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FROM THE EDITOR

Ok, I know I say this every time... BUT THIS ISSUE IS MY FAVORITE!

What a fun way to kick off the new year than with none other than our Best of 2025 issue! Hundreds, if not thousands of people are brining their A-game when it comes to the fitness, health, wellness and entertainment landscape to Middle Tennessee. **We see you, we see you**  Now it's time to give you the recognition you deserve. With over 50 categories spanning across fitness, hospitality, apparel and more, this issue is a constant reminder on how lucky we all are to live in city that has a heartbeat for success on every corner. Your friends, family, clients, patrons and biggest supporters made sure you are getting all the spotlight as we enter the new year. I hope you find this accolade not as a stopping point, but as a catalyst to make 2026 even greater. We at Nashville Fit want to thank you for the hard work and hustle you put into your craft every single day. Thank you for making our city healthier—and, just as importantly, more fun!

To our readers, I hope you become inspired by this issue— whether to make an investment towards your own health, or become motivated enough to start your own brand. After all, our Best Of winners were once in your shoes.

The New Year issue is one of our biggest yet, so we're making a big entrance. As a broadcast girly, I'm thrilled to introduce you to a Nashville power couple you already know and trust. Across Nashville's screens and airwaves, Joe and Danielle Breezy have become trusted voices the community turns to every day. Find out their secret to a decade long marriage, as well as how they find time for health and wellness amidst busy, unpredictable schedules. Other stories include expert advice for beating the winter blues, plus an inspiring look at a personal trainer who turned his own adversity into a powerful tool to motivate others. There's so much more to discover in this magazine and it starts with just a turn of a page!

Tala Shatara

LEAD EDITOR, REPORTER & HOST



EDITORIALS@NASHVILLEFITMAGAZINE.COM

HOW NASHVILLE'S FAVORITE MEDIA DUO IS LEVELING UP THEIR FITNESS AND TAKING THEIR HEALTH BACK



Joe and Danielle Breezy are two of the most recognizable media personalities in Middle Tennessee. The Mrs. serves as Chief Meteorologist at WKRN's News 2, and The Mr. is the voice of Mix 92.9, and is a Pop Culture correspondent with Local on 2.

They're used to living in the public eye. What they weren't prepared for was the personal health wake-up call that would reshape their mindset, their routines, and their relationship with wellness. In a candid, two-on-one conversation, the Breezys opened up about the moment everything shifted, the fears they didn't share publicly, and the day they collectively decided:

It's time to get healthy.

Joe Breezy Danielle Breezy

In careers where appearance, confidence, and energy are part of the job description, the Breezys say they're honest about the spotlight that comes with *major* visibility. "I'd be lying if I said I didn't feel any pressure," Joe said. "It's show business. You want to look good, you want to feel good and you want to perform well." Danielle has had similar experiences in the industry, noting that feedback (welcomed or not) is part of the job. "TV is that business. I've had former news directors, managers, people, past fans say, 'I don't like this about you, I don't like that.' Thankfully that's the not case with the team we have right now but it could still be tough." The biggest thing you have to remember is you have to have really thick skin."

The couple spends their time off-air keeping their physical and mental health on track, individually and with each other. However, there was a time it wasn't always a priority.

Both Danielle and Joe have faced serious injuries in recent years, which reshaped their approach to health and wellness. Joe has undergone multiple spinal surgeries due to a congenital condition that affects his spinal canal, making him highly susceptible to injury. The physical and emotional toll was significant, and he describes his recovery period as one of the most difficult chapters he has gone through. "It was the darkest time of my life," Joe said. "It was a real challenge for me, obviously physically, but mentally and emotionally." After surgery, he made sure to be intentional about his recovery and results. He used resources like ChatGPT to track his workouts and macros and is a real customer with Music City Fit Meals and NutriShop in the Gulch. He credits Seth Jackson as more than just a nutrition expert. Seth became a mentor and cheerleader who helped Joe make small, meaningful tweaks to his routine that added up to big results. "That dude is full of knowledge and *inspo*," Joe adds.

With Nashville health hotspots and a new mindset, Joe lost 30 pounds, gained lean muscle, and transformed his post-surgery physique. "I'm very grateful that Danielle was there by my side," he said.



"If somebody would've told me a year from now you're going to be in the best shape of your life and be on the cover of Nashville Fit Magazine with your wife, I would've thought they were crazy. - Joe Breezy"



However, Danielle knows firsthand what it's like to be in the recovery seat herself. Her turning point came in 2023 during what should have been a routine day.

"I was outside running on my normal route and I tripped and I fell and I knew I did something," Danielle shared. That *something* turned out to be a broken kneecap. "You don't realize what your kneecap does. You can't walk, you can't drive, you can't do anything, and the busy bee in me was stuck in a recliner for two and a half weeks straight."

For someone used to a fast-paced life, the injury was especially frustrating. "It was a really rough, dark time for me too, because everything just stopped," Danielle shared.

The return to the weather desk came with other challenges including having to perform in an immobilizing cast and being pushed in a wheelchair throughout the station. However, similarly to Joe, the reliance on people helped nurse Danielle back to full health. "I realized how lucky I am because of my friends and family. So many people came and brought food, came to visit me, took me to my doctor's appointments, and drove me around. It connected me more with people," she added.

But one thing that kept her focus on a full recovery – she would run again. "This is not going to stop me." When that first run came, Danielle admits she was hesitant. She first hit the treadmill before finding the confidence she once had. Since then, her journey reached a triumphant milestone when she returned to competitive running and recently completed a 5K on her birthday. "I was very proud of myself, and I was like, 'Okay, I'm back. I can do this.'"

Collectively, the couple both know what it is like to sit on the sidelines, and they are now using their experiences and platforms to share the importance of health and wellness.

Between live broadcasts, unpredictable Middle Tennessee weather coverage, and community events, Danielle and Joe Breezy have found a way to keep their mental and physical health front and center, and their relationship thriving.

