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Table of Contents

ULTIMATE NUTRITION GUIDE	07
NASHVILLE BOXING CLUB: JULIAN CORTEZ BUILDS CHAMPIONS	14
FROM NEYLAND TO THE KITCHEN: DANCING BLUE SHIRT GUY'S NEXT MOVE	18
LIVING LYNESA FOCUSES ON FINDING THE "WHY" BEHIND YOUR HEALTH	21



FROM THE EDITOR

Let me tell you, I love to eat. I mean, I had to pretend I wasn't such a foodie on my first date with my now-husband, ordering that small side salad and water when what I was really eyeing was a large bowl of pasta and a sweet tea to wash it down! My relationship with food has been complicated for a very long time. Food had become a comforting place to visit. Good news? Let's celebrate with some food! Bad news? Food was there to ease the pain. And I think we all fall victim to that dynamic with food. For a while, I could get away with eating foods that left me feeling worse afterward and hiding the late-night snacking that had become a habit. But eventually, my body started keeping score, and I could no longer ignore the way those choices were affecting how I felt each day. And at 30 years old, bad eating habits can make you start to feel more like 90. However, with just one simple correction, I could be on the road to recovery inside and out.

A lot of my physical issues, including pain, inflammation and mental health were at the hands of what I was feeding myself every day. I highly suggest if you relate to these issues that you find out what your body is also trying to tell you. In example, one test can tell you if you are insulin resistant? BAM! Start limiting sugar. Maybe you struggle with water retention. BAM! Avoid little to no sodium in your food. Once I started actually listening to my body, everything else fell into place.

Today, I follow an anti-inflammatory and PCOS-friendly diet. Within just two days of rebooting my gut health, I already noticed changes in the way I felt and looked. It became a true testament that I was heading in the right direction. Don't get me wrong, these changes can be harder at times and you might be spending a bit more time in grocery store aisles to find the perfect thing for you, but your body will thank you for it.

Living in Nashville during this new-found health and healing journey of mine has made the process 10x easier! With the help of many restauranteurs and eateries (you will get to know them more in this issue) their commitment to my health and wellness allows me to walk in true health with many who want the same for me, without flavor being restricted!

Tala Shatara

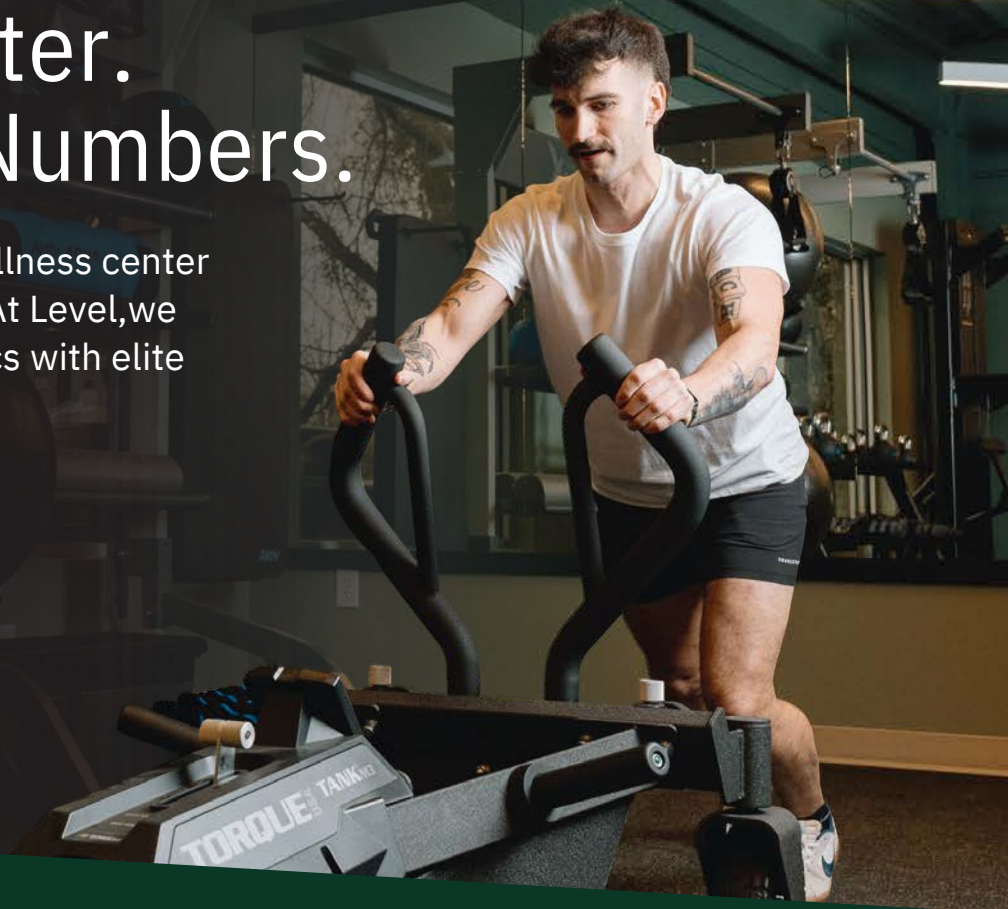
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The Ultimate Nutrition Guide in Nashville

