

NFM NASHVILLE FIT MAGAZINE

**THE FITTEST
MEN AND WOMEN
IN NASHVILLE**

NASHVILLE
★FIT GAMES★

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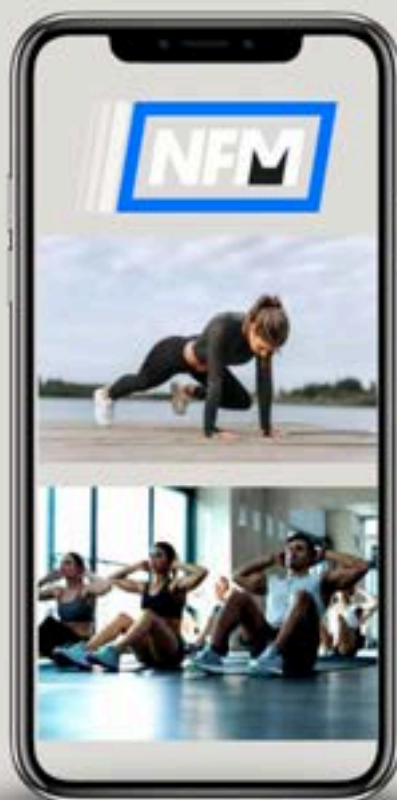
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MAY/JUNE 2025



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SCAN ME

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WHAT SETS US APART?

TECHNOLOGY FOCUS

Monitor your progress with our innovative heart rate monitor system for maximum results.

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Proven elite, high-performance group training methods that are tailored to delivering the best results for every stage of fitness.

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A UNIQUE COMMUNITY ENVIRONMENT

Our studios are filled with motivating and encouraging members - just like you.

THIS IS BODY FIT TRAINING.

Imagine having a custom program built with your fitness goals in mind. Imagine an engaging coach educating you through each class and a group of friends motivating you. Imagine that each workout is fun, progressive, and scientifically designed for long term benefits. Too good to be true? Nope. That's exactly what you will get at BFT.

"BUT HOW EXACTLY THE CHANGE I NEEDED."

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—Autumn D.



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Letter from the Editor

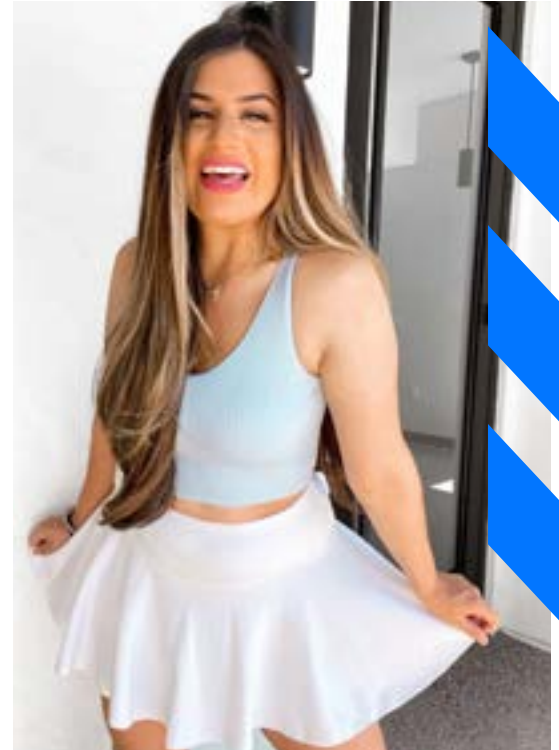
Meet Tala Shatara

Hey Nashville – Fitness enthusiast, seasoned journalist, Instagram addict, and cat mom at your service. I am so excited to be joining the Nashville Fit family and being a part of your go-to resource for all things fitness, wellness and everything in between.

With experience in TV news and radio, I am eager to lend my passion and skills to the world of editorial journalism .

I am originally from Knoxville (go Vols 🍊) and have been spending nearly a decade telling Tennessee stories! When I came across NFM for the first time, I immediately knew I wanted to be a part of that. A mission that promotes wellness, good health, entrepreneurship, and shopping small are all interregnal parts of my personality and upbringing. I have spent much of my career in the fitness industry as a certified cycle instructor as well as a full-time journalist, and I thought – ‘Hey, let’s combine those two worlds!’

As editor, my vision is to bring these worlds even closer together. We’ll continue to deliver the sharp, smart reporting you expect, while expanding our lens on what it means to live well—from mental health and movement to resilience, community, and personal empowerment. I hope to continue showcasing fresh voices, deeper dives, and content that moves you—literally and figuratively. The team at NFM continues to work around the clock to bring you these resources and I am honored they felt confident enough to allow me to be a part of this powerhouse too!



@talashatara



@watchtalashatara

I would love to get know our readers and collaborators as much as possible...have a story?

Send me an email:
editorials@nashvillefitmagazine.com

If you are new here, no worries – me too! Get ready to enjoy content that ranges from all of my favorite things including health, wellness, lifestyle and everything in between!

In my off time, which rarely ever happens. I enjoy spending time with my wonderful fiancé, Jon, finding the best eateries in and around Nashville, creating social media content, cooking up my next famous recipe in the kitchen, and best of all – napping!

MEET THE NFM TEAM

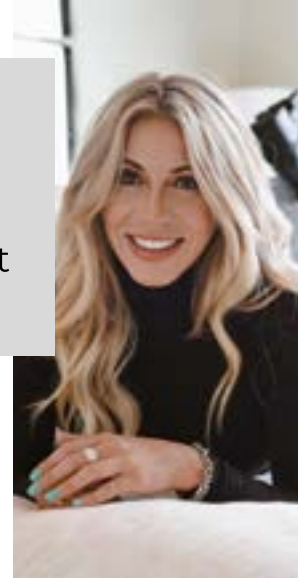
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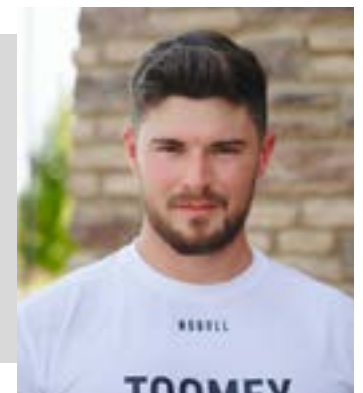
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NASHVILLE ★FIT GAMES★ 2025

The peak event of the Nashville athlete's winter season, The Nashville Fit Games took place at The Factory in Franklin this March. The event proudly boasts the most diverse display of gyms and athletes coming together for a one day event.