The couple, who have been together for more than twelve years and married for just about ten, recently opened up about the strategies they use to stay grounded and emotionally balanced amid busy lives.



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The couple credits much of their mental resilience to their relationship and shared principles for navigating life together. “Communication is the biggest thing,” Danielle notes. “It’s not just talking; it’s listening,” she adds. The couple ensures they take a couple much-needed vacations each year to relax, unwind and unplug. “We can actually go and unplug on a beach in Mexico and then sit there and just be Danielle and Joe, and just hang out.” Joe adds.

Another pillar of their relationship is a luxury not all couples are able to share. Working within similar careers has allowed the Breezy’s to experience more empathy and understanding for each other’s workday trials. “I already know *kind of* what she’s going through and she knows what I’m going through,” Joe shares. From late nights in the station to the ongoing pressures and demands of their careers, the couple doesn’t face many surprises in their day-to-day lives.

Through it all, the couple says their strongest mental health tool is simple: intentionality. Showing up with the mindset that everything they do can create powerful and positive effects with each decision. From how they speak to themselves, how they move their bodies, and how they show up for each other are several ways they remain intentional. “I have a husband that loves and adores me and friends and family who lift me up,” Danielle shares “As long as I focus on the good, I can maintain a positive mindset,” she adds. When either partner isn’t operating at one-hundred percent, they understand it’s their responsibility to help reignite the other’s spark. “I need to show up for my wife, if I’ve been distracted too much. I need to get my stuff together and show up and be a rock for her if she needs me.”

But it starts with showing up for yourself.



For Joe and Danielle, personal fitness isn't just a hobby, it's a lifestyle, a structure to their day and a space to recharge before they hit the ground running as Middle Tennessee's trusted storytellers in our city.

But don't expect this couple to be elbow-to-elbow in the gym or constantly racing each other. The couple has different approaches and priorities while working out. "I work out better by myself and I really am at a competition with myself," Joe says. "If I can be better today than I was yesterday, that's a controllable win," he adds. Joe keeps weight training and walks as his daily routine, while Danielle laces up for her runs outdoors, headphones in, soaking up the energy and fresh air before hitting the studio. Even when life throws scheduling conflicts her way, she adapts gracefully. "If I can't do a four mile jog, I do a two mile jog. If I can't run, I will go for a walk to just get outside," she says. And let's just say, she will always find a way. "On my break, even on Sunday when I had to work, I went for my hour break and walked around the parking lot," she laughingly adds (*no skip days around here*).

Fitness is never fun without some good music queued up, so what is on the Breezy's playlist?

Joe serves majority of his time on-air at Nashville's Variety Station, Mix92.9 where good music is always on their airways, however, Joe says he often likes to switch it up and play music he doesn't hear as often. "I listen to a lot of dance, like house music and EDM," he shares.

Danielle takes it all the way back with some throwback music she just cannot put away. "Hip hop, lots of hip hop. I love Eminem, I think that's my most played artist," she says. From 50 Cent to DMX to even 80s music like Bon Jovi, her playlist is definitely diverse. According to Joe, Danielle is known to be an "80s rocker-baby at heart."

As they continue keeping their health a priority, the couple has also dabbled in modality services that can propel anyone's wellness to new heights. Danielle routinely uses red light, cryo, and massage therapies for relaxation. "I definitely do massage at least once a month. That's a big deal to me," she says. Joe on the other hand is continuously focusing on an area that has once given him trouble. "Because of my back surgeries, I have to stretch every single day and I have to warm up my cervical [spine]," Joe shares. I have this whole routine with a pipe that I have to do," he adds.

The Breezy's prove that their partnership isn't just about sharing a life, it's about showing up for each other, holding each other accountable, and finding strength in the everyday routines that keep them humble. In the midst of the glamour and spotlight, Joe and Danielle operate by blocking out the noise that doesn't matter and keeping what does at the forefront. Regardless of what their day brings, one thing is certain, they show up for each other, they show up for themselves, and they live by a simple truth Joe holds close: ***"When you work out, it all works out."***





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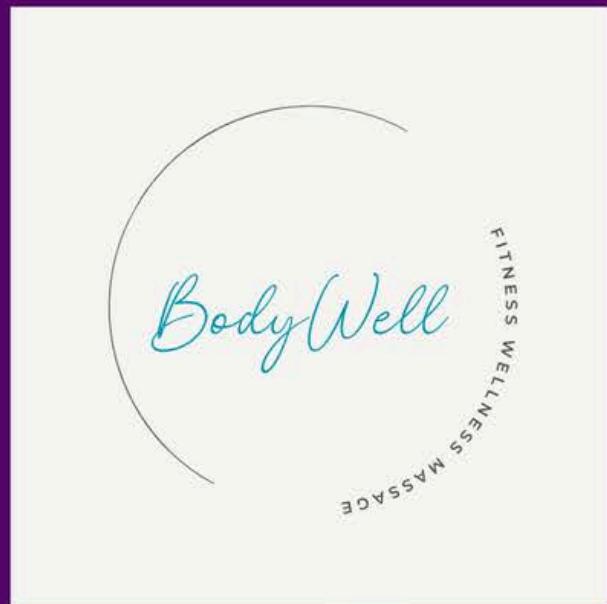
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CODY KELLY

Nashville personal trainer and founder of Zero to Hero Coaching, Cody Kelly vividly remembers the moment the gym changed his life.

Kelly grew up in West Nashville and graduated from Hillwood High School before attending Nashville State Community College for a business degree. His background in business, retail leadership, and fitness would eventually collide into a career built on both physical and mental transformation. However, it was not an easy road.

Kelly says fitness was not always a priority in his life and that first-time gym feeling became the start of something new. “I was 17. It was about the first time in my life I could start leaning out. I was a very overweight kid growing up,” Kelly says. It was a time he recalled being the “biggest, socially awkward and introverted child” in his class.