Disclaimer: This will make your mouth water.

When it came time to select a representative for Nashville's thriving food and nutrition community, we simply couldn't choose just one. The truth is, wellness in our city is powered by an incredible collective of chefs, nutrition experts and restaurant owners who work every day to make healthy living more accessible.

Bringing wellness to Nashville is a shared mission, and it's this spirit of collaboration that continues to strengthen and elevate our community. This recognition belongs not to one individual, but to all of you who are helping shape a healthier, happier Music City.



Greenery
co.

@GREENERYCO



Before Nashville embraced the abundance of wellness-focused restaurants it has today, two local sisters saw an opportunity to bring fresh, customizable and nutritious meals to the city. Vanderbilt graduates Caroline Gaston and Whitney Abblitt founded Greenery Co. after noticing a lack of convenient healthy dining options in Nashville. Inspired by the grab-and-go salad concepts Gaston frequented while living in New York City, the pair set out to create a fast-casual restaurant centered around nutrient-dense salads, bowls and snacks. "Healthy food is not a new concept. We realize we are not reinventing the wheel," Abblitt said. "But we are bringing this concept to a Southern audience." The sisters launched Greenery Co. in Hillsboro Village with a mission of making healthy eating both accessible and enjoyable. Guests can customize meals to fit their preferences while enjoying fresh ingredients and wellness-minded options. Though neither sister came from a restaurant background, their business experience and passion for food helped turn the concept into a reality.



@THEALCHEMYCAFE

What started as a leap of faith during the pandemic has grown into one of Middle Tennessee's favorite wellness destinations. Founded by nurse and entrepreneur Tara Mitchner, Alchemy Juice Cafe was created from a passion for preventive health and a desire to make nutritious living more accessible. After nearly two decades in healthcare, Mitchner saw firsthand the importance of wellness and wanted to build a space that helped people feel their best. Today, Alchemy is known for its fresh juices, smoothies, and community-centered approach to health. One customer favorite is the Lifeline juice, a vibrant blend of beets, apples, oranges, carrots, and ginger. For Mitchner, wellness is about consistency, not perfection. "Wellness isn't perfection; it's choosing yourself over and over again, even on the hard days," she said. As a Black woman-owned business owner, Mitchner says the greatest reward has been becoming part of customers' wellness journeys and creating a welcoming space where healthy living feels approachable for everyone.



E+ROSE

WELLNESS COMPANY

@EANDROSEWELLNESS

After years of working as a registered dietitian in hospitals across the country, Robbie Nowinski saw firsthand how many health issues were connected to nutrition. Inspired to help people take a more proactive approach to their well-being, he set out to create a wellness brand centered on real, nourishing food. That vision became E+ROSE Wellness, which has grown into one of Middle Tennessee's most recognizable destinations for healthy meals, smoothies, coffees, and snacks made with thoughtfully sourced ingredients. What sets E+ROSE apart is its commitment to quality. From ingredient transparency to carefully sourcing every product, the company focuses on doing what's best for customers—even when it requires more work behind the scenes. "We have this motto of, 'It's harder for us, but better for you,'" Nowinski said. Today, E+ROSE continues to inspire wellness through real food while helping shape Nashville's growing health conscious culture. "From a simple idea sparked in a New York coffee shop to a wellness brand woven into the fabric of Nashville, E+ROSE continues to prove that healthy living never has to come at the expense of flavor."



