

Nov/Dec 2024

# NASHVILLE FIT

## MAGAZINE

### EDDIE GEORGE:

FROM GRIDIRON GLORY  
TO GUIDING YOUNG  
ATHLETES AT TSU



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### HOLIDAY READY

BUILD A BIG CHEST  
AND ARMS  
FOR THE SEASON



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MAKING MEAL TIME EASY  
FOR ATHLETES OF:  
ALL AGES  
AT ALL LEVELS  
& IN ALL SPORTS



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# PUBLISHER'S NOTE



Nashville Fit Family,

What a powerful issue we have in store for you! Whether you're a weekend warrior, an elite athlete, or someone just trying to push through daily challenges, we've got stories that will inspire every single one of you. In this issue, we highlight incredible athletes who have faced both physical and mental obstacles head-on and come out the other side stronger. These aren't just stories of winning medals or breaking records. These are stories of grit, resilience, and heart.

From young athletes pushing their limits to seasoned competitors redefining what's possible, this issue is packed with examples of the human spirit at its best. We're proud to share this with people of all ages because, let's face it, you're never too young or too old to be inspired.

So dive into these stories and let them remind you that greatness isn't limited to the field, the court, or the gym. Greatness is inside each of us and waiting to be unlocked.

We're excited to share this with you, Nashville, and we hope it serves as a tool for your journey to becoming the best version of yourself. We encourage you to share these stories with your friends and family. Together, let's inspire each other to reach new heights.

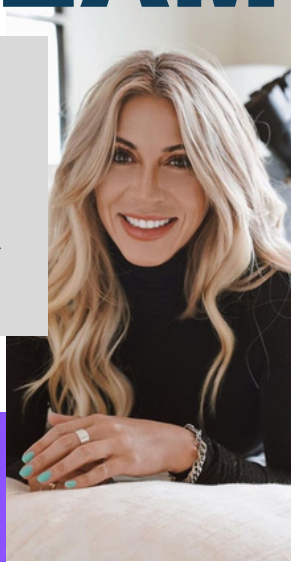
Stay strong and stay inspired!  
Terry Barga  
Publisher, Nashville Fit Magazine

# MEET THE NFM TEAM

**TERRY BARGA**  
PUBLISHER  
TERRY@NASHVILLEFITMAGAZINE.COM



**JEN SPICE**  
Director Of Operations  
jen@nashvillefitmagazine.com



**GERELL WEB**  
Contributing Writer/Podcast Host



**SAVANNA HILL**  
Contributing Writer/Podcast Host  
podcast@nashvillefitmagazine.com

**ANTHONY VIGILANTE**  
Event Coordinator  
events@nashvillefitmagazine.com



**CHRISTIAN PENNINGTON**  
Photographer/videographer  
@pol\_multimedia



**JAYNA PENNINGTON**  
Contributing Writer/ Editor



**NICOLE SWICKLE**  
Communications / PR  
@honestinteractions

# NASHVILLE FIT

# Best of Awards

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Nashville Fit Magazine Best Of Awards Ceremony: A Night to Celebrate the City's Elite

Mark your calendars for the most prestigious night in Nashville's fitness and wellness scene—the Nashville Fit Magazine Best Of Awards Ceremony is happening on January 11th at 6 p.m. This year's event will be hosted at the elegant Porsche dealership in Franklin, TN, setting the stage for an evening full of excitement, style, and celebration. This isn't just any awards ceremony; it's the event where Nashville's top fitness professionals, gyms, wellness centers, and influencers come together to celebrate the city's best. If you've been nominated or know someone who has, this is the moment you've been waiting for. The winners will only be revealed live, so if you want to find out if you've won, you must be there!

Be sure to dress your best, as this upscale event promises to be a glamorous occasion. Beyond the awards, expect plenty of surprises throughout the night along with top-tier swag! You will have the pleasure of viewing an overwhelming sense of gratitude for all the hard work that has made Nashville a healthier and fitter community.

Indulge in the cash bar and delicious hors d'oeuvres while you mix and mingle with Nashville's fitness elite. Tickets are available now for just \$25 in advance or \$35 at the door, so don't wait too long to secure your spot! This is a night you won't want to miss—a celebration of excellence, dedication, and vibrant fitness culture that continues to keep Nashville moving forward. See you at the Porsche dealership on January 11th!

# EDDIE GEORGE: FROM GRIDIRON GLORY TO GUIDING YOUNG ATHLETES AT TSU

By: Jen Spice

Eddie George's journey is a story of transformation, dedication, and significant impact. From winning the Heisman Trophy at Ohio State to becoming an NFL legend. His narrative exemplifies consistent excellence. Now as the head coach at Tennessee State University (TSU), Eddie shares his wisdom and vision with the next generation with an aim to mold young athletes both on and off the field.





“

**After a storied NFL career, Eddie faced a crucial question: How could he continue contributing to the game he loves?**

He found his answer in coaching, where he saw the opportunity to make a meaningful difference. "Transitioning to coaching, especially at TSU, was about impacting young athletes' lives," Eddie explains. "I wanted to share the lessons I learned on the field and help develop future leaders." This role allows Eddie to remain connected to the game while fostering his players' growth as they prepare for their own futures.

**"I WANT MY PLAYERS TO EMBRACE ACCOUNTABILITY AND STRIVE FOR GREATNESS, NOT JUST FOR THEMSELVES BUT FOR THE TEAM AND THE COMMUNITY"**

Eddie's experiences in the NFL deeply impacted his approach to leadership. "My philosophy is about leading by example, setting high standards, and inspiring others to reach their potential," he said. At TSU, this philosophy forms a strong foundation for the football program that creates an environment where excellence is the norm and players are empowered to succeed. "I want my players to embrace accountability and strive for greatness, not just for themselves but for the team and the community," Eddie added.

For Eddie, coaching goes beyond teaching athletic skills. "While skills are crucial; discipline, work ethic, and humility truly set individuals apart," he noted. By fostering these virtues, Eddie ensures his athletes are competitive in sports and well-equipped for life's challenges. His holistic coaching style nurtures resilience and leadership, reinforcing the true values of sportsmanship and character.