The 2025 podium winners represented SHED, REDLINE, D1 Sports, Burn Bootcamp, Endurance Racers and multiple Crossfit gyms across the area.

To claim a spot on that podium athletes had to excel in workouts written by Devin Tolentino and his team. Each work out designed to be accessible to everyone, yet equally challenging to the fittest in the town.

This year's youngest athlete on the floor(13) and the oldest (61) all competed in 5 events displaying all types of fitness from tug-of-war, to a deadlift 1 rep max and a mile run.

If you missed this year's event check out @nashvillefitgames on instagram for the next event coming winter 2026.



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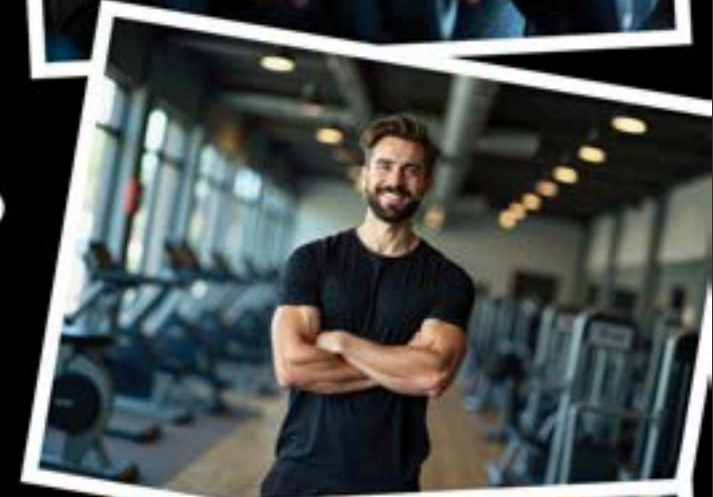
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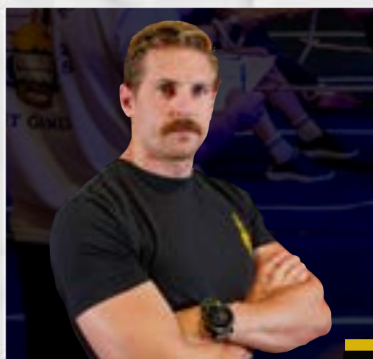
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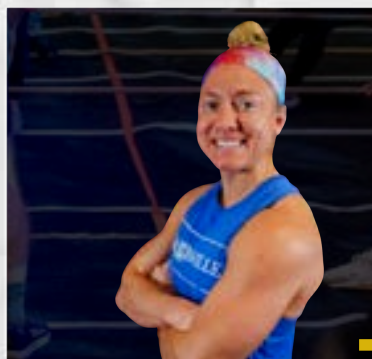


NASHVILLE ★FIT GAMES★ 2 0 2 5



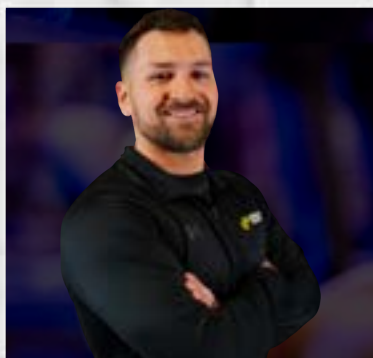
Matt Cumbee

Age: 34
Gym: Redline
Background: Navy Seal
Favorite band: twenty
one pilots



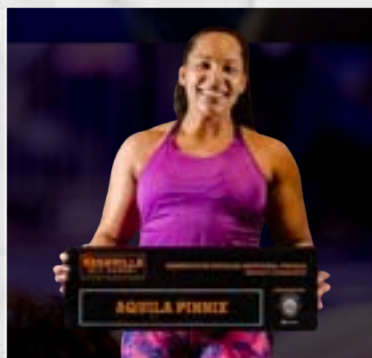
Caroline Kimble

Age: 29
Gym: Shed Fitness
Background: soccer,
endurance runner
Favorite band: Rascal
Flatts/ One Republic



Conner latimer

Age:26
Gym: Independent
Background:college
football/Crossfit
Favorite band: Rush



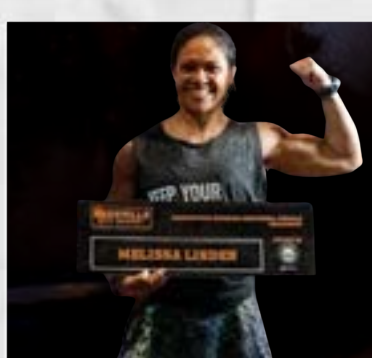
Aquila pinnix

Age: 40
Gym: Trio Fitness/Crossfit
Background: College
swimmer/hybrid training
Favorite band: anything
90s - 2000s R&B/Hip-Hop



Zander Steele

Age: 33
Gym: Redline
Background: Group
Fitness
Favorite band:
Queen or AC/DC



Melissa linden

Age: 33
Gym: Crunch Fitness
Background:OCR &
Crossfit/Powerlifting
Favorite band:
Backstreet Boys



TRAINER FEATURE

WANT TO WORKOUT WITH THE BEST LOCAL
TRAINERS IN NASHVILLE?

JUST SCAN THE CODE AND TRY WORKOUTS FROM
SOME OF THE BEST THAT MUSIC CITY HAS TO
OFFER. DO THEM AS MANY TIMES AS YOU PLEASE
OR REACH OUT TO THESE PROS AND TRAIN IN
PERSON!



SCAN ME



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MIRANDA**



**COLLIN
SCHOEN**



**TARA
SMITH**



**JESSICA
TUZO**



**KEVIN
BAZILE**

FIT FEST



MENS FITNESS

- 1 **ETHAN MCCORMIC**
DI TRAINING - COOL SPRINGS
- 2 **JOSHUA ALEXANDER**
CROSSFIT TRIVIUM
- 3 **PETE JONES**
INDEPENDENT



Men's 40+

- 1 **DUSAN RADOJICIC**
T48 ATHLETICS
- 2 **MICHAEL KENDRICK SGM(R)**
INDEPENDENT
- 3 **MITCH BEESON**
INDEPENDENT



Women's 35+

- 1 **AMANDA HOLBERT**
CROSSFIT DREAMLAND OF PORTSMOUTH
- 2 **BROOKE ARMSTRONG**
CROSSFIT WHITE RIVER
- 3 **STACEY BAKER**
REDLINE FITNESS



Men's 50+

- 1 **MICHAEL DEUTSCH**
CROSSFIT HIT AND RUN TRIAD
- 2 **MICHAEL JOHNSON MONZINGO**
CROSSFIT POTENTIA
- 3 **TODD MORROW**
IRON TRIBE BRENTWOOD