@SONFLOWERNASH

For more than a decade, Sunflower Cafe and Bakehouse has been helping Middle Tennesseans discover that healthy eating can be both nourishing and satisfying. Owned by Brian Storrs and his family, the restaurant can be found in Berry Hill and Donelson. Sunflower has become a local favorite for plant-based comfort food, vegan baked goods, and allergy-friendly options. Built around a mission of making wellness accessible, Sunflower serves guests with a variety of dietary needs while focusing on fresh ingredients, balanced nutrition, and flavorful meals. Popular menu items include the restaurant's Famous Vegan BBQ Bowl and the Bakehouse's vegan and gluten-free Carrot Cake Cupcake. "What I love most about Sunflower is that we get to be part of other people's wellness journeys," Storrs said. "Whether someone is eating plant-based for health reasons, managing food sensitivities, looking for more energy, making choices that are kinder to the Earth, or simply searching for a healthier meal, we're honored to be part of that experience."



@GREENHILLS_NUTRITION

Founded by Angela Elliott, Green Hills Nutrition has become a local favorite for nutritious drinks and positive energy. Built on a passion for healthy living, the business focuses on providing delicious beverages that help customers fuel their day without sacrificing taste. One of Elliott's favorite menu items is the Forever Young Specialty Drink, a blend of protein, collagen, vitamins, and caffeine that serves as a convenient meal replacement. For Elliott, the business is about much more than what's in the cup. "Green Hills Nutrition has always been more than just a fun drink. It is about creating a space for people to stop in and leave feeling better than when they arrived," she said. Today, Green Hills Nutrition continues to introduce new drink creations while staying committed to helping the Middle Tennessee community live healthier, more energized lives.

MOVE WITH WHITNEY

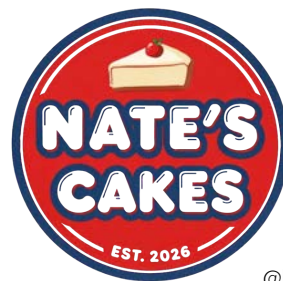
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For years, Nathan Neal has helped clients reach their fitness goals as a personal trainer. Now, he's helping satisfy their dessert cravings, too. The Nashville native and Carbon

Performance trainer is the founder of Nate's Cakes, a growing business specializing in high-protein cheesecakes designed to fit a healthier lifestyle. What began as a simple experiment inspired by a client conversation has evolved into a menu featuring 14 flavors, gluten-free options and plans for future products. "I wanted to make cheesecake something people could enjoy while still working toward their fitness goals," Neal said. "Why does cheesecake have to be only a special occasion thing?" In addition to custom cheesecakes, Neal is exploring new products, including protein-packed donuts, as the brand continues to grow.

Nate's Cakes currently offers whole cheesecakes by special order and individual slices at Carbon Performance in Nashville's Nations neighborhood.



Happy Belly

@HAPPYBELLYNASHVILLE

What started as a mission to support postpartum mothers has grown into one of Nashville's most personalized approaches to healthy eating. Founded by chef Megan Haley, Happy Belly provides customized in-home meal preparation designed around each client's health goals, dietary needs, and lifestyle. The Nashville-based company serves everyone from busy families and working professionals to individuals managing chronic health conditions. Built on a philosophy of using whole, unprocessed ingredients, Happy Belly works alongside a nutritionist to create meals tailored to each client, helping make healthy eating both accessible and sustainable. "Food is so personal," Haley said. "It's not just fuel—it's comfort, it's connection, and in so many cases, it's healing." While the company has expanded significantly since its founding in 2017, Haley says its mission remains the same: helping people feel their best through thoughtful, nourishing food and personalized care.

RADISH

@RADISHEATS

What began as a search for healthier dining options has grown into one of Nashville's favorite spots for nutritious, crave-worthy meals. Founded by husband-and-wife duo Luke and Amanda Smiley, Radish was inspired by the fresh, healthy food they enjoyed while living in California. After moving to Nashville, they saw an opportunity to create the kind of restaurant they wished existed locally. Combining Amanda's culinary talent with Luke's background in finance and operations, the pair took a leap of faith and launched Radish. Today, the restaurant has become a staple for health-conscious Nashvillians seeking meals that are both nourishing and delicious. For the Smileys, wellness starts with what you eat. "Eating well just makes us feel better, and that's the experience we want every Radish customer to have," they said. The couple still enjoys many of the menu items they serve daily. In fact, the couple jokes that choosing a favorite is nearly impossible, but one of their go-to's remains the Hot and Crispy Wrap paired with a frozen yogurt. As Radish continues to grow, its mission remains simple: serve food that is nutritious, flavorful, and convenient while helping customers make wellness part of their everyday lives. As the Smileys put it, "Healthy food only matters if it actually tastes good and is easy to get."