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As a committed health advocate, Eddie emphasized the connection between fitness, wellness, and success. "A holistic approach—a balance of exercise, nutrition, and mental health—is essential," he advised. By integrating these elements into the lives of athletes, Eddie aims to provide them with the tools that are necessary for success in both sports and personal endeavors. His philosophy highlights that fitness is not just a component of training but a vital aspect of overall well-being.

Winning the prestigious Heisman Trophy remains a significant milestone in Eddie's career, imparting lessons of perseverance and focus. "It showed me that success is a journey, not a destination," he reflected. This experience shapes his teaching by encouraging players to stay humble and diligent while pursuing their goals. Eddie's heisman journey serves as an inspiring example that reminds his athletes that with dedication and hard work, the sky is the limit.

Influenced by icons like Walter Payton and his own mentors, Eddie aims to be a beacon of integrity and support. "Creating a nurturing environment where players feel valued and inspired is crucial," he explained. This mentorship is shown beyond the field and positively impacts the TSU community and beyond. Eddie's commitment to being a role model is evident in how he invests in his players, helping them grow into better athletes and outstanding individuals.

The unique dynamics of college football requires adaptability, which is a challenge that Eddie fully embraces. "Each player and team has distinct needs. My role is to support them with flexibility and patience," he described. Eddie continues to learn and grow with the support of his staff and community, tackling each challenge with resilience. He views each obstacle as an opportunity to learn and believes that perseverance through difficulties builds both stronger teams and individuals.





Eddie's vision for TSU football goes beyond wins and losses. He aspires to create a program celebrated for both academic and athletic excellence. "I hope to establish a legacy of resilience, sportsmanship, and community involvement," he shared. He aims to prepare players for success in all aspects of life, shaping them into leaders and role models. Eddie's aspirations extend beyond the field, instilling in his players a profound sense of responsibility and a commitment to positively contributing to society.

Even in retirement, Eddie's dedication to fitness remains unwavering. His current regimen incorporates cardio, strength training, and mindfulness which reflects his commitment to longevity. "It's about balance—staying my best physically and mentally," he described. He emphasizes the importance of adapting one's fitness routine over time to meet personal needs. Eddie believes that adjusting a fitness regimen to align with evolving personal goals is crucial for maintaining optimal health and well-being.

Eddie George's journey is a testament to leadership, discipline, and the pursuit of excellence. His message to aspiring athletes and the Nashville community is clear: commit to fitness, cultivate character, and strive for greatness. Eddie George's legacy promises to inspire future generations, illuminating new paths in sports and life.



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A JOURNEY FROM  
KITCHEN TO GYM:  
HOW THIS CHEF  
REDEFINED HIS HEALTH  
AND PASSION

**Chef Alex Belew**

---

Alex Belew, a chef and musician from Murfreesboro, Tennessee, has spent over twenty years cooking his way to success while living a life filled with diverse passions and pivots. Belew's journey from the stage to the stove has been a winding path that makes his story so compelling.

Starting his culinary education in 2006, Alex graduated with honors, unlike at MTSU, where his college experience detoured, resulting in a 1.46 GPA with an early departure. Some might see that as a failure, but Belew saw it as a shift towards his true calling. He juggled being a musician, working in restaurants, and running a catering business to cover the heavy student loans from culinary school. All roads seemed to point towards one dream: opening his own restaurant.

In 2018, that dream became reality with the launch of Dallas and Jane, an intimate, contemporary American fine-dining restaurant. However, COVID hit and Alex was faced with the harsh reality of navigating an independent restaurant without investors, backers, or partners. He quickly pivoted to creating a meal-prep service offering high protein and nutritionally balanced meals. These meals provided more protein than most on the market featuring at least six ounces per meal. This offers a nutritional edge to those looking to improve their health. Yet, this pivot brought new challenges.

“

**It was hard, going from crafting beautiful dishes to scooping chicken and rice. It felt like the creativity had been stripped away**



This shift in direction led him to apply to \*Hell's Kitchen\* on a whim as a way to shake up his life. Six months later, after intense screenings, interviews, and evaluations, Belew found himself on a plane to L.A., competing on one of the toughest cooking shows on television. Not only did he compete, he won! This forever changed his path. Post-Hell's Kitchen\*, Alex sold his restaurant, took stock of his life, and transformed himself in many elements.

## From the Kitchen to the Gym

Seeing his Hell's Kitchen headshot was the wake-up call Belew needed. "I realized how out of shape I was and immediately hit the gym," he recalls. Over time he lost 40 pounds and redefined his lifestyle with fitness and nutrition as a crucial part of who he is now. Traveling around the world, cooking, and maintaining his fitness have become his new rhythm.

His fitness journey wasn't just about lifting weights and running. Alex emphasizes that the most significant transformation was mental stability. "I don't explode as quickly as I used to; my fuse is longer. When I don't work out for two or three days, I feel on edge, like I'm going to snap. But getting in a workout keeps me centered. I leave the gym feeling accomplished, even if I don't give 100%. That boost in dopamine and energy always outweighs any excuse I have not to go."

Belew's fitness philosophy is straightforward: moving weights builds muscle, but nutrition is critical.



"You can't outwork a bad diet," he says plainly. Alex changed his body composition and vitality by cutting out soft drinks, focusing on whole, nutrient-dense foods, and embracing a more carnivorous diet. He also started taking supplements, removed inflammatory seed oils from his diet, and added testosterone replacement therapy (TRT) after finding his levels were low.



## THE MENTAL GAME OF FITNESS AND ENTREPRENEURSHIP

---

Alex's life has been a series of pivots from worship leader to teacher, caterer, chef, and now a fitness enthusiast. These experiences thread in a tapestry—separate, they may seem unrelated, but together, they weave a cohesive story. "If you look at each piece solo, none makes sense," he muses. But as any entrepreneur knows, adaptability is the key to success. "You have to figure out how to pivot, or you end up against a wall. Congratulations to anyone willing to change course."



