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# Celebrating a Decade of Fitness Excellence: Nashville Fit's Best Of Awards


By: Terry Barga

Ten years ago, Nashville Fit Magazine was just an idea—a spark to ignite a healthier, more connected fitness community in Middle Tennessee. Fast-forward a decade, and that spark has turned into a blazing fire of inspiration, change, and triumph. This year, we're celebrating the best of Nashville's fitness scene and toasting ten years of sweat, community, and transformation.

When we first set out, our mission was simple: highlight the incredible people, businesses, and stories shaping the health and wellness landscape. We didn't realize how much Nashville Fit would grow into a cornerstone of this vibrant community. From gyms and studios to trainers and wellness warriors, we've had the privilege of showcasing the folks who turn goals into gains and dreams into reality.

As we gear up for this year's **Best Of Awards Ceremony** on **January 11th at the Porsche dealership in Franklin**, it's hard not to reflect on everything this journey has taught us. It's been a ride full of perseverance, innovation, and heart lessons. The awards are more than just trophies; they symbolize the hard work, passion, and love that make this fitness community special.

And let's talk about community for a second. At the heart of everything we've done for the past ten years, it's always been about you—the readers, gym-goers, athletes, business owners, and weekend warriors who show up every day and prove that fitness isn't just about looking good—it's about feeling good, living better, and lifting each other up. You've made Nashville Fit what it is today.



The Best Of Awards is our way of spotlighting the people and places, making Nashville the healthiest it's ever been. From the trainer who pushes you to dig deeper to the studio that feels like a second home, this event celebrates the best of the best. And this year, we're going all out. With the energy of a milestone anniversary fueling us, you can expect an unforgettable night filled with laughter, inspiration, and many high-fives.

Thank you to everyone who has supported us over the years. Your dedication and passion drive everything we do. To the nominees: congratulations! Your unwavering commitment to excellence plays a vital role in making Middle Tennessee a healthier and more vibrant place to call home.

Here's to the next ten years of pushing boundaries, breaking records, and building a community that thrives on health and happiness. Join us on January 11th to celebrate Nashville Fit's past, present, and future. Let's make this anniversary one for the books— together.

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## The Bending Board: What is it?

The Bending Board is a versatile fitness tool that goes beyond enhancing flexibility. It is a comprehensive platform for strength training, core workouts, and active recovery that offers stability and resistance. It supports your overall fitness and wellness journey. The Bending Board is lightweight and portable. This makes it easy bring anywhere with you! Combining a clean, modern design with functional fitness, each board is assembled in Nashville to seamlessly support every aspect of your fitness path.

### Who we are:

The idea for The Bending Board began when founder and co-owner John Hunt had a “lightbulb moment” during his recovery from a shoulder injury. Searching for a way to achieve deeper stretches without compromising stability, John refined his concept over several design iterations, eventually securing patent protection. The team launched The Bending Board with Claudia Levy and Gavin Donati. Although their professional backgrounds vary—from business leadership, law, and even professional music (this is Nashville, after all!)—they share a unified passion for both fitness and wellness. The official launch in November reflects The Bending Board’s collective vision and dedication. They invite you to discover how their creation can enhance your fitness routine and join the movement to #GetOnBoard!

# How do I use The Bending Board?



The Bending Board is a tool anyone can use!

- Beginner athletes to weekend warriors can use The Bending Board as an accessible, stable stretching platform.
  - Yogis will appreciate the ease in performing everything from basic flow routines to advanced handstand work.
  - Pilates enthusiasts can use The Bending Board as a base for reformer-inspired workouts to achieve deep core workouts.
  - Seasoned athletes can perform countless exercises on The Bending Board. You can use it as a base for push-ups or as an anchor to attach resistance bands for full-body strength training.
  - Runners will benefit from the raised platform, which elevates deep stretches to enhance recovery. This is used as a valuable tool to release tightness in their glute, quads, and hamstrings.
- It is easy for anyone to incorporate The Bending Board into their daily workout and wellness routine.

January brings a variety of new fitness programs to our lives. Focusing on improving your strength, mobility, and flexibility will keep your body balanced and help prevent injury. The Bending Board is a functional fitness platform that can be used to achieve all of these goals.

The following stretches will enhance your body's recovery and repair from your new fitness routine helping you stay on track. All exercises can be done on a flat surface. We think each stretch is enhanced while using The Bending Board.  
#GetOnBoard!

## 1. Upward dog / Downward dog



## 2. Runner's Lunges

- Runner's Lunge
- Runner's Lunge w/Twist



## 3. Hamstring Stretches

- Hamstring Stretch
- Deep Hamstring Stretch





## 4. Hip Flexor Stretches

- Quadriceps Stretch
- Hip Flexor Stretch



## 5. Hip Twist Stretch



## 6. Forward Folds

- Forward Fold w/Handle
- Deep Forward Fold



## 7. Calf Stretches



**Best 5K : Tomato5K**  
**@eastnashvilletomato5k**



Runner Up - Spartan | @spartan

Third Place - Full Belly 5k

**Best açai bowl : Grain n Berry**  
**@grainandberrynash**



Grain & Berry would like to thank everyone who voted for us. We love serving the Nashville area our delicious açai bowls. Come by and see us soon.