Team m/m

- 1 **THE BURN BROS** ✓
BURN BOOT CAMP HENDERSONVILLE
- 2 **MR. COONEY & MR. OAKMAN** ✓
PRVN FITNESS (NASHVILLE, TN - UNITED STATES)
- 3 **90S GUYS** ✓
INDEPENDENT



Team m/f

- 1 **BEAUTY AND THE BEAST** ✓
CROSSFIT EAST NASHVILLE
- 2 **FIT ONE FIVE** ✓
FIT ONE FIVE
- 3 **CLOUD CRUSHERS**
CROSSFIT PRVN (NASHVILLE, TN - UNITED STATES)



Team f/f

- 1 **PROFESSIONAL YAPPERS** ✓
CROSSFIT EAST NASHVILLE
- 2 **THE BACK NINE**
CROSSFIT PRVN (NASHVILLE, TN - UNITED STATES)
- 3 **WEMOM SO HARD** ✓
CROSSFIT THUNDERHEAD



Navy Captain, Commanding Officer, Competitive Bodybuilder.

These are just a few of the titles I've earned over my 20-year career as a Naval Officer. I've navigated a Guided Missile Destroyer, led Sailors at sea, traveled the globe, obtained degrees from top-tier institutions, and competed on the national stage as an athlete.

Joining the Navy is not just a career. It's the opportunity to achieve it all.





BREAKING THE CYCLE: HOW TO FINALLY MASTER FITNESS OVER 50

BY: BILL COLLINS

For many people over 50, getting back in shape feels like an uphill battle. You don't have the same energy you did in your 30s. Your metabolism isn't working in your favor. And let's be honest, life has made fitness take a backseat for years.

But one day, you look in the mirror and realize you're not happy with how you look or feel. You're carrying extra weight, dealing with nagging aches, or feeling sluggish. So, you decide it's time to make a change.

You start working out. You try eating healthier. But soon, frustration sets in.

Why? Because fitness is a skill you haven't mastered yet.

It's like trying to be a rocket scientist without ever mastering calculus, algebra and physics. You don't know the best way to move, eat, or stay consistent. You feel uncomfortable in the gym (or even at home with a workout video). You aren't sure if you're doing the exercises right. Meal prepping seems overwhelming.

And because you're still discontent with your body and what you're doing to fix it, the frustration builds.

This is where most people quit. They stop working out. They slide back into old eating habits. Then when the new year rolls around, they try again—only to repeat the same cycle.



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HOW DO YOU END THE CYCLE?
THE KEY ISN'T JUST TRYING, IT'S
LEARNING. TO TRULY
TRANSFORM YOUR HEALTH, YOU
NEED TO APPROACH FITNESS
AND NUTRITION AS IF YOU'RE
EARNING A PHD IN IT.



Here's how:

1. Master the Basics of Strength Training

Strength training is crucial as you age. It helps maintain muscle mass, boosts metabolism, and supports joint health. But form matters — poor technique leads to injury.

Resources:

- The National Strength and Conditioning Association (NSCA) offers guidelines on strength training for older adults: [NSCA Guidelines](#)
- Book: *Strength Training Past 50* by Wayne L. Westcott and Thomas R. Baechle

2. Learn How Nutrition Works for Your Body

You don't need fad diets, you need proper nutrition. Focus on protein intake, whole foods, and portion control.

Resources:

- The National Institute on Aging provides a guide on healthy eating: [Healthy Eating After 50](#)
- Book: *The Whole Body Reset* by Stephen Perrine (focuses on protein timing for people over 50)

3. Build a Routine You Can Stick To

Consistency beats intensity. You don't need brutal workouts; you need sustainable habits.

Resources:

- American Council on Exercise (ACE) offers guidance on age-appropriate workout plans: [ACE Fitness for Older Adults](#)
- App: *Stronger by the Day* (strength-focused workouts that can be modified for all ages)



Credit: Deva Collins Photography





4. Prioritize Recovery and Mobility

Stretching, mobility work, and proper recovery help prevent injuries and keep you active longer.

Resources:

- YouTube channel: Bob & Brad (physical therapists with simple mobility and recovery exercises)
- App: Down Dog Yoga (customized stretching routines)



Credit: Deva Collins Photography



5. Shift Your Mindset from “Trying” to “Mastering”

Fitness isn't a short-term fix, it's a lifelong commitment. Invest in your health with the same dedication you would for a major life goal. When you do, you'll stop the cycle of frustration and finally see lasting results.

If you need more help with this, invest in finding a personal trainer who has the experience and expertise you lack.

Final Thoughts

If you're over 50 and struggling with fitness, the solution isn't to work harder — it's to work smarter. Learn, apply, and commit to the basics. Your body will thank you for it.

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- Brooke Dominey, LMT
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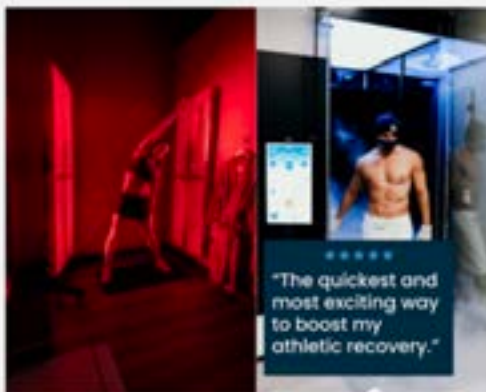
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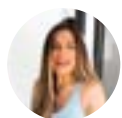
HYPER WELLNESS

“It’s Not Greed” Former Vol Player Offers Perspective on NIL Deals and College Athletics



scan to read the full story

Collegiate athletes and fans of the game are closely watching how the world of NIL is becoming a growing conversation after a recent controversy sparked at the University of Tennessee.



TALA SHATARA
EDITOR AT LARGE



Instagram/@nico_iamaleava8

Former Tennessee quarterback, Nico Iamaleava is making national headlines as he makes a public transfer from UT to UCLA after a very public NIL went wrong.

SEC fans quickly caught on and suspected tension between the famous player and the school’s athletic department.

Although Iamaleava had performed well on the field, issues began to emerge off the field. In April 2025, reports indicated he wanted to renegotiate his NIL agreement, hoping to raise his pay from \$2.2 million to around \$4 million—comparable to deals given to other elite quarterbacks. Talks fell through, and he was noticeably missing from team practices on April 11. The next day, Tennessee head coach Josh Heupel stated that the team would proceed without him.