## THE TRANSFORMATION IN NUTRITION

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One of Alex's most significant shifts was cutting out seed oils and replacing them with animal fats. "The idea that we use canola oil, vegetable oil, grapeseed oil—oils that were never meant to be consumed by humans—is a major issue. Seed oils are linked to inflammation, diabetes, and other health problems. Switching to beef fat has a higher smoke point, and when you cook with it, you ingest more nutrients, minerals, and vitamins from the proteins you're preparing."

This change positively impacted his physique and energy and reduced inflammation in his joints, which was critical for Alex, who had undergone five knee surgeries and faced the need for replacements in both knees. "My knees still hurt, but they don't swell like they used to."



### **Advice for Readers**

Alex's advice for those looking to transform their health and fitness is simple: go work out. "You don't have to start hard. It can be as simple as taking a walk around the neighborhood. Just work on getting a little bit done each day until it builds up to something more significant. Even if you're dealing with health issues, there's something you can do to get moving."

### **Recipe & Nutritional Tip**

To help you take a step towards better nutrition, Alex shares this tip: "Remove seed oils from your pantry. They're in everything, even ice cream. Choose better oils like beef fat or coconut oil, and your body will thank you."

Look for Alex's recipe on the next page that captures both his culinary flair and his commitment to health—a dish that will help you fuel your body and satisfy your taste buds.

If you want to connect with Alex's journey, keep an eye out for his travels and events. He is cooking up not just meals, but also inspiration for everyone to live a more vibrant, healthier life.

## Protein Chicken Bacon Ranch Mac and Cheese



### Ingredients:

- 1 1/2 lbs Small Shell Pasta, cooked al dente
- 2 lbs. Shredded Chicken
- 1 Tbsp. Fresh Dill, chopped
- 3 Yellow Onions, small dice
- 6 jalapeno, seeds removed, small dice
- 8 cloves garlic, minced
- 4 oz cooked bacon, chopped
- 3 oz scallions, sliced

### Cheese Sauce:

- 1 1/2 lbs 2% Cottage Cheese
- 5 oz. Parmesan Cheese
- 1 1/2 C Skim Milk
- 1 Ranch Packet
- 1 tsp. Garlic Powder
- 1 tsp. Onion Powder
- 2 tsp. Black Pepper
- 2 tsp. Salt

### Method:

For Cheese Sauce: place all ingredients in a blender and blend until completely smooth. Set aside.

In a large skillet add a little oil and sauté the onion, jalapeño, and garlic for 5-7 minutes until tender. Season with salt. Add the shredded chicken, cooked pasta and bacon and stir to combine. Add the cheese sauce and cook over medium low heat for 5 minutes until it is mixed thoroughly and a creamy consistency is reached. Add in the scallions and serve.

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SLEEP & FITNESS:  
WHY DO WE NEED  
TO SLEEP?

DR. JOHN

Insights from Board-Certified  
Sleep Specialist

# Sleep and Fitness:

Insights from Dr. John, Board-Certified Sleep Specialist

Sleep is the foundation on which fitness and good health is built. When you have enough good sleep you are energized to work out.

I am starting a series on the importance of sleep and how we can improve our sleep quality. I will be taking excerpts from my newly published book *Nobody's Sleeping* – 7 Proven sleep strategies.

Today's topic is why we need sleep.

## Why Do We Need To Sleep?

Most of us would agree that sleep is essential for children. We know that their little bodies are growing, and sleep is an undisputed part of their health and growth process. Human growth hormone (hGH) is maximally secreted in deep sleep. It's not a grandma's tale that children are taller after a good night of sleep.

But good sleep isn't just necessary for children. In fact, adequate sleep is essential at every age, for a host of different functions beyond simply recharging. Human growth hormone is important in adults for muscle repair and metabolism. This is extremely important after a workout.

Sleep is when our bodies consolidate memories, strengthen our immune systems, repair our muscles, regulate our hormones, resolve psychological conflicts, and more.

Sleep also gives our essential organs a chance to take a rest. The functioning of various organs—notably the heart, lungs, and brain—is drastically reduced to conserve energy and get ready for optimal functioning the next day

When we're asleep, we are free to dream and run our imagination wild, resolve problems and wake up refreshed. Oh, how we crave that feeling of waking up energized and ready to tackle the day!

Despite how critical sleep is, a recent survey found many of us aren't getting enough. A study evaluating sleep in adults reported that most adults feel sleepy about three days a week, with many reporting it affects their daily activities, mood, mental acuity, and productivity.(1)

More than 60 million adults suffer from poor sleep quality or sleep disorders, like sleep apnea and insomnia.(2) And 70% of children, including many teenagers, also struggle with one or more sleep issues per week.(3)

When you don't get enough sleep, many fundamental processes are compromised. Sleep deprivation affects thinking, concentration, energy levels, and mood.

In fact, sleep is "essential for optimal physical health, immune function, mental health, and cognition," reports the National Institutes of Health.

The way you feel while you're awake depends in part on what happens while you're sleeping. During sleep, your body is working to support healthy brain function and maintain your physical health. The damage from sleep deficiency can occur in an instant (such as a car crash), or it can harm you over time. For example, ongoing sleep deficiency can raise your risk for some chronic health problems like high blood pressure and diabetes. It also can affect how well you think, react, work, learn, and get along with others."<sup>(4)</sup>

Individuals with insomnia generally have adequate time and opportunity to sleep but have difficulty falling asleep, even though they feel fatigued during the day. They may also have difficulty maintaining sleep or returning to sleep after waking up. Insomnia is reportedly one of the most common medical complaints, generating more than five million medical office visits each year in the United States.

People with insomnia are usually unhappy with the quality of their lives and report increased fatigue, sleepiness, confusion, tension, anxiety, and depression.

So, if sleep is such an essential natural process, why is it so hard to come by for so many people?

The truth is, no matter what phase of life you're in, sleep is an incredibly complex (and still somewhat mysterious) process.

For more stay tuned for the next issue.