Runner Up - EROSE | @eandrosewellness

Third Place - Wildberry Acai | @wildberryacai

## **Best Ambassador To Health & Fitness Community**



**Kenzie Todd FullRide  
@kenzietodd**

Runner Up - Sarah Arnold | @sarah.b.arnold

Third Place - Natalie Qyayed | @nataliemoves

It has been an honor to be a part of the Nashville Fitness community as a whole for almost a decade. To serve our city through the power of fitness has been a highlight of my life, and I am eternally grateful for all we get to do together. Thank you so much for the privilege to train you, to motivate you, and to love on you. I am deeply grateful and excited for what is ahead!

## **Best bachelorette workout**



Runner Up - BODYROK Nashville | @bodyroknashvillr

Third Place - CycleBar Music City | @cyclebar

## **Pushups and Prosecco @pushupsandprosecco**

We're so thrilled to take home this award for the second time! This year has been a whirlwind as we've expanded into Charleston, Austin, and Scottsdale. Nashville remains at the heart of Pushups + Prosecco. Our incredible team of instructors brings a unique, custom experience to every bachelorette workout!

# Coaching for Long-Term Success: Mastering Nutrition One Meal at a Time



**BY ANDREW POWELL**

As coaches, our goal is to teach our clients to be the best version of themselves. When someone approaches and wants to begin working with us we tell them that our goal is to teach them to be successful long after us. Essentially, we want to coach and teach ourselves out of a job. The biggest hurdle we see is food. There is definitely a learning curve when it comes to calories and macronutrients. However, today's society tends to overcomplicate things when it can be really simple.

Food is the most important fact for fitness, and for us, it all starts with breakfast. As with everyone that is reading this article, my wife and I are completely different. We both have different genetics, metabolisms, muscles structures, and even jobs that require more (or less). All of that can factor into what our bodies will need throughout the day. With that being said, we can both customize our first meals of the day to fit our needs. We have come up with a "His and Hers" version of our go to meal that fits our schedules and the current stage of our bodybuilding preps.

**HIS:**

416 Calories  
30g Carbs  
15g Fat  
35g Protein

1 - Thomas English Muffin  
2 slices Canadian Bacon  
75 grams Egg Whites  
1 Large Egg  
1 sliced cheese

Right now, I am in my growth season of bodybuilding. This means my calories are high with higher amounts of carbohydrates and fats than I do other times of the year. I will take this recipe, double it, and eat two sandwiches each morning. Having my biggest meal of the day, first thing, really sets me up for success.

**HERS:**

205 Calories  
24g Carbs  
1g Fat  
26g Protein

1 - Lewis Bake Shop English Muffin  
1 slice Canadian Bacon  
92 grams Egg Whites  
21g Kraft Fat Free Cheese

Haley is currently cutting for a bodybuilding show. This means that her calories will be a little lower, just below maintenance. Her protein is still high, but the fat and carbohydrate content are low.

Both meals are extremely similar and a favorite for both of us. A slight change of ingredients can drastically change the calorie and macronutrient count. This breakfast is easy and convenient. You can either bulk and freeze it, or use it as something the kids can enjoy. The same can be said for the rest of the meals we have throughout the day. Small changes make big differences. Whether your goals fall in line with "His" or "Hers", we hope you enjoy this as much as we do!

## Best Barre Instructor Megan Yellitz



I am honored to be again winning Nashville's Best Barre Instructor award again this year! Barre3 Nashville has been a place that I've relied on, especially this year, through the ups and downs of life. It has been my constant home away from home. I am incredibly grateful to the community we've built there for its constant support and to the entire Nashville fitness community for the joys of sweating alongside my friends. You ALL make teaching fitness classes my dream job, and I'm looking forward to many more years of movement together!!!!

Runner Up - Align with Alexis | @align\_with\_alexisj

Third Place - Kady Decker | @kady\_day

## Best Barre Studio : Barre3 @barre3nashville



Runner Up - Pure Barre the Gulch | @purrebarrenashville\_gulch

Third Place - NuPower Yoga & Barre | @nupoweryogabarre

# Best Bike Shop



**Shelby Bike Shop**

**@shelbybicycle**

Runner Up - Moab | @moabbikeshop

Third Place - Trace Bikes | @tracebikes

It has been an honor to be a part of the Nashville Fitness community as a whole for almost a decade. To serve our city through the power of fitness has been a highlight of my life and I am eternally grateful for all we get to do together. Thank you so much for the privilege to train you, motivate you, and love on you. I am deeply grateful and excited for what is ahead!



## **May 30-31**

### **Back and bigger than ever with two full days of fitness fun!**

Get ready, Nashville! The ultimate fitness experience returns to Music City in 2025, bringing together top fitness brands, elite trainers, and fitness enthusiasts from across the country for an event you can't miss!

🏆 What's in Store?

- Live Fitness Competitions - Watch athletes push the limits of strength and endurance.
- Interactive Workouts - Train with the pros and level up your fitness game.
- Health & Wellness Exhibitors - Discover the latest gear, supplements, and services to fuel your goals.
- NPC Natural Show - Watch the athletes compete in this amazing show.
- Family-Friendly Fun - Activities for all ages to get everyone moving and inspired.

📅 Save the Date: May 30-31

📍 Location: Nashville Fairgrounds

🌟 Whether you're a gym warrior, a weekend warrior, or someone just starting your fitness journey, the Music City Fit Expo is your chance to sweat, learn, connect, and be inspired with Nashville's most driven fitness community.

🎟 Tickets & Booths on Sale Now!