One random night on the internet would change everything. “I was on Bodybuilding.com and fell in love with their programs!” He shares. “It was so cool to see how my body was changing and it was the first time I gave myself confidence that I didn’t go out and find, I gave it to myself.”

That shift would later become the backbone of his coaching philosophy.

Kelly dove in head and heart first hoping to earn his personal training certification back in 2017.

“That was when I went to college, so I postponed” Kelly shares. He soon started keeping busy and working in retail leadership for over a decade. Surprisingly, fitness kept showing up in the back of his mind.

“Learning about how a business runs? How do you lead people? How do you inspire people? How do you empower and be a coach and develop them, starts with being self-led in yourself, and then being the one that people look up to,” Kelly adds.

But eventually, life forced a pivot, literally overnight.



In early 2023, Kelly finally earned his CPT and Nutrition certification and planned to ease into coaching. However, he hit the ground running when life took a different turn. “I actually got laid off. It was my first layoff ever,” he shares. Kelly quickly turned to whom he credits as his biggest supporter, his wife. “I said, ‘Hey babe, I just got laid off.’ She paused for a second and said, ‘Well, I guess you need to get your ass in the gym.’ And that’s exactly what I did.”

For the couple, this could not have come at a worse time. “We had six months left in our emergency fund, but that wasn’t in cash, that was in a secondary line of credit on our house. Interest payment were going up more and more, and debt was piling on the credit cards,” he shares. “Six months later my wife also got laid off.”

During the rebuilding period, Kelly did everything he could to help his new coaching business survive. “I was willing to die for it. I was selling all of my precious belongings. I played guitar since I was 12 and sold my guitar, sold my music, sold my amps, sold all my furniture. I was selling all these things I love because I wanted to make this work.”

Since then, the couple sold their home and moved to Franklin where Zero to Hero Coaching continues to thrive ever since its’ humble beginnings.

His company name came to Kelly in a dream. “I woke up one day and realized everyone, including myself, has their zero moments and their hero moments,” he says.

Kelly says life’s most heroic moments are often born out of adversity. A reminder he learned at a young age through his own family. “We were very poor,” he shares. “The lights were always going to turn off, water was always going to turn off.”



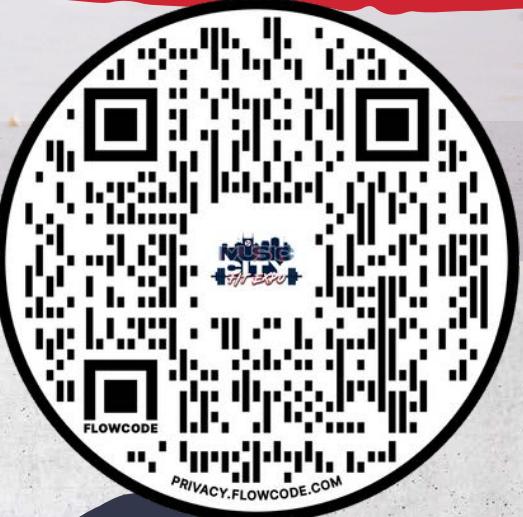


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Kelly's story doesn't come out casually. He doesn't say them to dramatize his past or paint himself as a victim. He says them because they are the truth. A truth that shaped everything that came after.

"When you grow up knowing the lights are always going to turn off, you don't wait for it to happen, you just stay ready for the dark," he explained. But in the middle of all of that, there was one light that didn't flicker.

"If it wasn't for my grandparents, I wouldn't be here today."

He repeats this often, not out of habit, but out of certainty and gratefulness.

His grandparents showed him firsthand how to break a cycle when life gets out of hand. With Zero to Hero Coaching, you are working one-on-one with a trainer who understands what it means to show up for others. "At the end of the day, I'm a trainer, right? I move weights around in the gym, but I am here for the mindset part of it all," he says. "I believe that it's about having a strong capable body and also a strong resilient mind."

Kelly says he isn't afraid of first-timers in the gym and says that he identifies most with those type of clients.

"One day, one week at a time, one workout at a time," he adds.

He believes in building people up first, because soon you will be able to lead too. "No one is coming to save you except yourself. Be the one that leads out [of your situation]," Kelly says.

From his early struggles with poverty and instability to the intentional, empowering environment he creates for his clients today, Cody Kelly's story is one of resilience, self-reliance, and purpose-driven coaching.

Today, he trains at a private facility in Franklin, Tennessee called Common Ground Gym. He currently offers free discovery consultations and is available to chat on his social media, [@zerotoherocoaching](https://www.instagram.com/zerotoherocoaching).

"If you want the accountability, if you want support, if you want the plan, that's where I come in."





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.



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Entrepreneurs are wired to solve problems. For Josh Hudson, the problem was personal. He saw how men and women were living below their potential - exhausted, stressed, and out of balance, and realized the missing link was optimizing their hormones. From that vision, Optimize U was born: a health and wellness brand built to help people age with confidence, clarity, and strength. Today, Optimize U is helping thousands of patients across the U.S. unlock their full potential: mentally, physically, and sexually.