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3. Clementi, M. "Your Child's Mental Health: Why Does Sleep Matter?" Texas Children's Hospital. [texaschildrens.org/blog/2016/05/your-child's-mental-health-why-does-sleep-matter](https://www.texaschildrens.org/blog/2016/05/your-child's-mental-health-why-does-sleep-matter).
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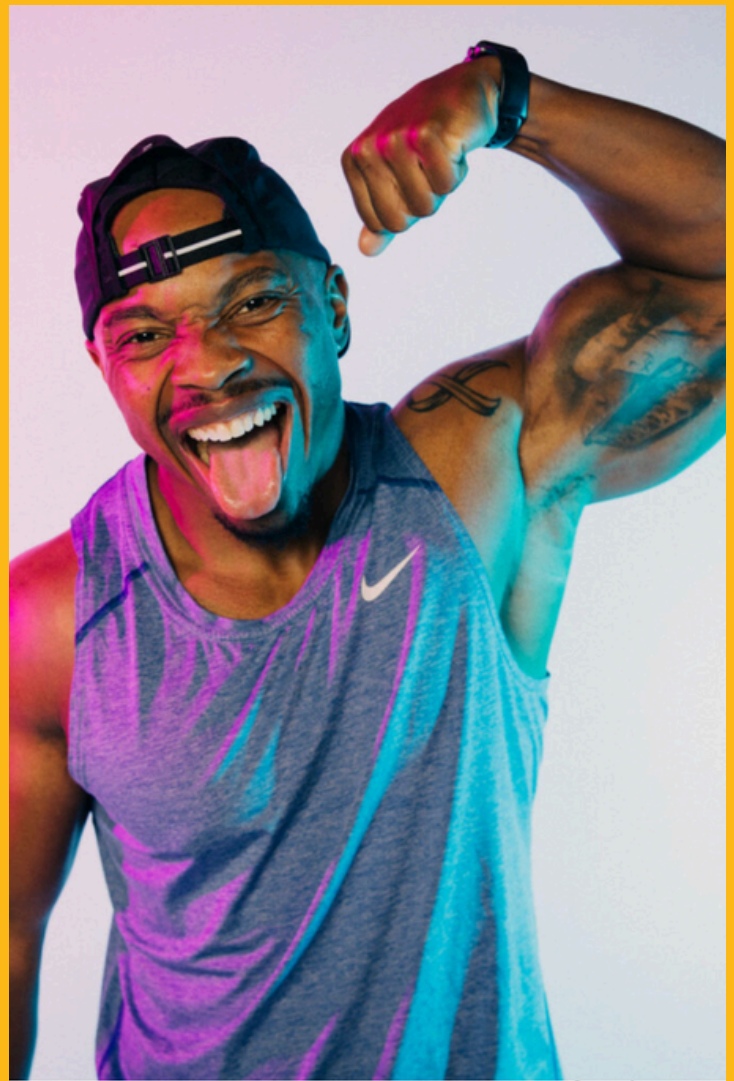
# No Off Days:

## How the Offseason Builds Champions On and Off the Field

---

In college, at the end of camp, one of my Coaches would say, "Remember that it's easier to stay in shape than get in shape, but the choice is yours. It's something that I still remind my clients of before they go on an extended vacation. Now, I am not telling you not to rest. That's not what this article is about. Let me tell you something: there is a clear difference between resting and taking a break. We all know that Day 1 of any fitness journey is always the hardest. The goal is to limit the number of Day 1s we have. The offseason is a double-edged sword. On one hand, it offers a chance to recover and heal from the grueling grind of competition. On the other, it's a period where complacency can creep in. Slowing down too much, staying up late, and grabbing drinks with friends can set you back weeks, if not months when it's time to return to the field, court, or gym.

If you want to be ahead of the competition, you can't afford to hit pause. Growth happens in the trenches when nobody's watching. Muhammed Ali once said, "The fight is won or lost far away from witnesses – behind the lines, in the gym, and out there on the road, long before I dance under those lights." During the offseason, your body can significantly gain strength, agility, speed, endurance, or even mindset. Every time you train during this period, you're putting in the reps that compound into progress when it's time to show up and show out.



The offseason is not just a physical break; it's a mental one. But it's also where your mental edge sharpens. When you push through the discomfort of off-season training, you flex that mental toughness muscle. You're reminding yourself and your competition who tf you are and that you're always on. Whether it's early mornings in the weight room or extra hours in the film room, staying engaged keeps your mind sharp and ready for any challenge. The offseason is the time that your confidence grows. Confidence is everything when it's time to compete.



Smart athletes understand the balance between staying active and recovering. It's about working on mobility, flexibility, and strength while preventing injuries from not doing anything. Remember, stillness equals stiffness. The offseason is the perfect time to address weaknesses and imbalances. Active recovery workouts, like yoga, swimming, or low-impact cardio, keep you moving while allowing your body to repair and grow stronger.

I was never the most extensive, most robust, or the fastest. I was just the athlete that was willing to outwork you. I would always imagine my competition being somewhere like Cancun, lounging by the pool while I'm out here running drills in the hot sun or throwing around weights in the gym, putting in work. What does that mean when the season starts?

It means I'm prepared, and you've been sipping Mai Tai's. I like my odds. Whether you're an ex-athlete staying fit or a weekend warrior prepping for that next marathon, your offseason grind sets the foundation for dominating your competition.

The 'No Mfin Off Season' mentality isn't just about your sport. It's about life. Staying active in the offseason teaches you discipline, focus, and resilience. These are traits you carry off the field into your career, your relationships, and your personal growth. When you embody this mindset, you're always in the game, whether it's with your fitness goals or leveling up in life. No, you don't have to workout today but your competition is. The Ball is in your court now.





Photo by: James Eliezer

**MEET EDEN LUCY DANIEL  
GUTIERREZ: A  
POWERLIFTING SOCCER  
STAR ON THE RISE**



Photo by: Angela Brown Vaden

Eden Lucy Daniel Gutierrez, an athletic powerhouse from Smith County, Tennessee, is a student at Bryan College in Dayton, Tennessee. Majoring in pre-athletic training and minoring in strength and conditioning, Eden balances her academic pursuits with a full-on commitment to sports. As a goalkeeper for the Bryan College soccer team and a competitive powerlifter, Eden truly embodies what it means to be a well-rounded athlete.