👉 Follow Us for Updates: @MusicCityFitExpo | #MusicCityFitExpo2025

Are you ready to MOVE? Let's make 2025 your strongest year yet! 💪

# New Year, New You...

## Are you sure about that?




**BY GERELL WEBB**

Every January has an increased traffic in the fitness community. Gyms fill up, grocery carts overflow with "clean" foods, and motivation is sky-high. With that there is the classic "New Year, New Me" energy. But, let's keep it going; how many times have we seen it fizzle out by February?

Year after year, people set the same health and fitness goals, only to ghost their progress. Why? Because the game is mental before it is physical. In the idealistic of wanting change there needs to be a plan on how to change and, keeping that change consistent.

Before you indulge branding yourself for 2025, let's break down five common pitfalls of New Year's fitness resolutions. Most importantly, we'll see how to dodge them. I'm cheering for you, big dawg!






1. The All-or-Nothing Mindset: "I'm going to work out every day, eat perfectly, and never touch a donut again!" Why It Fails: There is a reason that I don't tell my clients to go hard or go home, and that's because I know that they will go home! This "go hard or go home" approach is fueled by excitement, but burns out fast. It needs to be more realistic and sustainable. Life happens. You'll miss a workout, eat some pizza, and that's okay. I encourage you to. However, when people slip they spiral, with "I failed, might as well quit." Keep It G! Start small. Commit to 2-3 workouts a week, not 7. Build consistency before intensity. If you mess up, keep it pushing. Progress isn't ruined by one misstep; it's only if you stop stepping. Remember, progress > perfection!

2. Setting Vague Goals: "I wanna lose weight and get fit." Why It Fails: What does "fit" even mean? If you don't know, your plan won't know either. Vague goals need direction, and with direction you're just wandering. What do you want? Don't be scared to say it; write it if you can't know it. Be specific. Instead of "lose weight," say, "I want to lose 10 pounds in 3 months by lifting weights 3x a week and eating 80% whole foods." Clear goals = clear action plans. Write it down. Track it. When it's measurable, it's achievable.

3. Chasing Motivation, Not Discipline "I'll go to the gym when I feel like it. Motivation is similar to that flaky friend who hypes you, but never shows up. It's here today, gone tomorrow. If you're waiting to "feel motivated," you'll be waiting forever. Forget motivation. Chase discipline. Discipline shows up regardless of mood, rain, or excuses. Build habits, not hype. You can put workouts in your calendar like meetings. Create a non-negotiable rule: "If it's on the schedule, it's getting done."

4. Doing Too Much, Too Soon: "I'm gonna run 5 miles, lift weights for 2 hours, and do a cleanse!" Have you ever heard the phrase, "You are doing too much!" It's exciting to go big, but overdoing it leads to burnout or injury. You'll become too sore, tired, and done with it all. Suddenly, that couch feels much more inviting than that treadmill, which it will most of the time. Just being honest. When this happens, refer to tip #3. Here's what I want you to do. Pace yourself. Focus on consistency over intensity. Your body doesn't need to be wrecked to change. Start with manageable workouts (30-45 minutes) and increase gradually. The goal is longevity, not a 2-week sprint.

5. Flying Solo Without Accountability: "I got this on my own." Every great person you know has had a Coach. MJ and Kobe had Phil Jackson, Tiger Woods had a swing Coach, and The President had advisors. For some reason, you may think you are going to do this on your own. Hmm, okay! Solo missions are tough.



When no one's watching, it's easy to skip, sleep, and have a "start fresh next week", mindset.

That next week can become the next month. Find a community or accountability partner. Group classes, gym buddies, or even a fitness app with reminders can keep you honest. Tell someone your goals so they can check in on you. Nobody wants to text back, "Yeah, I gave up." Don't just start strong, finish stronger. Forget perfection and focus on progression.

New Year, New You? Cool. But let's Keep It G, you don't need a "new" you. You need a consistent you. Take it slow, stay specific, and move with intention. This time, remember to set the goal to see it through. If you're really about that life, you don't need a calendar to tell you when to start. Start now.

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# NASHVILLE FIT

# Best of Awards

# 2024



PORSCHE

NASHVILLE

**JANUARY 11TH**  
**6PM**



SCAN ME

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. Please join us for an evening full of excitement, style, and celebration. This isn't just any awards ceremony; it's the fitness 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!

Dress your best with this upscale event promises to be a glamorous occasion. Beyond the awards, expect plenty of surprises throughout the night along with top-tier swag! There will be 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!

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NASHVILLE FIT MAGAZINE

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NEW GOALS**

SCAN FOR THE LATEST ISSUE

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**NASHVILLE FIT MAGAZINE**

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## Best Bootcamp



**Shed Group Fitness**  
**@shedgroupfitness**

Runner Up - Barrys

Third Place - Vanessa Cohn

## Best boutique fitness studio

**Cycle Haüs Nashville**  
**@cyclehausnashville**



Our community has always been the most important thing to us. We truly believe the CHN riders are unmatched in energy, loyalty, and hard work. We are eternally grateful for the way they show up for our studio and team. Thank you x100

Runner Up - BODYROK Nashville | @bodyroknashvillr

Third Place - Crew training Nashville | @crewtrainingclub

# Reclaiming Vitality

Chad Goldstein and Cory Caruthers  
on the Truth About Hormone  
Therapy for Men



When it comes to men's health, Chad Goldstein and Cory Caruthers, the dynamic duo behind Gameday Men's Health in Nashville, are on a mission to empower men to reclaim their vitality and confidence. With a passion for helping guys feel their best, they both tackle common misconceptions about hormone therapy head-on, which offers insights that can transform lives. In this Q&A, Chad and Cory break down the myths and realities of hormone optimization, providing a clear path for men who are ready to take control of their health and get back in the game.