**“NORMAL
is not OPTIMAL”**

Josh Hudson, CEO of Optimize U

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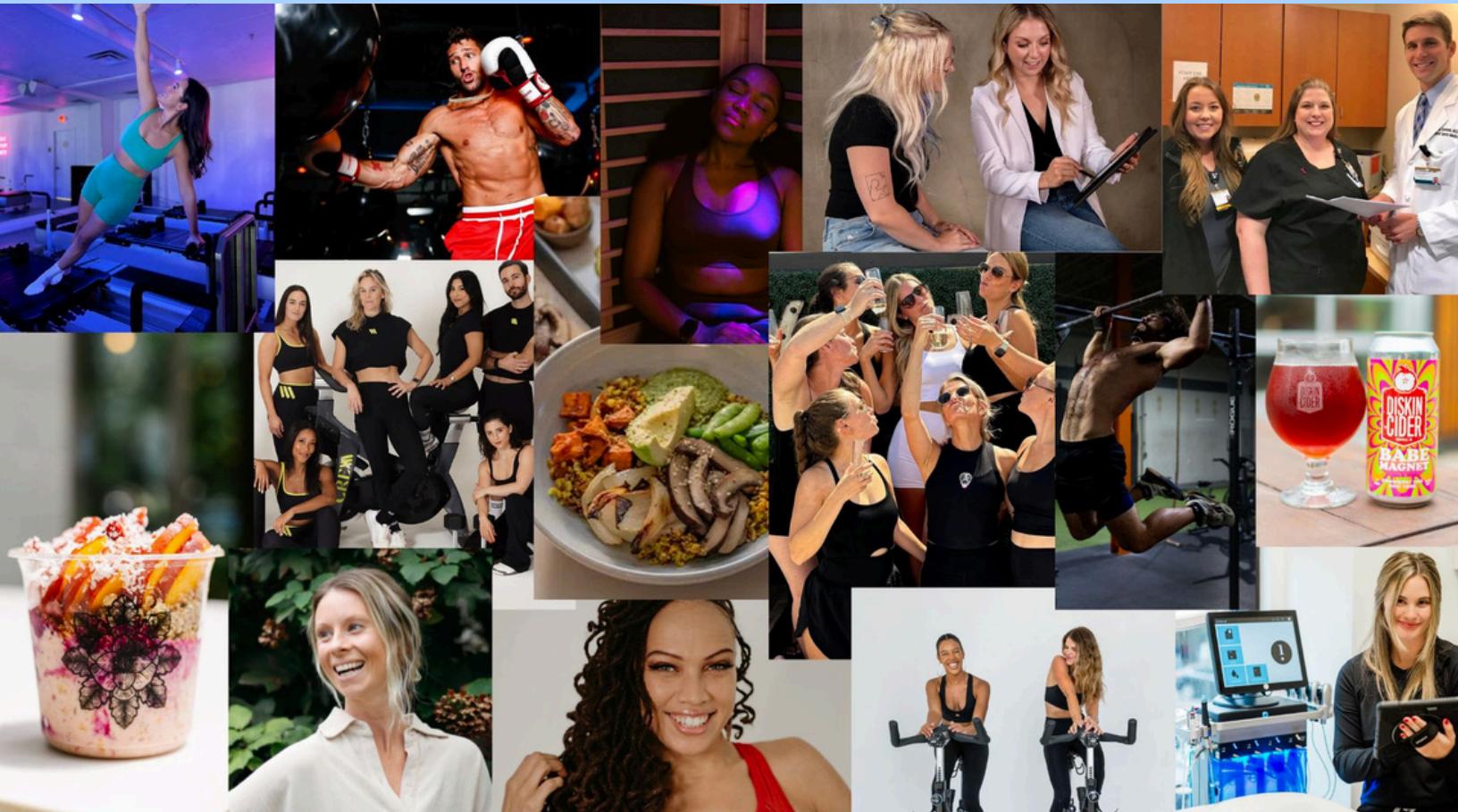
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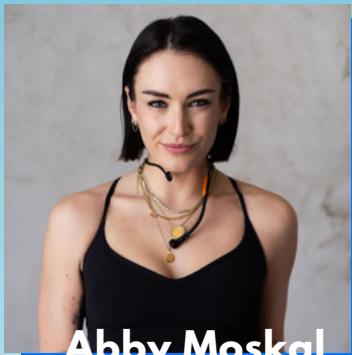


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BEST AMBASSADOR TO HEALTH & FITNESS COMMUNITY



Abby Moskal

As a Nashville native, this means so much to me! Whether it's teaching at Bodyrok Nashville, training teachers across the country, private training clients, or in my work in my therapy private practice, Work In Progress, my entire career is about helping people feel better in their bodies and brains. Nashville sets the standard in so many markets and industries and I'm excited to see health and fitness join those ranks. Thanks so much!

I'm honored to be recognized as a finalist for Nashville Fit Magazine's Best Personal Trainer of 2025. My mission has always been bigger than workouts — it's about building discipline, confidence, and a lifestyle that pushes people into their purpose. I represent the mindset that fitness is not just physical, it's a decision to elevate mentally, emotionally, and spiritually. Every client I coach becomes part of a culture built on growth, accountability, and 4THQTRPRESSURE. This recognition reminds me that the work doesn't stop — greatness is a continuous journey, and we aim to lead by example. Grateful and with gratitude!

BEST PERSONAL TRAINER



Robert Thomas

BEST NEW TRAINER (STARTED IN 2025)



Lindsay Platt

Winning Best New Trainer truly means the world to me, and I'm incredibly grateful for every single person who's shown up and trusted in me this year. When I stepped into Bodyrok, I just hoped to make people feel stronger, safer, and more seen, and everyone gave that back to me in ways I never expected. This community has become such a home, and teaching has become one of the greatest joys of my life. I'm thankful for everyone who believed in me and for those that allow me to grow alongside them. I promise to keep showing up with everything I've got.

This recognition is an incredible honor. I coach because I truly love it, but the heart of it all is the marvelous people I get to work for every day. The relationships, community, and shared growth make this work so special. I'm beyond grateful to coach people who make this environment what it is.

BEST CROSSFIT COACH



Alex Wayne



BEST PILATES INSTRUCTOR



Mackenzie Matlock

To receive this recognition not even four years into my teaching career is incredibly meaningful, because it shows how much can change when you pour yourself fully into something you believe in. Nashville's fitness community shows up with heart and high expectations, and that's what challenges me to keep elevating my craft and giving my all in every room I teach in. This level of support feels like a reflection of the intention, care, and expertise I aim to bring to the training room everyday. Here's to continuing to get stronger, better, and a little bit sweatier together – one class at a time!