Growing up, Eden had her hands in many sports. "I started soccer in eighth grade after years of cheerleading, dancing, and even CrossFit," she says, highlighting her dynamic athletic background. Despite starting soccer a bit later, her passion for sports grew, eventually earning her a scholarship to play at the collegiate level.



But soccer isn't her only sport. Powerlifting is also a significant part of Eden's life. "I've always been athletic," she explains. "I do soccer and powerlifting simultaneously, and I love it." Her dedication to both sports is reflected in her packed schedule, which often includes early morning practices, a full class load, and hours of lifting. For Eden, being busy is a necessity. "I like being productive and always doing something. Sitting around isn't my thing unless it's for an occasional nap," she laughs.

Eden's family has been a strong influence on her athletic journey. Her mom was passionate about fitness, and her dad introduced her to karate at a young age. This laid the foundation for her lifelong love of sports and fitness. Eden's motivation to excel stems from her love for athletics and her desire to support her family. With a middle brother who is autistic and a younger brother to think of, Eden made it her goal to earn a full-ride scholarship to ease her family's financial burdens.

When asked about how sports have shaped her work ethic, Eden admits that the structure provided by team sports has played a significant role in her life. "It's definitely stressful at times, but I like being busy," she says. "It helps me stay productive and focused, even when the days are long."

Eden's story isn't just about athletic accomplishments; it also includes a personal love story. She met her husband in third grade, and after years of friendship and budding romance, they tied the knot in May after being together for over six years. "People ask me how married life is, and I tell them it's pretty much the same as it was before we got married," she says with a smile. "We've been together for so long; it feels natural."

As for the future, Eden is set on becoming an athletic trainer, hoping to work at a D1 college or even with the military. Inspired by her high school athletic trainer, she's determined to impact the sports world positively. "My athletic trainer, Lee Rice, inspired me," she says. "He gave me a lot of good advice, and I want to do the same for others."

Eden's coach, Hilary Clark, who has been working with her since the Music City Fit Expo, sees a bright future for her in powerlifting. "I see great promise in her," she shares. "I've been involved in powerlifting for 13 years, and women's powerlifting is at an all-time high. What sets Eden apart is her vision for the sport. She sees it as a path to long-term physical, mental, and emotional health—not just a way to break records."

She goes on to explain that Eden's character strength makes her stand out. "In my view, Eden represents everything great about women's powerlifting. She's proven herself through discipline, tenacity, and an ability to learn like I've seldom seen. It's only a matter of time before her name inspires, not only through physical strength but with strength of character and integrity. The future is bright for women's powerlifting and even brighter with Eden taking the reins."



Eden's journey has also attracted sponsorships from Spinto Fitness, Dani D, Oath Nutrition, and Klön Apparel, which support her in powerlifting competitions and beyond. "I'm honored to be her mentor and coach," her coach says proudly. "She's one to watch."

For Eden, the message is clear: "Don't let obstacles stop you. Let them push you to do more. People may tell you you can't, but that's fuel to prove them wrong. Use your talents, glorify God, and keep moving forward."

You can follow Eden's journey on Instagram at @EdenLucyDaniel and on TikTok at @\_Eden, where she shares her powerlifting progress and more. Keep an eye on this rising star—you'll hear more about her in the future!

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# ***BUILDING A STRONGER FUTURE***



## ***An Interview with Jeremy Holt***

Nestled in the heart of Green Hills, Nashville, at Lipscomb Academy, we caught up with Jeremy Holt, a Nashville native, pro athlete trainer, and fitness expert who has dedicated his life to training, mentoring, and pushing athletes to new heights. Known for his ability to connect with people from all walks of life, Jeremy shares the magic on the turf, in the weight room, and throughout the community.

## **A Journey Through Sports and Fitness**

Growing up in Nashville, Jeremy had a passion for sports from a young age. He initially watched Glenclyff High School's star players, including his now-longtime friend Deon Giddens, who inspired him to pursue excellence in athletics. Although Jeremy chose to attend Lipscomb Academy instead, the connection with Deon grew over time, with Deon becoming one of Jeremy's role models in the fitness industry.

After realizing that a career at the next level of sports wasn't in the cards, Jeremy pivoted his love for athletics into a new path: training others. "It wasn't by happenstance," he explains. "It was something that I feel I was born to do. I leaned into the process that helped me succeed and started helping others do the same." Jeremy's faith and belief in his purpose have guided his career, from his early days in sports to becoming a leader in fitness and coaching.



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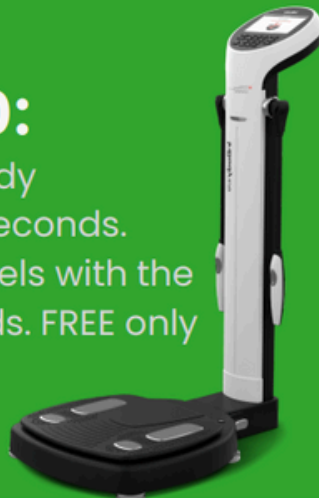


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## **Faith, Community, and Fitness**

For Jeremy, success is about more than just fitness—it's about creating a community where people feel valued and motivated. His approach combines faith, care, and a commitment to fostering change in his local community. "In the micro-community, can we create a change? That's the goal," Jeremy says. His focus is on the youth, helping them develop leadership skills for the future.

"Being a coach and a leader in the community isn't just about how much you know; it's about how much you care," Jeremy emphasizes. This philosophy is at the core of his training approach, where he works with everyone, from young athletes to seasoned professionals, ensuring that every individual feels supported and encouraged.

“***It's not about making big improvements; it's about less than 1% better***”

## **Balancing Family and Fitness**

As a dedicated father and husband, Jeremy understands the challenges of balancing family life with a demanding career. But his solution is simple: involve the family. "You see my kids here," Jeremy says with a smile as his children run around the football field this sunny Saturday afternoon. His work environment allows for a family-friendly atmosphere, where his kids can enjoy the space while he trains clients. It's a unique blend of work and family that Jeremy cherishes, ensuring that family always comes first.

