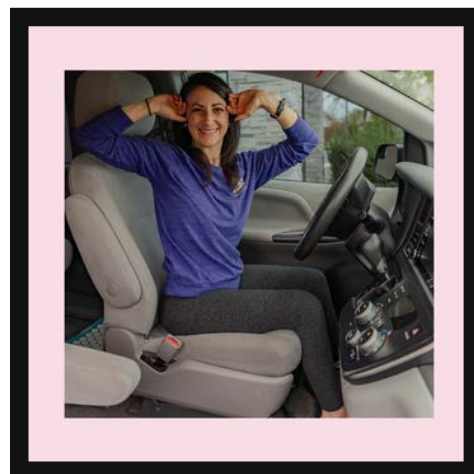
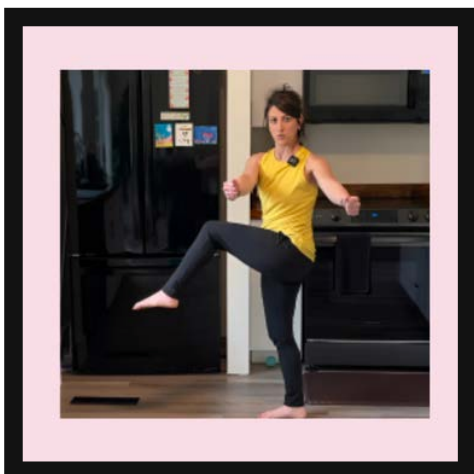
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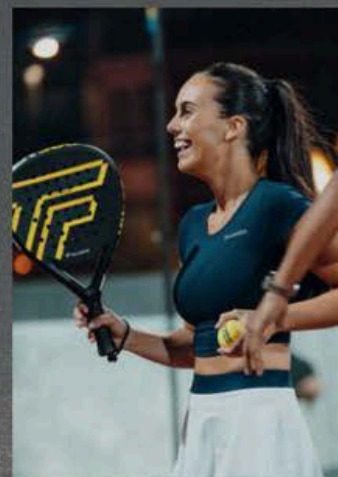
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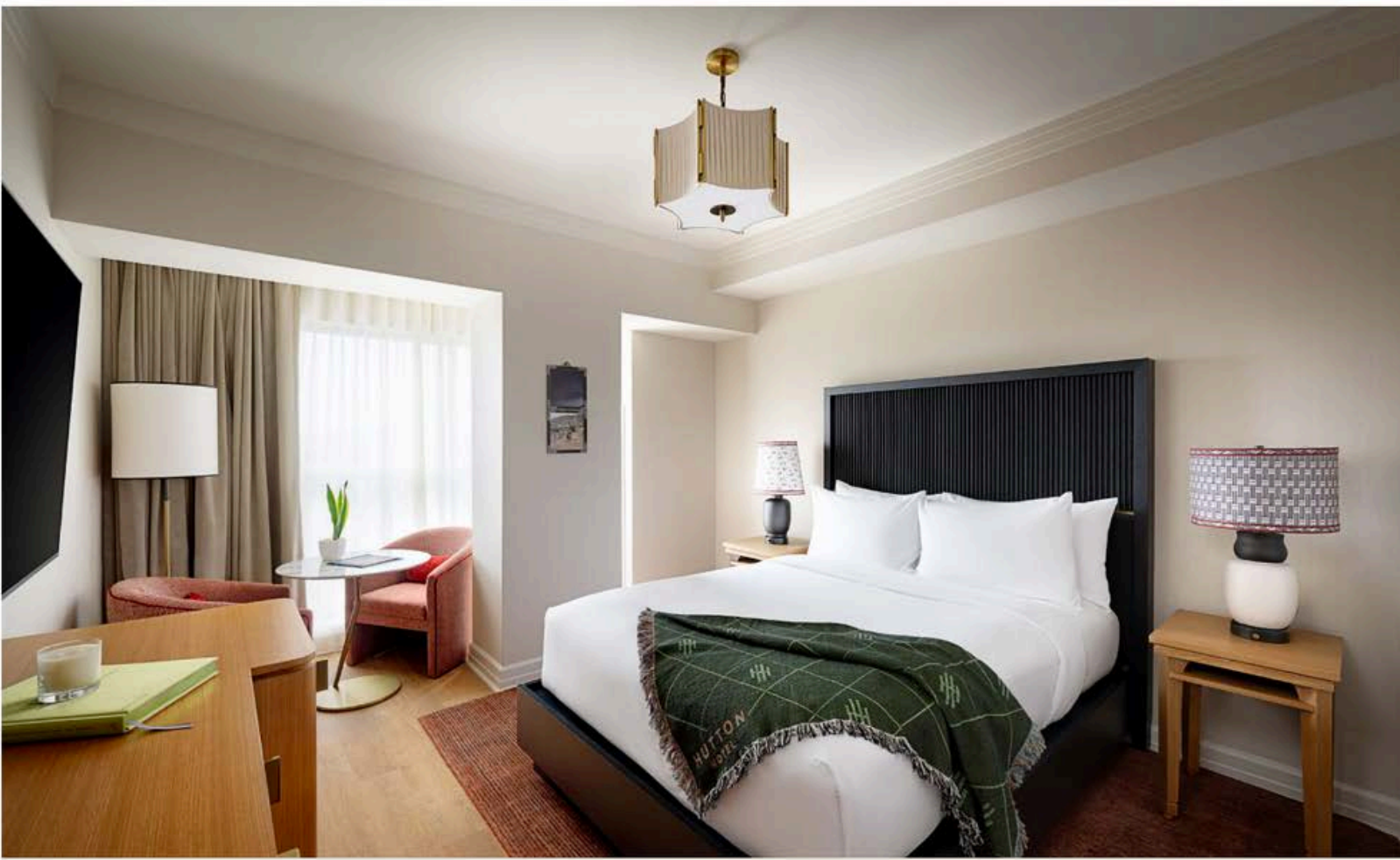
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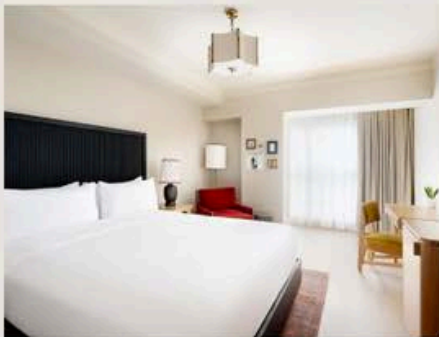
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