## GameDay Men's Health Q&A

Chad Goldstein and Cory Caruthers, owners of the Gameday Men's Health franchise brand are making it their mission to help guys get back in the game and feel their best.

**Q: What 's the most common misconception you come across regarding hormone therapy for men?**

**A:** We consistently dispel the perception hormone optimization and peptide therapies are only beneficial for serious fitness enthusiasts. The reality is that most of the male cliental we see are average men within their early 30's. Most are working too many hours and has a packed schedule between kids, friends, family, etc. They associate their busy schedule to the cause of poor sleep, lack of energy, inability to focus and lack of a consistent fitness routine. However, it is common to see these guys come get their levels tested only to find out their hormone levels are almost non-existent. After optimizing those levels, it changes their lives. They are sleeping better, the mental fog is eliminated with motivation in the gym spikes, and improvement in physical relationships are reinvigorated. With the accessibility of hormone testing today, we should all know our numbers and be aware of the effects non-optimized levels have on us.



**Q: Is testosterone therapy just a way to get “medically approved” steroids?**

**A:** This is just not true at anywhere near clinically recommended levels. The misinformation out there requires us to educate ourselves. We are referring to natural substances your body already produces. These substances identify when your body is no longer capable of producing these hormones at the levels you need, and bringing back up optimal levels (far from abusive “steroid” levels). As we age, our bodies become less efficient at producing optimal hormone levels. This takes a significant toll on our mental clarity, energy levels, ability to build muscle and burn fat, sleep performance, libido, and the list goes on. This declining levels often trigger the, “he’s going through his mid-life crisis phase” men are often labeled with that starts as early as 30yrs of age. By identifying your biomarker levels and where your body is naturally becoming deficient you can prevent or reverse the symptoms. “Menopause” is a real and natural occurrence as we age. Guys really need to start talking about this and building awareness.

**Q: I’m back in the gym, working out harder than ever, but I’m not seeing the body composition changes I want. I simply need to work out harder and burn more calories, right?**

**A:** We see this all the time with our male patients. The truth is as we age you simply cannot outwork the lack of a solid nutrition plan and optimized hormone levels. We estimate proper nutrition and optimized hormone levels equate to as much as 70% of your success relative to building muscle and losing fat. A solid fitness / recovery plan is the remaining 30%. Many men naturally gravitate towards this idea of focusing on an aggressive fitness routine alone to see results. This may be true in our 20’s, but our bodies become less efficient as we age. After the age of 30, it’s estimated we lose 3% – 5% of our muscle mass every decade. A key component to longevity is optimizing the balance of fitness, nutrition, and hormones to build and preserve as much muscle mass for as long as possible.



# GET BACK IN THE GAME

Gameday Men's Health is dedicated to improving the lives of men and optimizing their health.

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### Testosterone Replacement Therapy

Optimize testosterone to healthy levels which may rise energy levels, aid in weight loss and increase sexual drive.



### Weight Loss

Weight loss therapies provide consistent and safe weight loss to help you look and feel your best.



### Vitamin Wellness

Vitamin Injections provide greater absorption of nutrients which may increase energy, improve mental clarity and boost athletic performance.



### Erectile Dysfunction

The variety of ED therapies will allow the medical team to determine the best unique treatment to support an increased ability to achieve and maintain an erection and enhance sexual drive.



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## Best Chiropractor Nashville Chiropractic + Sports Therapy @nashvillechiropractic

Runner Up - Rush Chiropractor | @rushchiropracticcenter

Third Place - Bennaci Palloto | @drbennyboybenacci

## Best climbing gym Climb west Nashville @climbnashvillewest

Runner Up - The Crag Nashville | @thecragtn

## Best coffee shop Frothy Monkey - The Nations @frothymonkey

Runner Up - Crema café | @cremacafe

Third Place - The Well Coffehouse (Granny White) | @wellcoffehouse

## Best condo gym : Icon

Runner Up - Pine street flats | @pinestreetflatsnashville

Third Place - Werthan lofts | @werthanloftsnashville



## Best Crossfit Coach Jenny Tison (East Nashville)

I am so honored by this award! I have been coaching CrossFit for 10+ years and try to always give my absolute best to every session and every athlete walking through the gym's door. A special thanks to every CrossFitter, coach, and owner I've worked with - I'll keep putting in the effort to celebrate all the effort you're putting in!

Runner Up - Travis Hall | @traps\_by\_trav

Third Place - Trey Fitch | @treyfitch



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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, such as 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.

1. "Americans Feel Sleepy 3 Days a Week, With Impacts on Activities, Mood & Acuity." Sleep in America Poll, National Sleep Foundation. [thensf.org/wp-content/uploads/2020/03/SIA-2020-Report.pdf](https://www.thensf.org/wp-content/uploads/2020/03/SIA-2020-Report.pdf).
2. "Obstructive Sleep Apnea." Johns Hopkins Medicine. [hopkinsmedicine.org/health/conditions-and-diseases/obstructive-sleep-apnea](https://hopkinsmedicine.org/health/conditions-and-diseases/obstructive-sleep-apnea).
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).
4. National Blood, Heart, and Lung Institute. "Why Is Sleep Important?" [nhlbi.nih.gov/node/4605](https://nhlbi.nih.gov/node/4605)



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## Best CrossFit gym



**CrossFit East Nashville**  
**@crossfiteastnashville**

Runner Up - Old Hickory CrossFit  
@oldhickorycrossfit

Third Place - Iron Tribe Fitness Brentwood  
@itfbrentwood

Winning this award two years in a row means that this was never about luck or chance. This is about intentionality in everything we do. Everything comes back to our desire for an authentic community - full of people who do what they say, who don't allow excuses to hold them back, who choose progress over perfection, and who understand that true change comes from inner work, all while getting in the best shape of their lives. There is nothing accidental about CrossFit East Nashville, and we're so glad you all felt the same way.