## **Working with Pro Athletes: A Different Level of Focus**

While many trainers dream of working with professional athletes, Jeremy knows firsthand that it's not all glamour. Training elite athletes like George Kittle, Kevin Byard, and UFC fighter Michael Chandler demands a hyper-focus on minor details. "It's not about making big improvements; it's about less than 1% better," he explains. Jeremy works closely with professional athletes to fine-tune their movements, perfecting everything from how they absorb force to their foot placement.



## **Advice for Young Athletes**

For young athletes looking to excel in their sport, Jeremy has one critical advice: stay focused on your race. "Put your phone down, don't get caught up in the comparison trap," he advises. In a world where social media can create unrealistic expectations, Jeremy believes young athletes should focus on their progress rather than comparing themselves to others. "Your race is your race. You'll find yourself in a good spot if you attack the process and never cheat it."

Jeremy also emphasizes the importance of collaboration with NFL and other pro team strength coaches, ensuring his training complements what athletes already work on during their season. His relationships with these organizations help create a seamless experience for the athletes, as private and team coaches work together to keep them in top shape.

Jeremy Holt's philosophy of faith, community, and relentless hard work inspires anyone looking to better themselves, whether in sports, fitness, or life. With his family and his community cheering him on, Jeremy continues to make a lasting impact in Nashville and beyond.



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# BUILD A BIG CHEST AND ARMS FOR THE SEASON

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HOLIDAY READY HOLIDAY READY HOLIDAY READY

BY: ANDREW POWELL

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# Chest & Arm Power Workout

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AS THE HOLIDAY SEASON APPROACHES, SO DO FAMILY GATHERINGS AND THE INEVITABLE CONVERSATIONS ABOUT YOUR FITNESS JOURNEY. IT'S BEEN ALMOST A YEAR SINCE SOME OF YOUR RELATIVES AND FRIENDS HAVE SEEN YOU, AND YOU WANT TO SHOWCASE THE HARD WORK YOU'VE PUT IN BEFORE THEY EVEN ASK. ONE OF THE BEST WAYS TO MAKE A STATEMENT IS WITH A MUSCULAR, DEFINED CHEST AND ARMS.

THIS WORKOUT IS DESIGNED TO HELP YOU ACHIEVE THOSE RESULTS IN TIME FOR THE HOLIDAY FESTIVITIES. NEXT TIME YOU HIT THE GYM, TRY THIS ROUTINE TO PACK ON SOME NOTICEABLE MUSCLE MASS!



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## 1. Dumbbell Press

- 3 SETS OF 6-8 REPS
- 3 MINUTES REST BETWEEN SETS

---

Start your workout by targeting the biggest muscle of the day: the chest. After warming up with 3-4 lighter sets to get your muscles ready, aim for three heavy working sets for this exercise. Push each working set to failure, and don't be afraid to use a spotter to assist on the last few reps. This exercise will set the tone for the rest of your workout and give you the pump that'll make your progress visible.



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## 2. High Cable Chest Fly

- 3 SETS OF 12-15 REPS
- 2 MINUTES REST BETWEEN SETS

---

Now, it's time to dial in on your chest definition with cable flies. After warming up, focus on a slow, controlled movement with a one-second press and a three-second negative. Get a full stretch at the top and contract your chest hard at the bottom. Imagine you're forming a "most muscular" pose as you squeeze. If you're hurting your back, lower the weight and prioritize form.



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# Chest & Arm Power Workout

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### 3. Incline Close-Grip Bench Press

- 3 SETS OF 8-10 REPS
- 3 MINUTES REST BETWEEN SETS

---

Shift gears slightly to hit your triceps while working the chest with an incline close-grip bench press. Set the bench at a low incline or regular incline if that's what you have available. Follow the same 1-second press and 3-second negative tempo. You should feel the chest working, but this exercise will also torch your triceps as you push through each rep.



---

### 4. Cable Tricep Extension

- 3 SETS OF 15-20 REPS
- 2 MINUTES REST BETWEEN SETS

---

With the triceps warmed up from the incline bench press, it's time to focus on maximizing the pump. Use a straight bar and lock your elbows by your sides, ensuring only part of your arms moves. Squeeze each rep to the max, keeping the tempo controlled to ensure full tricep activation. Remember, it's about form and contraction here.



---

## 5. Dips

- 3 SETS TO FAILURE
  - 3 MINUTES REST  
BETWEEN SETS
- 

Finish strong with bodyweight dips, going to actual failure on each set. Your triceps will burn by this point, so lean forward slightly to incorporate more chest engagement. Keep your form tight and resist the urge to rush through the reps. Every rep counts here to round out the workout.

---

## Final Tips for Success

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This workout is perfect for building a big chest and arms as the holidays are near, but like any workout, the key to progress is intensity. It's not just about moving the heaviest weight—it's about pushing your muscles to their limits while maintaining good form. Track your weights and reps each week, progressively overloading to see consistent gains.

The harder you push in the gym, the faster you'll get results, and by the time the holidays roll around, your family will notice your hard work.





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# FUELING SUCCESS

WENDI IRLBECK ON NUTRITION FOR TEEN ATHLETES

As a registered dietitian and certified sports nutritionist, Wendi Irlbeck, MS, RDN, LD, CISSN has dedicated her life and career to helping student athletes fuel their bodies for peak performance. Her passion for nutrition started early, sparked by her curiosity about the connection between what she ate and how she felt. Growing up on a farm, Wendi noticed a difference in her energy levels when she ate wholesome meals like meat and potatoes compared to processed foods like cereal. "I completely geeked out on nutrition when I was 11," she says. "I found a direct connection to the foods I was eating and how I was performing." This early fascination laid the foundation for her career as a nutrition expert, guiding young athletes and their families toward healthier lifestyles.

Wendi's approach to nutrition is simple: context matters, and what works for one person may not work for another. There is no one size fits all approach when it comes to health, fitness, and nutrition. "Doing your research and identifying what works well for your body is crucial," she advises. Wendi's own experience as a college athlete—paired with her master's degree in Food and Human Nutritional Sciences, a decade of experience in health and fitness and avid reader of sports nutrition position stand papers from the International Society of Sports Nutrition—equips her with the knowledge to guide athletes at all levels.

"I love training and competing, and I found that using the knowledge I didn't have as a child has helped me work with athletes and their parents. The Lord has given me the ability to take the complex science and translate it into simple and actionable strategies for athletes, coaches, and families. I give God all the credit."