From the moment he put on the orange helmet, Iamaleava led Tennessee to a commanding 35–0 victory over Iowa.

In many industries, top performers are eligible for substantial pay increases, and Iamaleava knew he wasn’t an exception.

Derrick Furlow Jr., a former Vol Football player, understands this is routine from a business perspective.

NIL, which stands for Name, Image, and Likeness, refers to the rights of college athletes to profit from their personal brand. This concept has been a growing conversation ever since NIL deals between collegiate athletes became available in 2021. Since then, athletes are trying to maximize their values and earnings based on market conditions, performance, and other factors. These deals are a common business practice in all industries.

Furlow, who has founded several businesses including programs focused on NIL and helping collegiate athletes transition after their college careers, offered a business-minded perspective on recent controversies in college athletics.

“Outside looking in, it always looks like greed,” Furlow said when discussing how fans perceive athletes’ financial negotiations. “But when you take a step back and remove the emotion and look at it from purely from a business perspective, you set the market.” Furlow compared college athletes’ situation to professionals in any field seeking compensation that matches their market value.

Addressing the public nature of some NIL negotiations, Furlow explained that perception often drives fan reactions, and in this case, Iamaleava received support as well as backlash. “It probably looks worse because it’s made public. If that’s done behind closed doors, whether it works out or it doesn’t work out, if it’s never heard about in public, there’s no hard feelings,” Furlow noted.

“If you were in an employee role at any job and you have produced for two years, wouldn’t you want to get a raise for the same job that you was already doing based off what the market is giving?”



BrandBlaze

A G E N C Y

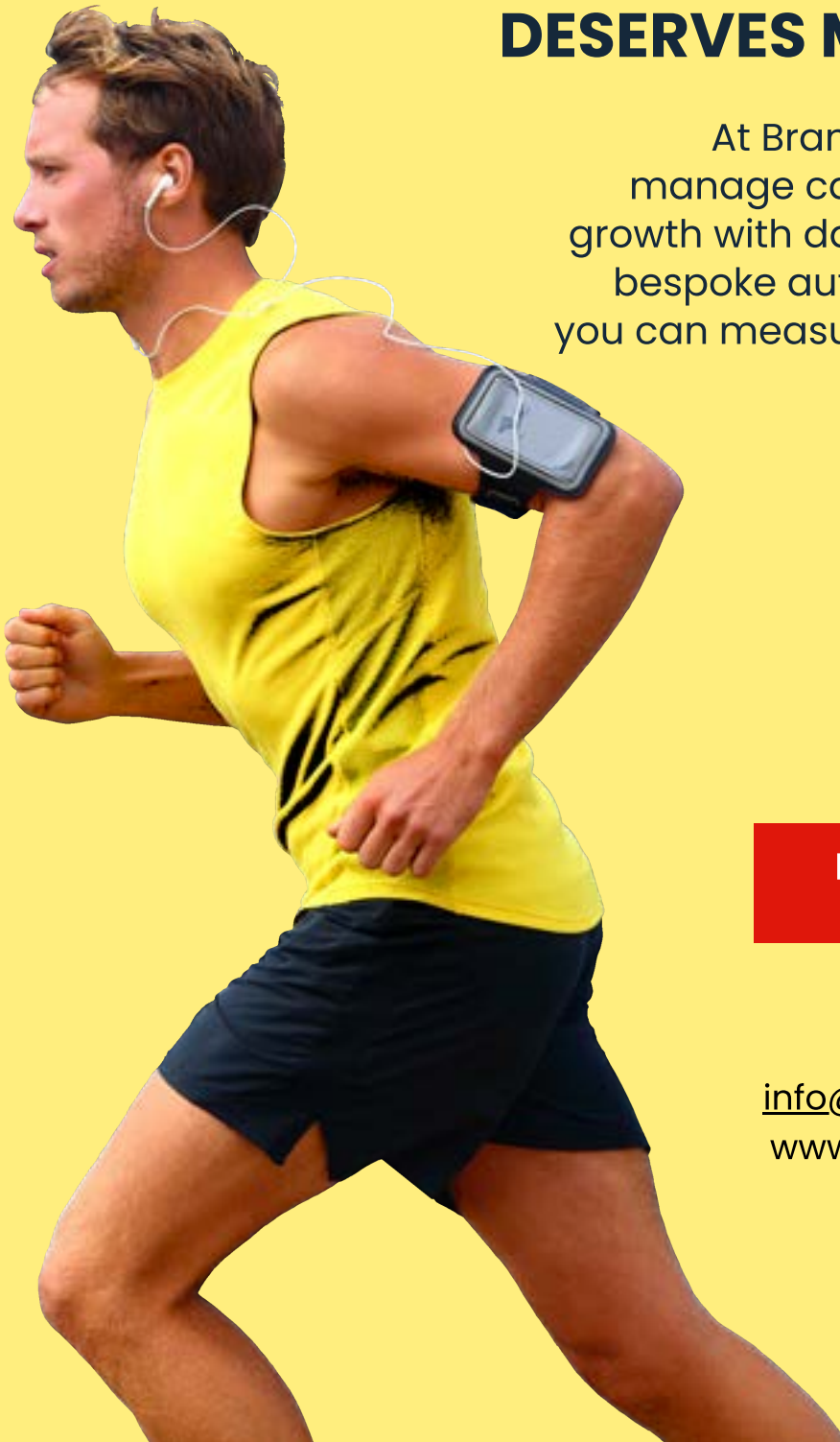
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MY WHY FOR CREATING HANG ON HEALTH

TINA STOYKA

@tinastoyka on LinkedIn
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In October 2024, I founded Hang on Health, a Nashville-based nonprofit built for entrepreneurs like me—people wired to keep pushing, no matter the cost. People who chase their goals relentlessly, sometimes to the point of burnout, regrettable sacrifices, or both. Hang on Health exists to help entrepreneurs build mental resilience so they can perform at their peak—personally and professionally. We do that by offering accessible education, real community, and a big dose of “you’re not alone.”

The idea for Hang on Health came straight from my own story—one I never thought I’d tell so openly.



I spent the early part of my career in Washington, D.C., building a name for myself in business development and government affairs. Over nearly a decade, I gained a reputation for being self-motivated, relentlessly driven, and allergic to failure. At 27, I was invited to become an equity partner in a multimillion-dollar lobbying firm. By 30, I was president of a government affairs trade association, co-founder of a national task force for women lobbyists, and a board member for multiple organizations. I checked every box. I was thriving.



hang on health

mental resilience for entrepreneurs

In 2017, my love of country music brought me to Nashville. The energy, the creativity, the community—it pulled me in. A few years later, I officially left my D.C. firm in search of something new. I had no idea how wild that ride would be. After a frustrating job search during COVID, I launched a consulting firm in August 2020 to help small businesses and startups grow. Within months, I had solid traction, especially with one client—a passionate Christian woman whose business motto was, “Greatness comes from serving others.” I believed in her mission. I trusted her.