## Best Cycling Instructor



**Dylan Jenkins (Crew)**

As a co-owner and coach at Crew Training Club, my mission has always been to create an inclusive space where everyone feels empowered to move and grow together. I'm fortunate to work alongside a talented group of coaches and staff, and it's a privilege to guide and support our Crew every day. Thank you to everyone who's been a part of this journey - this award is as much yours as it is mine.

Runner Up - Kenzie Todd FullRide | @kenzietodd

Third Place - John Boyer

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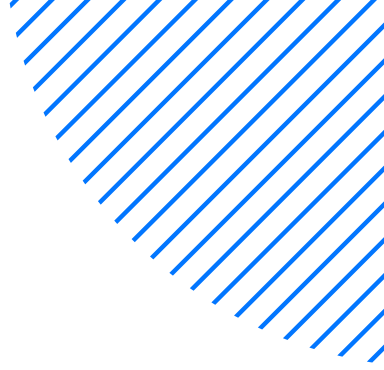


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“In a world full of visual imagery, capturing content that breaks through the noise is no small feat. The Digital Love team finds the magic every time. There is no one we’d rather work with.” “Their seamless integration of photography, videography, and social media management has elevated our brand, creating flawless cohesion between the images they capture and the stories they share. I highly recommend them without hesitation!”



**Best Cycling Studio**  
**Crew Training Club**  
**@crewtrainingclub**

Runner Up - Fullride Cycling | @fullridecycling

Third Place - Cycle House Nashville (CHN) | @cyclehausnashville

**Best Dermatologist**  
**Nashville Skin**  
**@nashvilleskin**

Runner Up - Ben Bashline | @sunburnseasily

**Best Dispensary**  
**Perfect Plant**  
**@perfectplantcannabisclub**

Runner Up - Clara Jane | @rushchiropracticcenter

Third Place - MARLEYS | @marleysnashville

**Best Farmers Market**  
**12th South**

Runner Up - Nashville's Farmers Market

Third Place - Richland park farmers market

**Best Food Truck**  
**Badluck Burger**  
**@badluckburgerclub**

Runner Up - Maíz de la Vida | @maiz\_dlv

Third Place - Chivanada | @chivanada

**Best Free Community Workout**  
**Capitol Steps Workout**

Runner Up - Nashville Latina Running Club

Third Place - Sav's Kettlebell Flow



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## **Best Full or Half Marathon** **Rock 'n' Roll**

Runner Up - Music City Marathon

Third Place - We Run Nash- Fall Half Marathon



## **Best Group Fitness Instructor** **Abby Moskal | @abbymoskal**

My love of group fitness started over 15 years ago, and it continues to make me happier than almost anything. I've taught all over the country, and there is nothing that beats a group of Nashville women coming together and pushing themselves, especially at BodyRok Nashville. Over 5,000 classes later, I still feel the pressure to match the intensity and dedication of my clients, and I'm so lucky every single time I put that mic on. Thank you!!

Runner Up - Kenzie Barron | @kenzibarron

Third Place - Dana Defabrizzio | @danadefab



## **Best gym** **Iron Tribe Fitness, Brentwood** **@itfbrentwood**

We are honored to be chosen by the Nashville community as the best overall gym. We have always strived to deliver an unparalleled client experience of support, community, and results. We look forward to continuing to serve our community excellently through our small-group private and group fitness training.

Runner Up - MaDobolic Tennessee | @mad\_nashville

Third Place - All Strength Nashville | @allstrengthnashville

## **Best IV Hydration Therapy.** **Tempo Wellness | @tempo.wellness**



Runner Up - Arete | @aretewellness

Third Place - Replenish IV  
@replenish.ivhydration

Thank you so much for this incredible honor! It's a privilege to accept the Nashville Fit Award for Best IV Therapy on behalf of the entire TEMPO Wellness and Aesthetics team. As the founder of TEMPO and provider, I'm proud of how much our team has achieved in bringing a holistic approach to wellness for our patients here in Nashville.

Winning for our IV therapy means so much to us because it's just one facet of our daily comprehensive care. From IV treatments that recharge and revive to our aesthetic services that empower confidence. There is a wide array of wellness offerings designed to nurture both body and mind as we aim to give our patients the tools they need to feel and look their best.

This recognition reaffirms our mission and encourages us to continue innovating and improving our services for the Nashville community. Thank you to our patients for their trust and loyalty, and to Nashville Fit for highlighting our work. This award fuels us to keep raising the bar and continue guiding our patients on their journeys to wellness and self-care. Thank you!

## **Best Juice Bar** **Urban Juicer | @theurbanjuicer**

Runner Up - E + Rose | @eandrosewellness

Third Place - Vui's Juice Cafe | @vuisjuicecafe

**Best Kettlebell Instructor**  
**Savanna Hill | @savfit\_**

Runner Up - Karolann Hale | @lifewithkarol

Third Place - James Moore



**Best Local Blog**  
**Nashville Guru | @nashvilleguru**

We are so honored and grateful to be selected as a winner of Nashville Fit Magazine's Best Of Awards. It's encouraging to still be recognized as a leading resource for the community after launching in 2010. We appreciate everyone for supporting Nashville Guru, one of Nashville's longest-running, locally-owned online publications. Thank you to everyone who voted for us!