I am truly honored to once again be selected by the Nashville community! 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 I love this community. As always, the teacher, student, love and divine light in me, sees, honors, acknowledges and respects the SAME, teacher, student, love and divine light within all of you...Namaste.

BEST YOGA INSTRUCTOR



Naima Adedapo

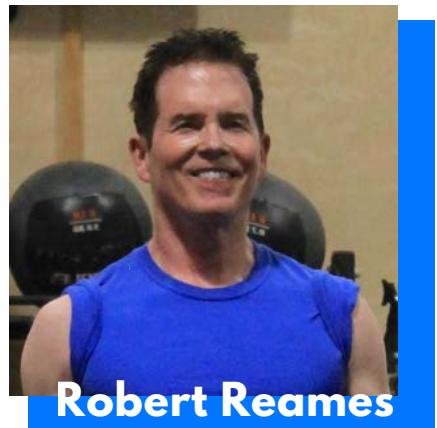
BEST KETTLEBELL INSTRUCTOR



Savanna Hill

I would like to thank my clients and the entire Nashville Kettlebell community for showing up with heart, curiosity, and grit every single day. You're the reason this work feels so meaningful, and I'm so grateful to grow alongside you. This award isn't mine, it's ours.

BEST NUTRITIONIST AND DIETITIAN



Robert Reames

Thank you so much NFM and all who voted! It remains my mission to teach and empower Everyone; the skills, tools, simple real life knowledge for Optimum Nutrition. Optimizing our Self Care is critical for our futures. This will continue to feed us body, mind and spirit from the inside out!

BEST PILATES STUDIO



BODYROK



We are so honored to be recognized this year for this amazing award! Since opening our doors to our first studio in 2022, the BODYROK Nashville team has worked endlessly to make this a special and welcoming community for all. Thank you to our team and to our amazing clients who make us so much more than just a fitness studio.

BEST CROSSFIT GYM

We believe greatness comes from consistency – showing up day after day, putting in the work, and growing together. And having been named Best CrossFit Gym in Nashville for three years in a row, the consistency speaks for itself. Our community is the heartbeat of this gym, and their support, grit, and encouragement are what make this place truly special. We're proud of our world-class coaching team and the standard they set for safety, excellence, and fun. Thank you, Nashville, for trusting us to be the best place to train, grow, and become stronger – inside and outside the gym.



CrossFit East Nashville

BEST GYM



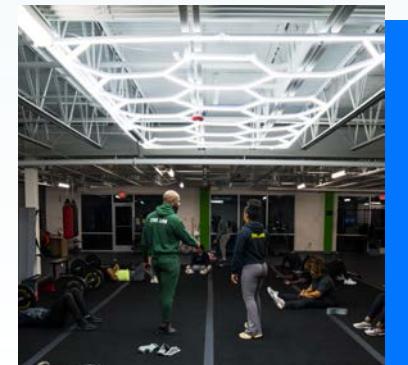
Music City Muscle

We're incredibly honored to be recognized as the best strength gym for the second year in a row! This award reflects the dedication of our amazing members, the hard work of our coaches, 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!

Lindsey Platt

Our mission has always been simple: create a space where people feel supported, challenged, and inspired to become the strongest version of themselves. This award reflects the dedication of our coaches, staff, and—most importantly—our members, who show up with energy, commitment, and heart. You are the reason this gym feels like a family, not just a facility.

BEST BOOTCAMP



The Lab Training Studio

BEST RECOVERY FACILITY



Urban Sweat

Urban Sweat's vision is to set a new standard for recovery studios and self-care. We are dedicated to transforming how individuals approach their well-being, making proactive care an integral part of everyday life. Our goal is to foster a vibrant community atmosphere, we strive to create a nationwide movement toward enhanced health and longevity. We love this Nashville community for 4 years now and can't wait to see what's next!

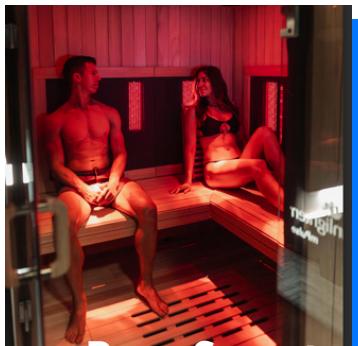
BEST IV HYDRATION THERAPY

Thank you so much for this incredible honor! We're truly grateful to be recognized as one of Nashville's Best of 2025. Our mission has always been to deliver elevated, science-backed wellness and aesthetic care that helps our patients feel their best from the inside out. Being acknowledged for our IV Therapy is especially meaningful as we prepare to open our new flagship location in Wedgewood-Houston—a space designed to expand our offerings and deepen the experience for our community. Thank you to our amazing patients for trusting us and to Nashville Fit Magazine for celebrating our work—we're excited to continue raising the bar for wellness in Nashville!



Tempo

BEST SPA FLOAT AND SAUNA EXPERIENCE



Pure Sweat

We are honored to be named Best Sauna in Nashville in Nashville Fit Magazine's Best of 2025. This award reflects our focus on delivering a premium, spa-level sauna experience defined by comfort, sophistication, and exceptional care. We are deeply grateful to our clients who trust Pure Sweat as part of their wellness routines, and to our outstanding team who brings this experience to life every day. Being recognized by Nashville Fit Magazine alongside so many respected local businesses is truly meaningful to us.

BEST MASSAGE STUDIO

Massage of Nashville is deeply honored to be considered for Nashville Fit Magazine's Best of Nashville - Best Massage Studio winner. As a small, locally owned business, this recognition means more than words can express. It tells us that our community sees, values, and feels the dedication and passion we pour into healing through massage. We are profoundly grateful for every client who trusts us with their care and supports our mission.



Massage of Nashville

BEST BOXING/MMA GYM



Rumble Boxing Gulch

We're honored that Rumble Boxing Gulch has been nominated as one of the city's best fitness facilities of 2025. Our mission has always been to create an all-inclusive, empowering space where every person feels accepted, supported, and pushed to grow. This recognition reflects the community we've built together—a community dedicated to wellness, connection, and elevating lives through boxing & fitness. Thank you for believing in us. Let's make 2026 even better!