TRUCE

@EATTRUCE

Following its recent opening in Middle Tennessee, Truce is quickly becoming a go-to destination for diners looking for meals that are both satisfying and made with high-quality ingredients. Founded by Matt Frauenshuh, Truce was created to bridge the gap between fast food and traditional dining. Inspired by his own experience as a father of four, Frauenshuh wanted to create a restaurant where families could find something for everyone without sacrificing nutrition or flavor. "Truce really came from my own life experience," Frauenshuh said. "We saw a clear gap between fast food and traditional dining. So, we created Truce to bridge that gap with real, clean ingredients and a menu designed to be both craveable and nourishing." The restaurant focuses on scratch-made dishes prepared with clean ingredients, no artificial additives and no seed oils. Among his favorite menu items are the Orchard Superfood Salad, Glazed Pork Belly Bites and Real Deal Cheese Curds. Just weeks after opening, Truce has already attracted a loyal customer base, with many guests returning multiple times and embracing the restaurant's mission of making healthier dining more accessible.





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NASHVILLE BOXING CLUB: HOW JULIAN CORTEZ IS BUILDING CHAMPIONS—INSIDE AND OUTSIDE THE RING

By Terry Barga, NFM Publisher



There are coaches who teach technique, and then there are coaches who shape lives. Spend just a few minutes with Julian “JC” Cortez, founder of Nashville Boxing Club, and you’ll quickly realize he falls into the second category. Located in Nashville’s MetroCenter district, just steps away from the Titans’ training facility, Nashville Boxing Club is more than a gym. It’s the culmination of a lifelong journey fueled by grit, discipline, and an unwavering belief that boxing can transform people from the inside out.



For Cortez, boxing started early. Growing up in Chicago, he first stepped into the sport at just eight years old. Like many young athletes, he eventually had life pull him in different directions, and he spent time away from the ring. But boxing never truly left him. In his twenties, he returned to the sport with a renewed passion and purpose. What began as a childhood interest evolved into a lifelong calling.

“Boxing is a way of life,” Cortez explains. “You’re constantly being pushed to your limits. You’re getting hit while trying to execute a strategy. You have to stay calm under pressure and keep moving forward. That’s how life works. Nothing comes easy—you have to grind for it.” It’s that mindset that has become the foundation of everything he teaches today.

After seven years in Nashville and coaching in several respected facilities throughout the city, Cortez has built a reputation as one of the most recognized boxing coaches in Middle Tennessee. Within the local boxing community, his name carries weight.

His coaching resume includes national champions, professional fighters, and countless amateur athletes who have stepped into the ring under his guidance. But his impact extends beyond individual fighters.

For the past two years, Cortez has also served as an assistant coach for the Nashville Smash, the city’s professional team boxing organization. The fast-paced team format has brought a new level of excitement to the sport and has helped expose more people to competitive boxing. “It’s like having the Titans for football,” Cortez says. “Nashville Smash is our boxing team, and it’s exciting to be part of building that here in our city.”



One of the most impressive aspects of Cortez’s coaching philosophy is his commitment to community. Walk into Nashville Boxing Club, and you’ll find experienced fighters training alongside complete beginners. There’s no intimidation. No ego. Just hard work. Everyone is welcome at their current fitness level and encouraged to improve one round at a time. That environment reflects Cortez’s belief that boxing should be accessible to everyone—not just aspiring fighters.

Whether someone wants to train for competition or simply get through a demanding workweek with less stress and more energy, the mission remains the same. “We’re here for the community,” Cortez says. “We’re trying to build people up.”





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Perhaps the most rewarding part of this journey is that Nashville Boxing Club is finally his own. After years of coaching, mentoring athletes, and helping build other programs, Cortez recently opened the doors to his first dedicated facility. The new gym has already developed a strong energy, despite being open for only a short time.

Currently offering both morning and evening classes, Cortez plans to expand the schedule as membership grows. Additional midday sessions are already part of the vision. But he's thinking much bigger than class schedules. Future plans include outdoor training areas, additional heavy bags, recovery amenities, a cold plunge, sauna, and a dedicated wellness space that blends performance training with recovery. It's a vision that mirrors the evolution of fitness itself—where training and recovery work hand in hand. For Cortez, however, the dream isn't about equipment. It's about creating a home for Nashville's boxing community. "It feels great," he says. "It's been a process, but it feels great."