Runner Up - StyleBlueprint | @styleblueprint

Third Place - 615approved | @615approved

**Best Local Grocery Store**  
**Turnup Truck | @turniptruckmarket**

Runner Up - Produce Place | @produceplace

Third Place - Smokin oaks

**Best Local Nonprofit**  
**Thistle Farms | @thistlefarms**

Runner Up - Small World Yoga | @smallworldyoga

Third Place - Hope On The Row | @hopeontherow

**Best Local Outdoor Store**  
**REI | @rei**



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Team (m/m)  
**TEAM (F/F)**  
**TEAM (M/M)**



[www.nashvillefitgames.com](http://www.nashvillefitgames.com)



## **Best Local Podcast Music City Mindset | @musiccitymindset**

Music City Mindset is thrilled to be named Best Local Podcast! We started with a vision to share inspiring stories, uplift our Nashville community, and dive deep into the power of resilience, mental strength, and kindness. Receiving this award at this point of our journey is a testament to the support of our community and the incredible people who've shared their journeys on our show. Thank you, Nashville, for seeing our vision and propelling us forward! Thank you for making the next steps more straightforward to take.

Runner Up - NFM | @nashvillefit

Third Place - The Even If Podcast | @theevenifpod



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**Best Local Protein Bar**  
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**@grabthegold**

Runner Up - Vui's Juice Cafe | @vuisjuicecafe

Third Place - Protein Snack Shop | @proteinsnackshop

**Best Local Supplement Company**  
**Nutrishop**  
**@nutrishopfranklin @nutrishopthegulch**

Runner Up - Edge Fitness Performance | @edgefitnessperformance

Third Place - Seek | Seektolive.com

**Best Local Supplement Store**  
**Nutrition Faktory**  
**@nutritionfaktorynashville**

Runner Up - Nutrishop | @nutrishopfranklin @nutrishopthegulch

Third Place - Nutrifitt Labs | @nutrifitlabs

**Best Local Wine, Beer or Spirit**  
**Diskin Cider**  
**@diskincider**

Runner Up - Bearded Iris's Homestyle | @beardediris

Third Place - Sinkers | @sinkerssb\_tn

**Best Massage Studio**  
**Lotus Room Ayurveda**  
**@thelotusroomayurveda**

Runner Up - Massage of Nashville | @massageofnashville

Third Place - Oliv Body Bar | @olivbodybar



# CELEBRATING 25 YEARS RUNNING IN MUSIC CITY

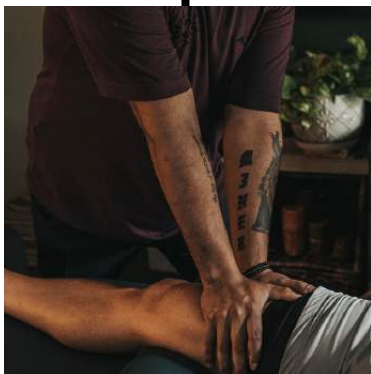
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## **Best Massage Therapist** **Matthew Miner | @matthew.j.miner**

For one, the clients, colleagues, all the people in my circles that refer to and vice versa, my family and friends, you made this possible. This community to nominate and win Best of Nashville in the years prior is one of the most heartwarming, soul-filling, and proudest moments in my career. This community is what my 15-year study of bodywork is meant for. It's the community I market for and who my regular clientele is: people seeking goals for their health and wellness. This nomination gives me pride in all the hard work my clients and I have done together. Thank you!

Runner Up - Blake Mundell | @blakeamundell

Third Place - Fred Dunlap



## **Best Meal Prep and Delivery Service** **Clean Eatz Nashville | @cleaneatznashvilletn**

We're honored to receive this recognition and incredibly grateful for the Nashville community that supports us and drives everything we do. A big thanks to Nashville Fit for supporting our commitment to helping others fuel their lives—this award means the world to us.

Runner Up - Vibrant Meals | @vibrantmeals

Third Place - Paleoworks | @paleoworks












## **Best Mental Health Professional** **Amanda Jo Serrano**

I am incredibly humbled and grateful to be named among the top mental health professionals in Nashville. This recognition highlights the importance of the work we do together, and I'm thankful to be part of so many meaningful journeys. I will continue to build strong connections in the Nashville mental health community while supporting, inspiring, and walking alongside those seeking growth and healing.

Runner Up - Abby Moksal @abbymoskal

Third Place - Sherlyna Hanna

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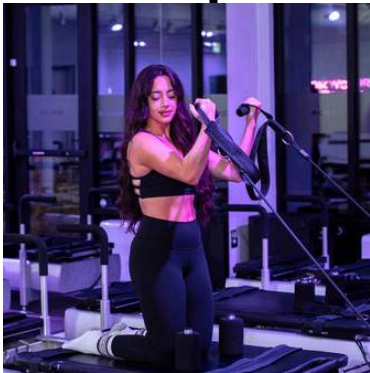


## **Best new gym (Started in 2024)** **Crew Training Club | @crewtrainingclub**

Thank you so much for this incredible honor. At Crew Training Club, we're all about creating a space where everyone belongs, no matter their fitness level. Our brand was developed on the mission to help others strive to be their best in an environment that is welcoming to everyone. As a female-owned business, we're proud to provide a place where self-care, community, and growth come together. This award reflects our dedicated coaches, staff, and the amazing Crew we've built together.