Thank you to our community for nominating and voting for us. We are deeply honored to be voted as the best barre studio in Nashville. Thank you for believing in us for 16 years and we can't wait for what's to come!

BEST BARRE STUDIO



Pure Barre

BEST YOUTH FITNESS ORGANIZATION

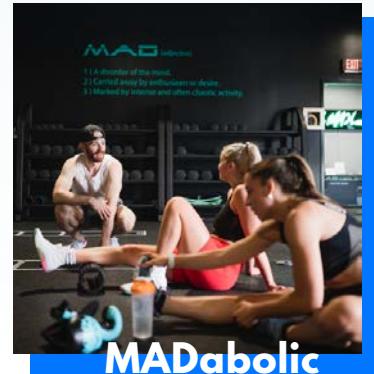


Nashville Black Wellness Collective

We are honored that our 2 Mile Tuesday initiative has been named Nashville Fit Magazine's Best Free Community Workout, and we're grateful for this recognition of the movement we've built together. The Nashville Black Wellness Collective exists to make wellness visible, joyful, and accessible in our community, and this award reflects the energy and dedication of everyone who shows up with us week after week. Thank you for believing in this work—we're just getting started, and we can't wait to keep moving Nashville forward.

BEST STRENGTH AND CONDITIONING (NON-CROSSFIT)

Thank you so much to Nashville Fit Magazine and everyone who voted for us. On behalf of the entire team at MADabolic, we are truly honored and humbled to accept this award. This recognition belongs to our incredible training staff and members who show up, get stronger, and make our gym feel like a second home.



MADabolic



MEAL PREP

Healthy Cafe

WE MAKE MEAL TIME EASY



Healthy Cafe

- high protein & low calorie options
- flatbrads, wraps, build your own bowls and more!
- protein smoothies & iced coffee
- outdoor seating



Grab & Go Meals

- 40+ options to choose from
- open 7 days a week
- no pre-order required
- breakfast, lunch, and dinner
- 4oz, 6oz, or 8oz of protein



Meal Plan Meals

- refrigerated meals, new menu every week
- under 500 calories
- volume discounts at 10, 15, and 21 meals
- low carb & extra protein
- meals as low as 7.39 per meal



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BEST BACHELORETTE WORKOUT



Pushups & Prosecco

We're stoked to take home this award for the third year in a row! P+P began in Nashville hosting private workout classes for bachelorettes, and we've expanded to four cities hosting everything from ACL brand activations to divorce parties. Thank you so much to everyone in the local fitness community who voted for us

BEST FITNESS RETREAT



Heart Haven

The Nashville Fit community is indescribably special. I am so thankful for the friendships, collaborations, and inspiration it has seeded, and am so honored to receive any level of recognition in a community filled with SO MANY inspiring people!

BEST FARMER'S MARKET



We are honored to be named a top-3 nominee for Best of Nashville by Nashville Fit Magazine. At the Nashville Farmers' Market, we work every day to connect our community with local farmers, artisans, and small businesses — offering fresh produce, handmade goods, global cuisine and a welcoming gathering place for neighbors. This nomination reflects the hard work of our vendors and the support of our community. Thank you for considering us among Nashville's best!

The Music City Mindset is honored to be named Best Local Podcast for the second time in a row. We started with a simple vision: share real stories, uplift Nashville, and highlight the power of mindset. Thank you, Nashville, for embracing us and seeing our vision. We're just getting started. This award is a testament to our listeners, our guests, and everyone who's believed in what we're building. It may not mean much to others, but it truly validates our efforts and fuels our next steps.

BEST LOCAL PODCAST



Music City Mindset

BEST PHYSICAL THERAPIST



Gina Gapstur (Boblit)

Thank you all so much for nominating me in Nashville Fit for Best Physical Therapist. I feel so blessed to work with such wonderful, hard working Nashvillians who are so motivated to get their bodies working at their personal best. I truly love showing up to work each day, and I can't wait to help more of my Nashville neighbors achieve their goals

BEST MASSAGE THERAPIST



Matthew Miner

It is with great honor and privilege to be nominated for the Best Massage Therapist category again for this year, being the 6th year to have my name. I want to thank first and foremost, my clients who have supported me and built me up to the success that I have today, my colleagues, friends and team (at Massage of Nashville and beyond), and Nashville Fit for creating a community to help build our successes together. Bodywork is a two way street of trust, communication and commitment, and only through that will we be successful in our health and wellness goals. Thank you!

BEST MENTAL HEALTH PROFESSIONAL



Natalie Dodd

I took a leap of faith when I opened my private practice in March of 2025 and have been blown away by the enthusiasm, support, and genuine love from this community. I knew from the start that I wanted to blend mind and body into every element of healing. Thank you to everyone who continues to believe in me and who voted for my nomination and this WIN! A special thank you to Nashville Fit Magazine for this recognition and for reminding us that mental health is just as essential as physical health. I am incredibly grateful and so excited to see what 2026 brings for Natalie Dodd Therapy, LLC!

BEST HARDEST WORKOUT

"Honored to be nominated Top 3 Best Bootcamp in Nashville Fit's Best of 2025. As a newer location, this means a lot. Our community shows up for the hard work, supports each other, and continues to build something strong from the ground up."



Shed Fitness



BEST GROUP FITNESS INSTRUCTOR



Diamond Adams

Thank you, Nashville Fit, I'm genuinely humbled and grateful for this recognition. Every time I step into a room, my goal is to bring the party, the love, and an unforgettable experience where women feel seen, supported, celebrated, and empowered to tap into their treasures through movement. I strive to create an atmosphere where we can laugh, glisten, grow, and find our internal treasures together as we show up as our fullest selves, one 5-6-7-8 at a time. This recognition belongs to everyone who has stepped into my classes or my space with an open heart and the courage to grow; whether dancing, stepping, or simply showing up. FOREVER FITT SOCIETY, thank you for trusting me with your fitness journey and for embracing my energy, passion, and purpose!