In a fitness industry crowded with trends and gimmicks, boxing remains one of the most effective and timeless forms of training available. It develops endurance, strength, coordination, confidence, discipline, and resilience. And when it's taught by someone who genuinely cares about people, it becomes something even more powerful.

That's what makes Nashville Boxing Club special. It's not just about learning how to throw a punch. It's about learning how to handle pressure. How to stay disciplined. How to keep moving forward when things get difficult. In many ways, the lessons learned in the ring are the same lessons that help people succeed in life. And that's exactly what Julian Cortez is teaching every day.

Nashville Boxing Club is located at **220 Great Circle Road, Suite 138 Nashville, Tennessee**. The facility offers boxing fitness classes, beginner programs, advanced boxing instruction, coaching for competitive athletes, and personal training opportunities.

Whether you're looking to lose weight, build confidence, relieve stress, or step into the ring for the first time, Cortez and his team are creating a place where everyone can belong. Because at Nashville Boxing Club, they're not just building fighters. They're building stronger people.

*Scan to watch
the interview*



From Dancing Blue Shirt Guy to Next Level Chef: Michael Galyean Keeps Saying Yes

For many Tennesseans, Michael Galyean will always be remembered as the beloved "Dancing Blue Shirt Guy" — the University of Tennessee fan whose choreographed sideline performance at Neyland Stadium became a viral sensation seen around the world. Now, he is dancing into kitchens all over the region.



Galyean has learned from his unexpected rise to internet fame and is sharing a message that life gets a lot more interesting when you're willing to step outside your comfort zone. That mindset recently led him to an entirely new stage: FOX's hit competition series *Next Level Chef*, hosted by celebrity chef Gordon Ramsay.

"I was actually approached by a casting agent through Instagram," Galyean said. "I definitely didn't believe it was real at first."

What followed was an intensive eight-month casting process involving interviews, background checks, videos, and countless questions before ultimately earning a coveted spot among the show's competitors.

"It just goes to show you the power of social media," he laughed.

For Galyean, the invitation wasn't completely out of left field. While many people know him for dancing, he's spent years cultivating another passion: food.

A private chef based in East Tennessee, Galyean has built a growing reputation for creative dishes that blend fresh ingredients with unexpected flavor combinations. Cooking, much like performing, allows him to create experiences that bring people together. When news broke that he would be appearing on *Next Level Chef*, the East Tennessee community rallied behind him.

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"I was expecting a little bit of pushback or some of the 'stay in your lane' comments," he said. "But everyone has been so positive and supportive. True Tennessee love."

Of course, one of the biggest highlights was sharing the experience with Ramsay himself. "In one word: *tall*," Galyean joked. "I did not expect Gordon to be towering over me like he did."

Beyond his larger-than-life presence, Galyean said he was impressed by Ramsay's professionalism throughout filming.

"To watch him speak and do full introductions with no cue cards and no second takes was crazy," he said. "He's a true professional."

While Galyean's time in the competition was shorter than he had hoped, he isn't dwelling on the outcome. Contestants were challenged to create a dish using leftovers, a task he felt perfectly suited his cooking style. "As someone with multiple jobs, sometimes dinner is an art project," he laughed. "I thought my dish was delicious and globally inspired, and it's something I'd absolutely serve again."

When it came time to compete, nerves never fully took over.

"Maybe it was the delusion, maybe it was the prep," he joked. "But I went in ready and excited. This is what I do every day. I was just ready to cook."

One of the most memorable parts of the experience happened off-camera. The season was filmed in Ireland, marking Galyean's first trip outside the United States.

"We didn't get much time to explore, but for my first time out of the country, I'd say it was a pretty fantastic memory."



Although he didn't walk away as the winner, Galyean says simply earning a place on the show was a victory in itself.

"I was up against thousands of applicants, and I was chosen as one of 24 people to compete," he said. "It was humbling and memorable."

More importantly, the experience reinforced a lesson he's learned time and time again throughout his career: keep saying yes.

Whether it's dancing on the sidelines of a Tennessee football game, building a private chef business, or stepping onto a nationally televised cooking competition, Galyean continues to prove that embracing new opportunities can lead to unexpected places.