## **The Nutritional Needs of Teen Athletes**

According to Wendi, teen athletes have unique nutritional needs that differ from those of adults. "Our student-athletes have significant growth, development, and maturation requirements," she explains. Yet, lacking information tailored to adolescents can leave these young athletes under-fueled and underprepared.

**"I MADE IT MY LIFE'S MISSION TO HELP YOUNG ATHLETES AVOID THE MISTAKES I MADE, LIKE SKIMPING ON PROTEIN OR NOT KNOWING WHAT TO EAT BEFORE AND AFTER TRAINING SESSIONS."**

Many of the common issues teen athletes face—chronic soreness, low iron levels, stress fractures—can be traced back to insufficient nutrition. "Most athletes aren't eating enough calories, protein, or carbohydrates to fuel their muscles and brains," Wendi points out. She emphasizes the importance of eating for health first and performance second. "If we don't eat and fuel properly, we leave a lot of untapped potential and success on the table."

## **Practical Nutrition for Busy Families**

Wendi offers practical advice for parents trying to juggle the demands of raising an athlete: establish a routine. "Getting 7-11 hours of sleep each night, aiming for 20 grams of protein within 20 minutes of waking, and eating 3-4 balanced meals a day are all steps in the right direction," she suggests.

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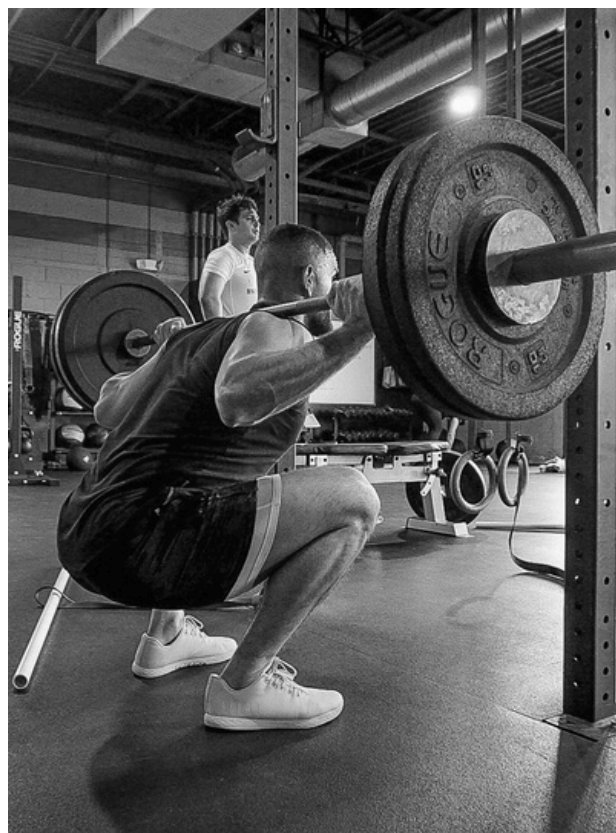
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Wendi also champions the importance of a "second breakfast" for athletes and the inclusion of pre- and post-training snacks with protein and carbs. Wendi's message is clear: good nutrition is an investment in a child's future health and performance. "If these kids aren't eating enough, their brain development suffers, their bone density suffers, and they're at a greater risk for injury and illness down the road." By focusing on the proper nutrients—calcium, vitamin D, and protein, among others—parents can help their children build a solid foundation for lifelong health.

### **The Dangers of Energy Drinks**

In today's world, where energy drinks are readily available to teens, Wendi urges caution. "Caffeine blunts the fatigue response; it doesn't give us energy," she explains. Instead of relying on energy drinks, which can have severe consequences like heart stress and decreased appetite, Wendy recommends more wholesome options like water, apples, and peanut butter toast. "These options provide fuel and are much safer for growing athletes." Wendi encourages parents to monitor their children for signs of malnutrition or over-reliance on caffeine. "If your child is constantly fatigued, bruising easily, is losing weight, can't maintain their weight, is losing strength, and they're just simply not progressing in their sport or has imbalanced moods, these are red flags that should not be ignored," she says. Seeking professional advice and considering blood tests for low vitamin D or iron levels can help identify nutritional deficiencies.

### **Steps for Success**

Wendi's advice for parents is straightforward:

- Get your kids into a routine.
- Ensure they're getting enough sleep and quality nutrients.
- Avoid the pitfalls of caffeine and under-fueling.

For more tips and resources on how to fuel young athletes, Wendi's website, Nutrition with Wendi, offers a wealth of information, from meal plans to advice on gaining weight and improving performance.

### **Her parting message:**

"If you have time for social media, you have time for breakfast." Simple, actionable steps like these can help prepare young athletes for success on and off the field.