BEST CYCLING INSTRUCTOR

This recognition carries so much meaning for me. Leading with purpose through movement and community is my greatest joy, and I'm honored to continue growing something so special here in Nashville.



Dylan Jenkins

BEST ORTHOPEDIC PHYSICIAN



Eric Bowman

I am honored to be nominated for Nashville Fit's Best Orthopedic Surgeon. My greatest joy is helping athletes confidently get back to what they love.

BEST PHOTOGRAPHER

OKKK! Thank you Nashville for bringing me along for the NFM Best of Awards for the 4th year now. There is a lot of creative talent in the city, there's no way I'm the best. But dang, it's nice to be seen. I also want to say, as I teased in last years Best Of edition, it's finally time for a hard launch: IN 2026, I AM FINALLY OPENING A MULTI-CONCEPT FITNESS STUDIO IN EAST. It's been a long time coming. GET READYYYYYYY!!!



Kenzie Barron



Best Cycling Studio
Full Ride Cycling
@fullridecycling

Best Stretch Facility
Stretch Lab
@stretchlabgreenhills

Best New Gym (2025)
BodyRok East Nashville
@bodyroknashville

Best Condo Gym
505 Luxury Apartments
@505nashville

Best Dermatologist
Nashville Skin
@nashvilleskin

Best Juice Bar
Urban Juicer
@theurbanjuice

Best Acai Bowl
E & Rose
@eandrosewellness

Best Local Protein Bar
Grab the Gold
@grabthegold

Best Runing Store
Fleet Feet
@fleetfeetnashville

Best Boutique Fitness Studio
Crew Training Club
@crewtrainingclub

Best Bodybuilding Competition
Tennessee Strongest
@iron_podium

Best Rooftop Venue
LA Jackson
@lajacksonbar

Best Coffee Shop
Elegy Coffee
@elegycoffee

Best Healthiest Restuarant
136 True Food Kitchen
@livetruefood

Best Wine, Beer or Spirit
Diskin Cider
@diskincider

Best Meal Prep & Delivery Service
Clean Eatz
@cleaneatznashvilletn

Best Tea/Boba Shop

Viet Tea Cafe
@vietteacafe

Best Bike Shop

Shelby Ave Bicycle Shop
@shelbybicycle

Best Local Blog
Nashville Guru

Best Local Non-profit
Thistle Farms

Best Smoothie

Sunlife Organics
@sunlifeorganics

Best Local Grocery Store

Turnip Truck



Best Free Community Workout

Capitol Steps
@jamescrumlin

Best Local Outdoor Store
Nashville Running Company

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Brentwood, TN 37027



@chillin_brentwood

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Tomato 5K
@eastnashvilletomato5k

Best Outdoor Workout Park/Area
Percy Warner
@friendsofwarnerparks

Best Running/Triathlon
Rock & Roll
@runrocknroll

Best Paddle Board/Kayak Rental
Paddle Dog
@paddledogtn

Best Dispensary
Marley's Smoke Shop
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Best Chiropractor
Dr Jennifer Devens

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When Winter Steals Your Spark: Understanding the “Blahs” vs. Seasonal Affective Disorder



PHILLIP OWENS, LIVING PATH COUNSELING
CONTRIBUTOR

Have you missed a workout session or two because you just weren't feeling it? Do you feel like you've somehow lost your spark, a.k.a. “get-up-and-go”? If that is you, and it is happening more often during the winter months, it could be a sign of Seasonal Affective Disorder (SAD).

SAD may actually be the reason for the “blahs” due to a number of compounding factors, such as shorter, colder days, routine disruptions, fewer outside social events, brain chemistry and sleep pattern changes. According to a recent article in Well Med Healthcare, Seasonal Affective Disorder (SAD) “...roughly 5% of adults in the U.S. experience seasonal affective disorder each year.”

So, how do you know if you are just “off your game,” or if you should be concerned that you might have SAD? Here are a few things to watch for: Reduced Natural Light - Your circadian rhythm, the internal “clock” throws off your sleep/wake cycles and affects your mood. Increased Melatonin Production - Your brain thinks you need more melatonin when there is less sunlight. This increase in melatonin causes drowsiness and worsens mood. Decreased Outside Activities - Less opportunities or desire to be outside for social activities may contribute to feeling isolated or less connected. Also, your skin does not produce as much Vitamin D without direct exposure to sunlight. Vitamin D deficiency reduces the

production of the “feel good” neurotransmitter serotonin. Increased Cravings for Carbs - You might have low energy and increased irritability, causing you to falsely believe that carbs are the answer. Sure, fudge, chocolate and other holiday carbs may make you feel better for a short time, but will the weight gain be worth it? A Gray Cloud With No Silver Lining - You may feel like your mood will never improve, and it is difficult to stay motivated to exercise regularly or even get to work. So, how do I combat the “blahs” or SAD, and how do I know the difference? Get Outside - Try to get outside in the morning for a minimum of 15 minutes daily. This is as simple as a brisk morning walk. As little as 15 minutes of sunlight in your eyes will help lift your mood, regulate your brain chemicals, and possibly even increase your social interactions.

Consistent Routines - Keep going to bed and getting up at your best times. Don't skip workouts or social interactions. Eat regular, nutritional meals, and limit intake of those tempting holiday treats! SAD Versus "Blahs" - The National Institute of Mental Health cautions that "...SAD should not be confused with "holiday blues" – feelings of sadness or anxiety brought on by stresses... associated with the holidays..." So, how do you know whether you should be concerned that you might have SAD or clinical depression? We consulted Stephanie Kreidler, APRN, PMHNP-BC, a local psychiatric nurse practitioner to get some answers. She stated "...it's best to seek help when symptoms, like depressed mood, low energy, or loss of interest in your usual activities begin affecting your daily life. Seek immediate psychiatric help if you experience feelings of hopelessness, worthlessness, or any thoughts of self-harm.