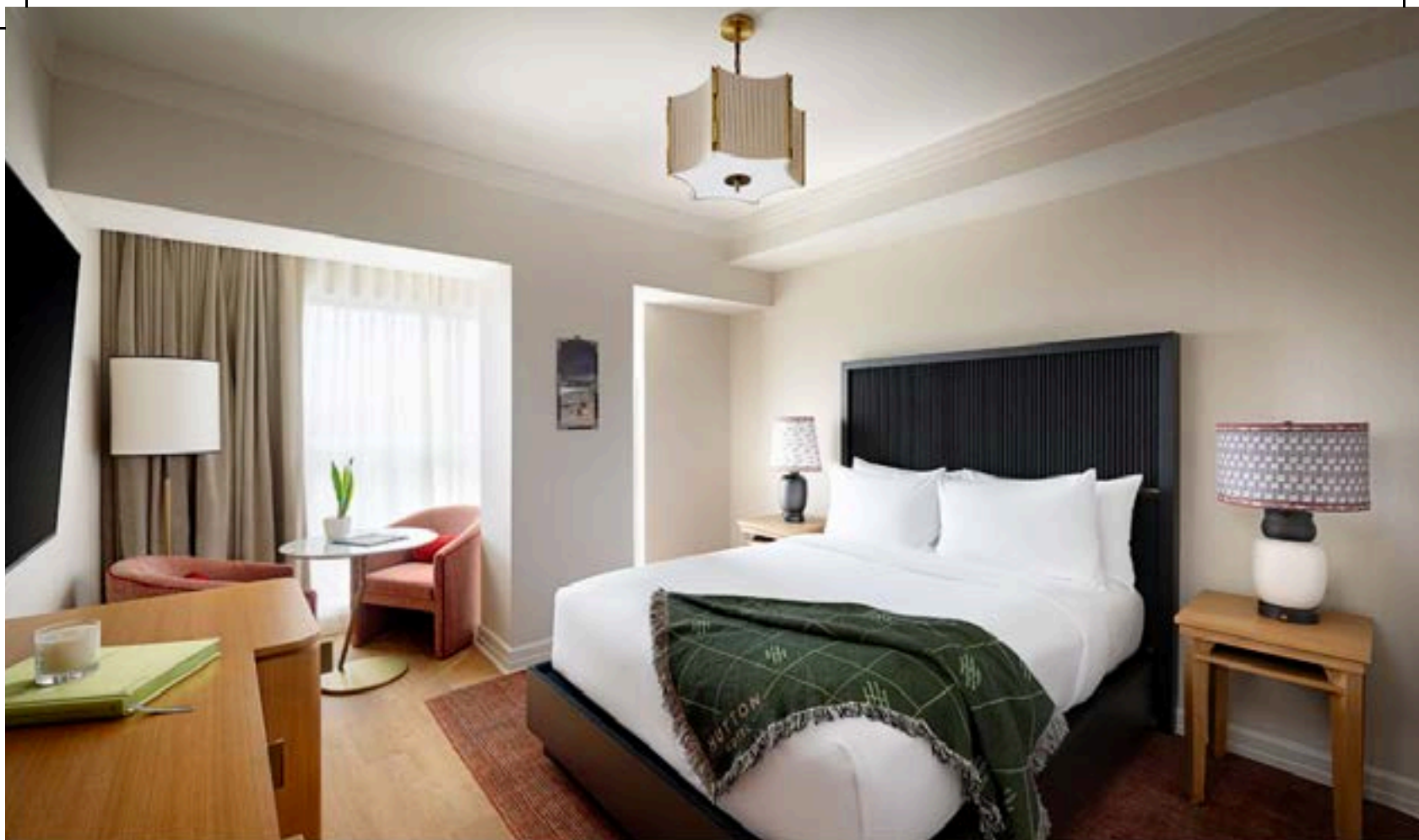
And then, in the summer of 2021, she vanished. No notice. No explanation. Just... gone. She left behind unpaid employees, abandoned projects, and me—tens of thousands of dollars in debt because of her unpaid invoices. My business collapsed under the weight of it. And so did I.

The woman I’d worked so hard to become—confident, competent, always “perfect”—was suddenly drowning. I felt anger, shame, sadness, embarrassment, isolation, and a complete loss of identity. My mental health plummeted. I was diagnosed with major depressive disorder, which included suicidal ideation. A year later, I was diagnosed with Bipolar II Disorder. (I also recently learned I suffer from perfectionism - which could explain the level of severity of my depression.) What followed were years of trial and error: six doctors, countless medications, and thousands of dollars spent just trying to feel normal again. Some days, I still don’t. But I’m more stable. I’m still standing thanks to my now-husband, parents, therapist, a strong group of friends and, of course, my Goldendoodle Brooks.

Looking back, I realized two things that changed everything:

First, every time I asked another entrepreneur how they were doing, I got the same answer: “Great! Just busy!” And yet I knew the truth—there’s no way we’re all doing fine all the time. There’s always something happening behind the scenes.

Second, the moment I started opening up about my struggles, people started opening up to me. And just like that, the shame started to loosen its grip, and I didn’t feel as lonely. I found comfort in talking to peers who just got “it”.



Home Sweet
Hutton



Save The
Date:
August 2, 2025



Nashville Fit's 10th Year Anniversary Party

Inside the Hutton hotel at Analog

That's why I started Hang on Health.

Because entrepreneurs need space to share and hear the truth.
Because we need tools and strategies to cope—and to prevent the crash altogether.
Because we need a community that gets it.

At our events, entrepreneurs bravely share their stories so nobody feels like they're suffering alone. We partner with wellness professionals who offer real, effective solutions. And we create connections that go beyond networking—they're real friendships, the kind you can lean on when things fall apart.

I want entrepreneurs to know that feeling anxious, stressed, lonely, and scared doesn't make you weak. It makes you human. I want them to know there are ways to overcome those struggles - and easily access them. There are ways to find joy again. There are ways to relight your passion and renew your energy. You can be physically and mentally fit and regain clarity, focus, and creativity. You can perform at your peak and build lasting success when you invest in your mental resilience.