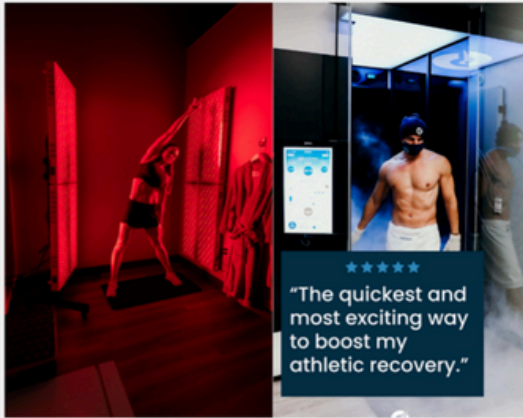
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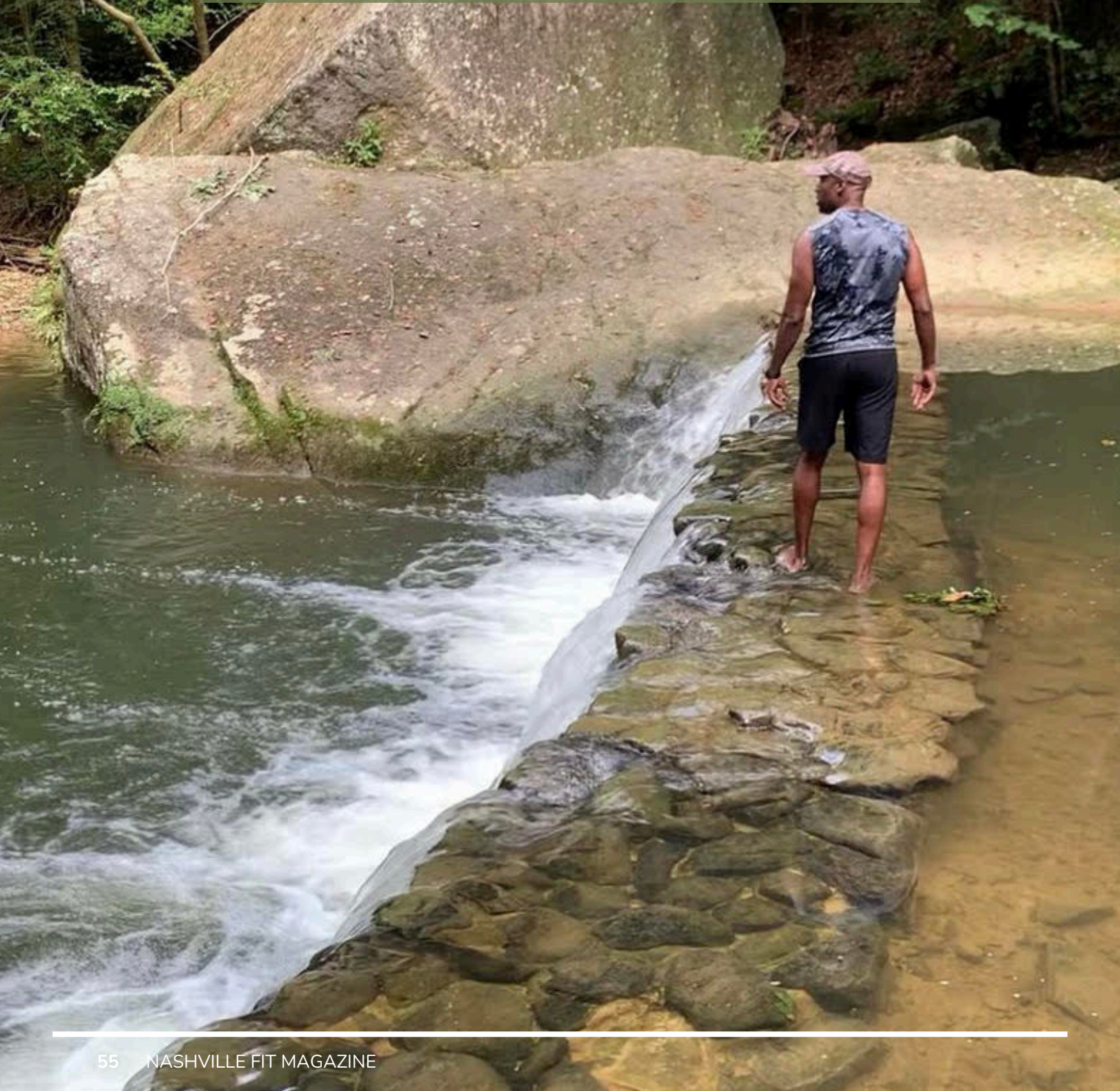


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# EMBRACE THE OUTDOORS:

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FALL INTO FITNESS BEFORE THE NEW YEAR RUSH





As we enter the last quarter of the year, something is refreshing in the air—literally and figuratively. The intense heat of summer finally gives way to cooler temperatures, and while some of us may stubbornly hold onto our shorts, long sleeves are beginning to make their seasonal debut. Autumn has officially arrived, ushering in the season of cozy sweaters, golden foliage, and pumpkin-flavored everything.

This time of year brings about a shift in our routines and attitudes. As the leaves change, so do our mindsets. The fall months signal the approach of the holiday season and the fast-approaching New Year—a time when resolutions and personal goals come into sharp focus. According to a survey by Statista, almost 40% of Americans set New Year's resolutions, with fitness goals being among the most popular. But why wait until January to begin setting those goals into motion?

Before the holiday frenzy kicks into full gear, take a moment to enjoy the crisp autumn air. The cool morning breeze and the slight chill as the sun sets in the evening make for perfect outdoor workout conditions. Fall may be one of the best times of the year to engage in outdoor fitness.

Nashville, for instance, offers many parks, trails, and outdoor gyms that turn the entire city into a fitness playground. Whether you're into walking, jogging, running, or even circuit training at one of the many outdoor fitness stations around the city, the options are endless. Best of all? It's free. The only membership fee required is your willingness to lace up your sneakers, throw on weather-appropriate clothing, and head outside.





A quick scan of the local parks, such as Percy Warner or Shelby Park, reveals a wide range of activities to suit every fitness level. For those who enjoy a slower pace, a brisk walk can be just as effective as a run, with studies showing that walking for 30 minutes a day can reduce the risk of heart disease by up to 19%. Meanwhile, joggers and runners can reap cardiovascular benefits, improving stamina and mental health. Regular outdoor exercise has been linked to a 20% lower risk of depression, according to research published by Harvard Medical School.

And let's not forget about the versatile yogis out there. Your yoga mat, which may have been gathering dust in the trunk since last fall, is your perfect companion for stretching and mindfulness. Practicing yoga outdoors combines physical movement with the calming effects of nature, reducing stress and enhancing flexibility. Even something as simple as a yoga session in the park has been shown to improve overall well-being and increase life satisfaction.

However, consistency is the most important aspect of this season's fitness opportunities. It doesn't matter whether you're breaking a sweat with a fast-paced run, practicing mindful yoga, or simply walking the dog. What matters most is that you're moving—and that you're enjoying it. After all, the key to long-term success with any fitness routine is consistency and finding activities that bring joy.

So, as we embrace this beautiful time of year, let's take advantage of the cool weather, scenic views, and outdoor fitness opportunities. Whether working towards a specific fitness goal or looking to stay active, there's no better time to get outside and move. And when you do, remember to smile—because you can and because this season reminds us to appreciate the moment we're in.



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