Runner Up - Carbon Performance in the Nations | @carbon\_nations

Third Place - Tremble Pilates | @makeittremble\_nashville



## **Best new trainer (started in 2024)** **Lindsay Motter**

It is an honor to be nominated among Nashville's new trainers! Teaching at BODYROK has already been one of the greatest experiences of my life, and I am so thankful to have learned from the absolute best—Abby, Ashlye, Peyton, and everyone else who took me under their wing. I also couldn't do it without the sweetest, most badass clients who show up and make every moment worthwhile—I am so humbled to be part of your wellness journey.

Runner Up - Anahy Hinojosa | @therealanahy\_

Third Place - Nory Dayen | @Norydayenfit



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## **Best Nutritionist and Dietitian** **Emily Haddock, RD | @evadadivaa**

I'm so grateful to be recognized as Nashville's Best Dietitian! My work is driven by a true passion for helping people improve their gut health and build a positive, sustainable relationship with food. Thank you to everyone who's been part of this journey—I'm honored and excited to keep supporting our amazing community.

Runner Up - Nourished Routes; Alli Tallman | @nourishedroutes

Third Place - Vanessa Cohn | @vanessacohn

## **Best Orthopedic Physician** **Dr Matthew Rose**

Runner Up - Dr Clark Holmes | @impactsportsmedicine

Third Place - Dr. Thomas Gaustch

## **Best Outdoor Workout Park/Area** **Percy Warner Park | @friendsofpercywarner**

Runner Up - Shelby Park | @friendsofshelby

Third Place - McCabe Greenway

## **Best Paddleboard or Kayak Rental** **Foggy Bottom | @foggybottomcanoe**

Runner Up - Nashville Paddle Co | @nashvillepaddle

Third Place - River Queen Voyages | @riverqueenvoyages

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## **Best Personal Trainer** **Dana Defabrizo | @danadefab**

Thank you to all my incredible clients for your support. I truly love what I do—both personal training and group fitness—and I am beyond proud of the progress each of you has made. This recognition is a reflection of your hard work and dedication just as much as it is mine. Thank you for continually inspiring me to grow and be the best trainer I can be!

Runner Up - Casey Samsel | @casey.samsel

Third Place - Barbara Puzanovova | @puzanova



## **Best Photographer** **Kenzie Barron | @kenzibarron**

Thank you, Nashville Fit, for another year of creating excitement in our industry. Most importantly, thank you to all my clients, past and present, who have been part of my life. Thank you for letting me be my wild self and do my thing for the last 10 years. In 2025, I am looking forward to making some big magic! GET READY, PEOPLE!!!

Runner Up - Cooper Dennett | @cooperdenn

Third Place - Emily April Allen Photo | @emilyaprilallenphoto



## **Best Physical Therapist** **Ben Moore at EVO | @drben.pt**

What an honor it is to accept this award. My mission is to help people live long, healthy lives through the care we provide at EVO Performance Therapy, and it's humbling to receive such recognition for that. Thank you to everyone who has supported myself and our team at EVO on this journey so far.

Runner Up - Sarah Roloff

Third Place - Killian Carlton, DPT - Running Revival | @killiancarltonpt



## **Best Pilates Instructor** **Zoe Yarborough | @zoeyyarborough**

As a longtime steward of Pilates (the actual Joseph Pilates way), I am ecstatic to have touched so many clients in Nashville that I've been awarded top instructor. During my first Pilates class, I noticed a Joe quote painted on the wall: "Physical fitness is the first requisite of happiness," and it struck me. For over a decade, I have since been practicing, teaching, and continuing my Pilates education with the hope of making it accessible to everyBODY.

Runner Up - Abby Moskal - Bodyrok | @abbymoskal

Third Place - Mackenzie Burrell



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 [Transition\\_3\\_Triathlon](https://www.instagram.com/Transition_3_Triathlon)



## **Best Pilates Studio** **Bodyrok Nashville | @bodyroknashville**

We are honored to receive this recognition from Nashville Fit Magazine and our amazing Nashville community. In two short years, BODYROK Nashville has become home to many, and we are so grateful for all of our amazing clients and staff who choose to share a piece of their lives with us and prove that we can do hard things. Thank you to everyone who shows up for BODYROK and who voted for us this year!

Runner Up - Clubs Pilates North Gulch | @clubpilatesnorthgulch

Third Place - Tremble Nashville | @makeittremble\_nashville



## **Best Recovery Facility** **Urban Sweat**

Urban Sweat is dedicated to creating transformative wellness experiences that nourish the body, mind, and soul. We foster a vibrant community centered around recovery and rejuvenation, empowering individuals to prioritize their well-being and live life to the fullest. We stand firm that every person and experience matters and that self care is healthcare.

One of our values is Community Connection: We are dedicated to fostering a vibrant, inclusive community that extends beyond our studio walls. Our commitment to community includes building strong relationships with our guests, supporting local charities, and engaging with our neighborhoods. That's why this honor by the Nashville Fit Magazine community means so much to us!

Runner Up - Framework | @joinframework

Third Place - Restore Hyper Wellness Music Row | @restorehyperwellness

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## **Best Rooftop Venue** **LA Jackson | @lajacksonbar**

Runner Up - W

Third Place - Tall Tales | @talltalesnashville



## **Best Running Store** **FleetFeet | @fleetfeetnashville**

Fleet Feet Nashville is honored to be Nashville's 2024 go-to running store. We're eagerly preparing for an exciting 2025 and look forward to another fantastic year of running with our community!