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Mediterranean Diet

voted one of the best overall diet by health experts

Based on the traditional eating patterns of countries bordering the Mediterranean Sea—this diet emphasizes whole foods, healthy fats, and plenty of plant-based ingredients. Let's break down the key components of the Mediterranean diet and examine the health benefits of each:

“It's all together in one lifestyle and it's awesome the way the synergies of the different components come together.” - Marilyn Holmes, Associate Director of the Vanderbilt Recreation and Wellness Center and Registered Dietitian

1. Herbs & Spices (Garlic, Turmeric, Basil, Oregano)

- Immune Boosting: Garlic and oregano have antibacterial and antiviral properties.
- Reduced Sodium Use: Enhances flavor without relying on salt, promoting better blood pressure.
- Anti-Cancer Potential: Curcumin in turmeric is being studied for its cancer-fighting properties.

2. Olive Oil: The Heart-Healthy Fat

- Heart Health: Replaces saturated fats, reducing LDL cholesterol and risk of cardiovascular disease.
- Anti-Inflammatory: Helps fight chronic inflammation linked to diseases like arthritis and Alzheimer's.
- Blood Sugar Control: May improve insulin sensitivity and help manage type 2 diabetes.

3. Legumes (e.g., Lentils, Chickpeas, Beans)

- Blood Sugar Regulation: Slows absorption of glucose, which is great for diabetics.
- Heart Health: Reduces LDL cholesterol and supports vascular function.
- Muscle Maintenance: Great protein alternative for vegetarians and vegans.





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TALA'S MEDITERRANEAN SOUP

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PREP TIME
5 MIN



COOK TIME
45 MIN

Instructions

Ingredients

- Diced Chicken
- 1 cup of rice
- Salt
- Pepper
- Nutmeg seasoning
- All spice seasoning
- Cinnamon seasoning
- Fresh parsley
- Lots of lemon!

1. Boil chicken on stove.
2. Add a cup of rice & lower heat to low.
3. Remove fat foam buildup at the top of the pot.
4. Add salt, pepper, nutmeg, allspice, and cinnamon (to taste)
5. Squeeze 3-5 lemons in pot.
6. Cut up & add fresh parsley.
7. Ready to serve!

Notes:

- Add more lemons once you bowl it for a richer taste!
- Use leftover Thanksgiving turkey to make the same dish.



THE POWER OF *FITNESS, DISCIPLINE, AND MENTAL RESILIENCE IN SHAPING OUR YOUTH* BY JAMAAL BRADY

There's a moment in every young person's life when they realize their strength, not just physically but mentally. It's not when they score the winning touchdown or break a personal record. It's when they understand that discipline, structure, and resilience will shape their future far beyond sports.



As a coach and mentor, I've seen kids walk into a gym burdened with doubt, stress, and anxiety. I've watched them transform as a session continues, not because they lifted more weight or ran faster. It was because they developed confidence, work ethic, and a belief in themselves. Youth fitness is not just about building stronger athletes. It's about building stronger people and, more importantly, more substantial citizens of our communities.

A Foundation for Life

Fitness provides structure, and it's something many young people desperately need in the area of social media. It teaches them to show up, work hard, and embrace discomfort as a part of growth. When a young athlete pushes through exhaustion in training, they're also learning to push through life's hardships. They're learning resilience, accountability, and self-discipline, which are qualities that shape productive citizens.

The Mind is a Muscle Too

Physical strength means little without mental toughness. Too many kids struggle with self-doubt, anxiety, and the pressure to succeed. We fail if we don't nurture their mental and emotional well-being.

Structured training must go beyond drills and reps. It must instill confidence, emotional intelligence, and the ability to handle adversity. Young athletes need to know that failure is not the end; it's a lesson. Setbacks are not roadblocks; they're setups for comebacks.



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Discipline and Structure: The Missing Link

Without discipline, talent is wasted, and without structure, potential is lost. Many young people lack the guidance and routine needed to thrive, but sports and fitness fill that void. They create a safe space where expectations are clear, effort is rewarded, and accountability matters.

Discipline teaches them to show up, not just in training, but in life. It shows them that success isn't given, it's earned through consistency, hard work, and perseverance.

Beyond the Gym: Shaping Future Leaders

We're not just developing athletes. We raise future leaders, business owners, parents, and role models. The principles they learn through training develop commitment, teamwork, and respect, which in turn become the foundation for their success in all aspects of life.

I've seen kids who felt lost find purpose through fitness. Some became the first in their families to attend college, and some became mentors themselves. The weight room, the field, the court, and those bus rides are all places where lives are changed.

The Power of Belief

At the end of the day, fitness is more than just movement. It's a tool for transformation. It's about teaching young people that they are capable, that their past does not define them, and that their future is in their hands.

To every coach, mentor, and parent—never underestimate the impact of what we do. And to every young person struggling to see their worth—keep pushing. You are stronger than you think, and your best days are ahead.

JAMAAL BRADY

NASM Performance Enhancement Specialist

Program Director, Media Platform



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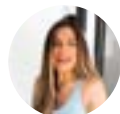
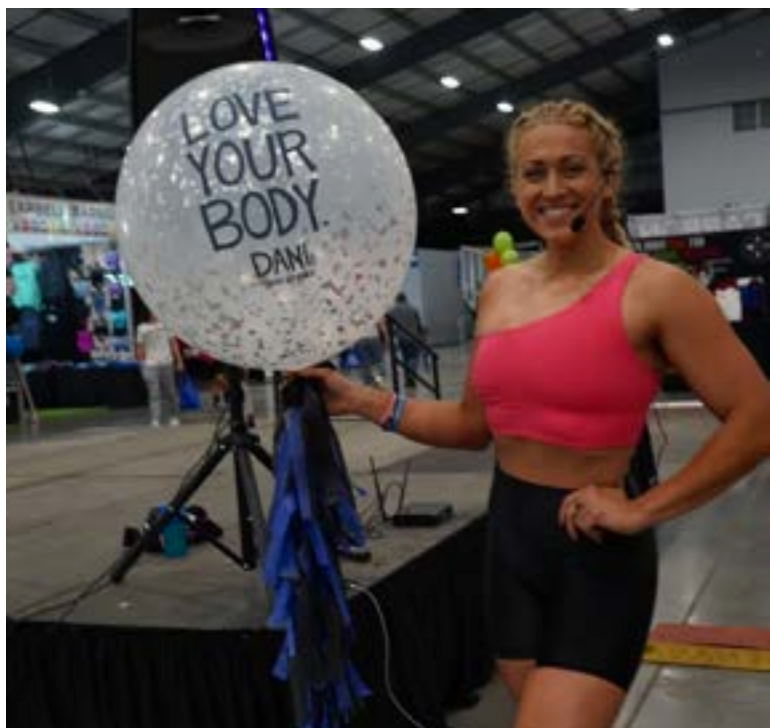
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THE MUSIC CITY FIT EXPO RETURNS BIGGER THAN EVER



TALA SHATARA
EDITOR AT LARGE

Mark your calendars for May 30–31, as the Music City Fit Expo returns to the Nashville Fairgrounds, transforming 120,000 square feet into the ultimate fitness destination in the South.