You are not alone, and there are effective tools and supports available to help you navigate all seasons of life."So, if shorter, colder days tend to dim your spark, you don't have to "white knuckle" it until spring! Small shifts in your daily routines can make a real difference! And, if you need additional help, reach out to a counselor, nurse practitioner, or psychiatrist.

Dr. Phillip Owens, LPC-MHSP-S is a Licensed Professional Counselor and Supervisor with 21+ years experience. He is the owner and a practitioner at Living Path Counseling.

For a full list of references, please see digital article on nashvillefitmagazine.com



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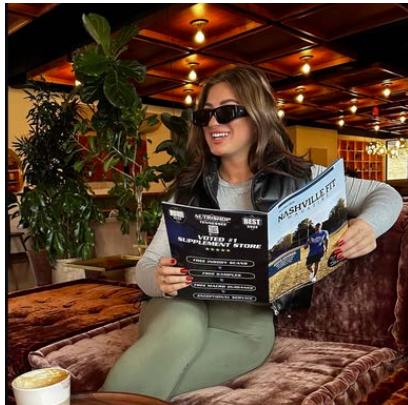
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**"Helping men improve communication,
connection and intimacy."**

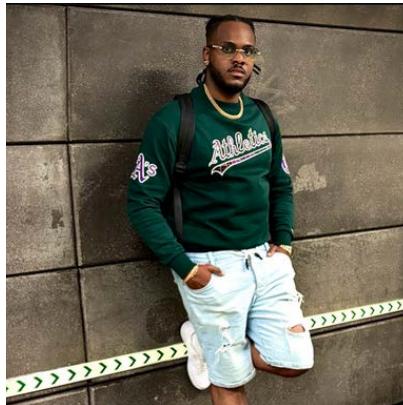


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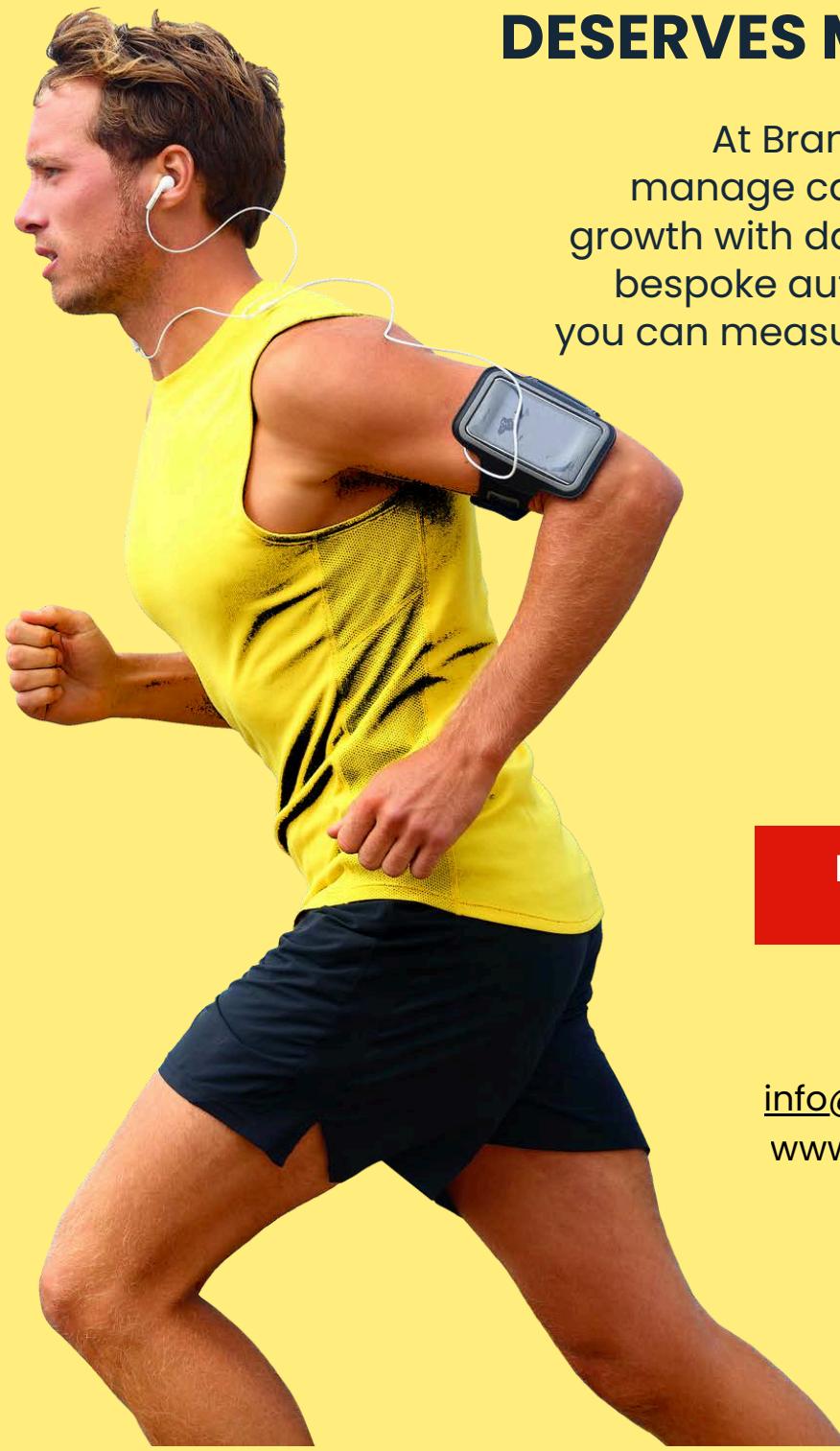


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