Runner Up - Nashville Running Company | @runnrc

Third Place - The Exchange Running Collective  
@theexchangerunningcollective

## **Best Smoothie** **E+ROSE | @eandrosewellness**

Runner Up - Urban Juicer | @theurbanjuicer

Third Place - Sunlife Organics | @sunlifeorganics



## **Best Spa Float, and Sauna Experience** **PureSweat | @puresweatnashville**

Pure Sweat Studios is Nashville's premiere wellness studio, offering state-of-the-art infrared saunas, float therapy, and contrast therapy with cold plunging. Known for its "next level" design, equipment, and customizable experiences, Pure Sweat has locations in Belle Meade, 12th South, the Gulch, Brentwood, and Clarksville and is franchising locally and nationally. Its mission is to promote health, healing, and connection among the thousands of clients who call Pure Sweat their happy place. [www.PureSweatStudios.com](http://www.PureSweatStudios.com)

Runner Up - UrbanSweat

Third Place - Framework | @joinframework

## **Best Store for Fitness Apparel** **Vuori 12 South | @vuoriclothing**

Runner Up - Lululemon | @lululemonnashville

Third Place - Alo | @alo



## **Best strength & Conditioning (non-CrossFit)** **Music City Muscle Gym** **@musiccitymuslegym**

We're incredibly honored to be recognized as the best strength gym for the second year in a row! This award reflects our amazing members' dedication, our coaches' hard work, and the supportive community that powers everything we do at Music City Muscle. We're committed to continuing our mission of uniting Nashville through strength and creating a space where everyone feels welcome to reach their full potential. Thank you to everyone who has been part of our journey - we couldn't have done it without you. Here's to another year of strength and unity!

Runner Up - MADobolic Nashville | @mad\_nashville

Third Place - IronTribe Fitness Brentwood | @itfbrentwood

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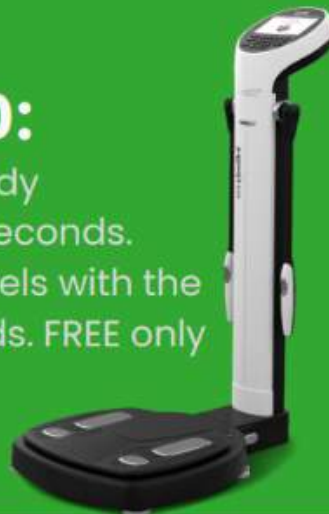


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## **Best Stretch Facility** **Stretch Lab | @stretchlabbrentwood**

Runner Up - EVO | @evo.pt

Third Place - Stretch Zone | @stretchzonenashville

## **Best Tea/Boba shop** **International Tea and Coffee | @intlteaandcoffeeco**

Runner Up - Eat Bubbles | @eatbubbles.com

Third Place - Sweet Dots | @sweetdotsnashville

## **Best Triathlon** **Music city Tri**

Runner Up - Panda Tri



## **Best Waxing Facility** **Waxing The City Brentwood** **@waxingthecitybrentwood**

Lindsey and I are incredibly honored to receive this award from Nashville Fit Magazine. As a locally owned waxing studio, this recognition reflects our vision to be Nashville's go-to destination for body waxing, offering a best-in-class guest experience, innovative techniques, and a welcoming environment. We're grateful for the support of our amazing clients and talented Cerologists who share our passion for empowering others to lead their best lives. This award inspires us to continue delivering exceptional service and building a community we can all be proud of. Thank you for celebrating this milestone with us!

Runner Up - European Wax Center | @europeanwaxnashville



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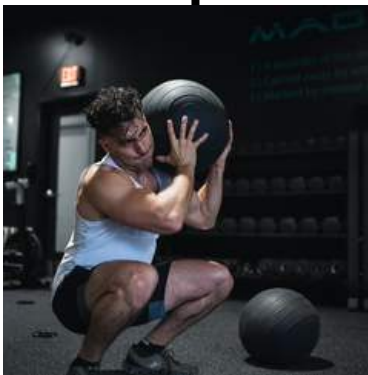
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## **Best Yoga Instructor** **Naima Adedapo | @mynaima**

I am truly honored to once again be selected by the Nashville community for the title of “Best Yoga Instructor!” Holding space for healing has become one of my sole purposes in this lifetime, and I am incredibly grateful to the spaces (Fahrenheit Yoga, Vanderbilt Athletics Department, Onsite, BodyRok, Carter Studios, and all of my private clients) who trust me with their journey. Thank you to everyone who has believed in me and supported me; I Love you and love this community. As always, the teacher, student, love, and divine light in me see, honors, acknowledges, and respects the SAME teacher, student, love, and divine light within all of you... Namaste.

Runner Up - Align with Alexis | @align\_with\_alexisj

Third Place - Nick Reynolds | @nickjreynolds



## **Hardest Workout in Nashville** **MADabolic | @mad\_nashville**

On behalf of our incredible MAD team, thank you for honoring us with this. This award reflects the hard work of our trainers and the dedication of our amazing members who make our MAD culture so strong. We’re excited to keep pushing boundaries together, and making strength training accessible and empowering for everyone who walks through our doors!

Runner Up - BodyRok Nashville | @bodyroknashvillr

Third Place - Tremble | @makeittremble\_nashville

## **Healthiest Restaurant** **Herban Market | @herbanmarket1**

Runner Up - Radish | @radisheats

Third Place - Avo | @eatavo



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