Dubbed the largest fitness expo in the region, this two-day event is where over 5,000 fitness enthusiasts will converge to celebrate all things health and wellness. Whether you're a seasoned athlete, weekend warrior, or just starting your fitness journey, this is the place to be.

Attendees at the Music City Fit Expo can expect a high-energy weekend packed with nonstop action, starting with eight thrilling fitness competitions, including a natural bodybuilding show and strength contests that showcase some of the South's most elite athletes.

The excitement doesn't stop there—fitness fans will also have the rare opportunity to meet and mingle with industry legends like four-time Mr. Olympia Jay Cutler, World's Strongest Man Brian Shaw, and other iconic figures who've shaped the world of health and performance.

Beyond the competitions and celebrity meet-and-greets, the expo floor will be buzzing with rows of vendor booths featuring the latest gear, supplements, and wellness innovations. With live product demos, exclusive giveaways, and interactive experiences throughout the weekend, there's never a dull moment.

Whether you're looking to refresh your gym wardrobe, discover new protein blends, test out massage guns, or explore the latest fitness tech, the vendor village has something for every kind of athlete. With live product demos, exclusive giveaways, show-only discounts, and interactive experiences throughout the weekend, there's never a dull moment.





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In a powerful display of community care and commitment, WellPoint has launched a sweeping new initiative to boost health, fitness, and nutrition across Tennessee—reaching deep into communities that are often underserved and overlooked. And they're doing it right: on the ground, with the people, and for the people.

Teaming up with trusted local authorities like Nashville Fit and Chattanooga Fit, WellPoint is rolling out free community fitness samplers, expert-led nutrition education, and plenty of fun giveaways to make health more accessible, engaging, and sustainable for Tennesseans from Memphis to Mountain City.

This isn't just about handing out fliers or checking a corporate box. This is about boots-on-the-ground impact—meeting people where they are and helping them get where they want to go physically, mentally, and emotionally. Whether you're a busy parent looking for wellness tips, a senior hoping to stay active, or someone just starting their fitness journey, this initiative offers something for everyone.

WellPoint has long been recognized as a leader in healthcare innovation, but their heart for the community truly sets them apart. Their latest outreach proves that health insurance providers can—and should—play an active role in the real-world wellness of the populations they serve. By partnering with Nashville Fit and Chattanooga Fit, they've shown that they value local fitness communities' trusted voices and understand that long-term change starts with connection and credibility.

Together, these three powerhouses are creating a ripple effect of energy, education, and empowerment across Tennessee—one free class, one nutrition tip, and one smiling face at a time.

If you see a WellPoint tent at your local event, stop by. You might leave with more than a free water bottle—with the first spark of a healthier life.

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STAT WELLNESS EXPANDS TO NASHVILLE: JOIN AS A FOUNDING MEMBER AHEAD OF MAY 17TH OPENING

Nashville is set to welcome STAT Wellness, an Atlanta-based leader in holistic health and movement, as they open their new location on May 17th. Renowned for integrating functional medicine with innovative fitness programs, STAT Wellness offers a comprehensive approach to well-being.

About STAT Wellness

Founded in Atlanta, STAT Wellness combines functional medicine with cutting-edge fitness programs to address the root causes of health concerns. Their services include personalized health assessments, nutritional counseling, and a variety of fitness classes designed to cater to all levels. By focusing on both preventive care and physical activity, STAT Wellness empowers individuals to achieve optimal health.

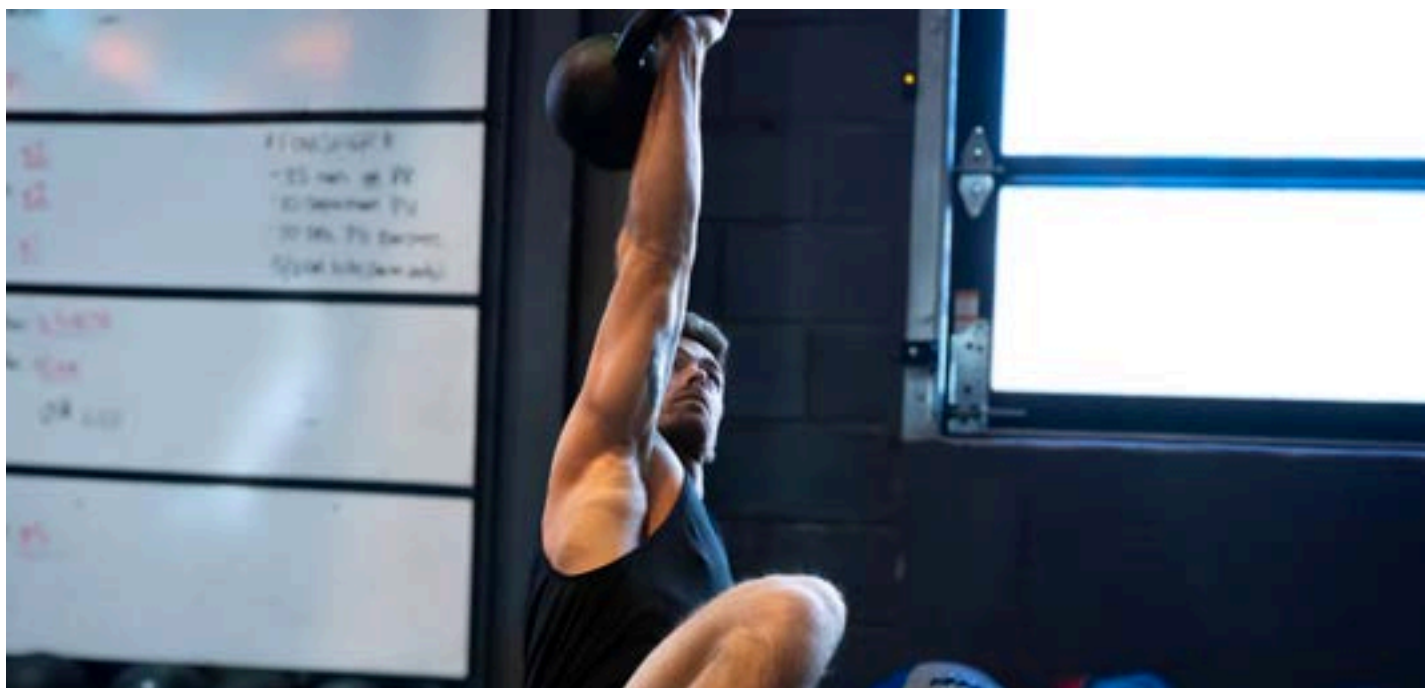
Founding Membership Opportunities

As part of their launch in Nashville, STAT Wellness is offering exclusive founding memberships. These memberships provide early access to the facility, special pricing, and a chance to be part of a community dedicated to holistic health from the very beginning. Spaces are limited, so interested individuals are encouraged to sign up promptly.

JOIN THE STAT WELLNESS COMMUNITY

STAT Wellness is more than just a fitness center; it's a community where members support each other in their health journeys. With a team of experienced professionals, state-of-the-art facilities, and a commitment to individualized care, STAT Wellness is poised to become a cornerstone of Nashville's health and wellness scene.

Don't miss the opportunity to be part of this exciting new chapter. Visit STAT Wellness's website to learn more and secure your founding membership today. <https://www.statwellness.com>



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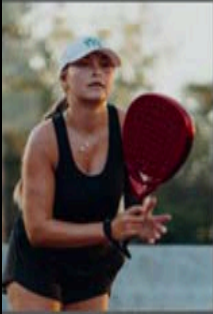
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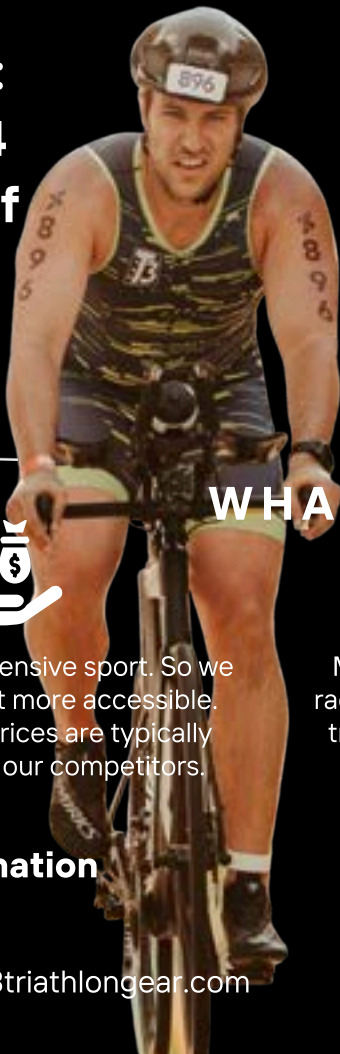


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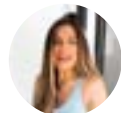
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Punch Up Your Fitness: HotBox Brings Heat to Capitol View

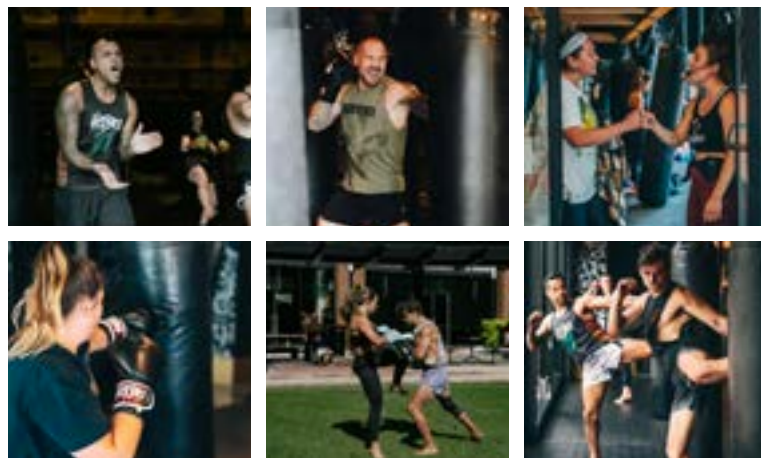


TALA SHATARA
EDITOR AT LARGE

NESTLED IN THE HEART OF CAPITOL VIEW, JUST NORTH OF DOWNTOWN, HOTBOX ISN'T JUST A GYM—IT'S WHERE NASHVILLE COMES TO SWEAT, SMILE, AND SERIOUSLY KICK BUTT.

From the moment you walk through the doors, it's clear HotBox is no ordinary fitness studio. It's a high-octane, community-focused experience that fuses kickboxing, boxing, and strength training into one dynamic workout. Whether you're throwing punches, grinding through squats, or basking in the post-workout glow, HotBox keeps things fresh, fierce, and functional.

More than just the workouts, what truly sets HotBox apart is its unmatched community. It's not just about hitting bags—it's about hitting goals, together. Surrounded by some of the most supportive and empowering people in the city, you'll find the encouragement and energy you need to push past your limits. The coaches bring the hype, the vibe is electric, and the progress is real.



And the best part? Your first class is FREE. That's right—you get one complimentary chance to punch, kick, sweat, and feel the difference for yourself. No strings attached. Just show up and see what the buzz is all about.

So whether you're a seasoned fighter or a first-time kicker, now's the perfect time to check out HotBox—where fitness meets fierce, and the community hits harder than the workout.



General Manager, Jessie Wallace

“What makes us truly unique is the atmosphere—we're not just about breaking a sweat, we're about building confidence, pushing limits, and having fun while doing it.

People should give Hotbox a try because it's empowering, it's addictive (in the best way), and it'll leave you feeling stronger inside and out.

Hotbox is more than just a workout, it's an exhilarating and high energy experience tied with a powerful community vibe! With two gyms in one, we offer both strength classes and kickboxing classes. “

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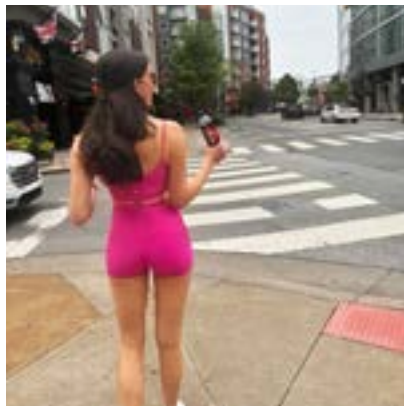
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