"This won't be the last of me," he said. Given his track record, that's probably a safe bet.

Find him dancing, cooking and keeping you always entertained on his Instagram



@dancingblueshirtguy

One Prick Away: Lynesa Williams is finding your root source



For most of her life, Lynesa Williams never imagined she would build a career in health and wellness. Raised with deep Southern roots and a love for good food, Williams describes herself as someone who simply enjoyed life. But a devastating loss would eventually change her perspective, and ultimately her purpose.

In 2001, Williams' mother passed away at just 56 years old. Like many families, hers had a long history of chronic illness, including high blood pressure and diabetes. The loss was painful, but it wasn't until years later, while living in California, that Williams experienced a health scare of her own that forced her to reevaluate everything she thought she knew about health. "I thought exercise and dieting would fix everything," Williams said. "Instead, I felt God calling me to approach healing in a completely different way."

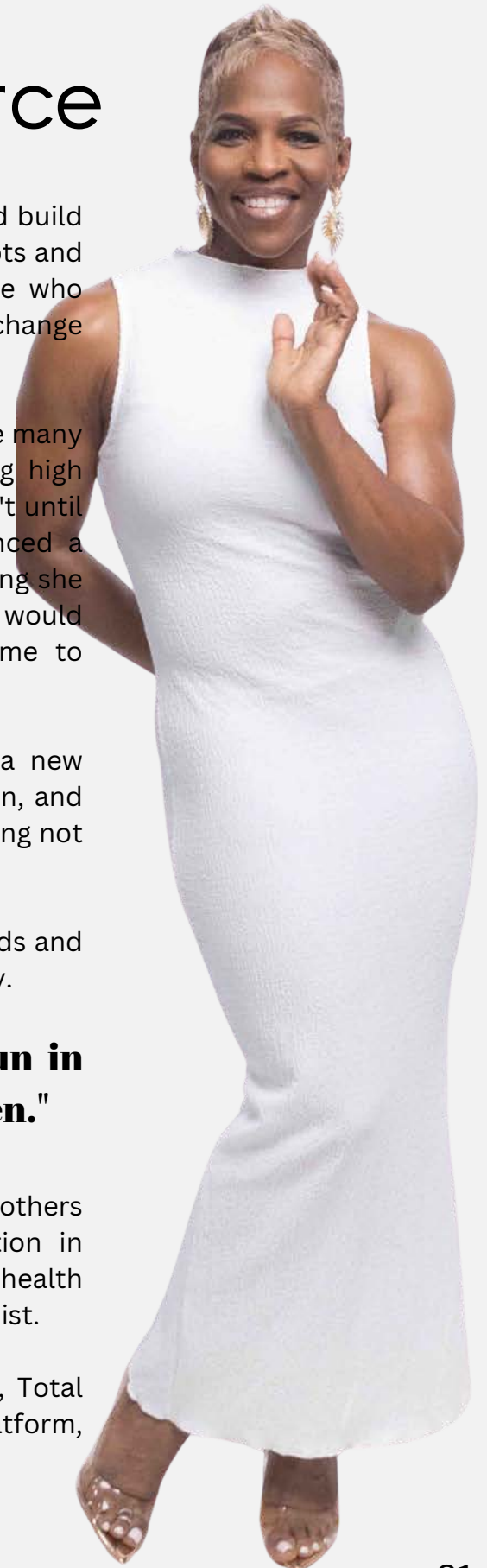
That journey led her to a deeper spiritual awakening and a new understanding of wellness. Through weeks of prayer, reflection, and studying *Galatians 5:22-23*, Williams says she began transforming not only her mindset, but her physical health as well.

By the end of the experience, she had lost more than 50 pounds and discovered a philosophy that continues to guide her work today.

"High blood pressure and diabetes doesn't run in your family," she said. "They run in your kitchen."

The statement became a turning point. Determined to help others avoid the same struggles, Williams began pursuing education in holistic health, eventually becoming a certified holistic health practitioner, certified juice therapist, and nutritional microscopist.

Today, she combines those specialties through her business, Total Package Health and Wellness, and her personal wellness platform, Living Lynesa.



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One of the most unique aspects of Williams' practice is her use of live blood analysis, a process that examines a small drop of blood under a microscope in real time. The goal isn't simply to identify symptoms, it's to help clients better understand what may be happening inside their bodies. Through the analysis, Williams looks for indicators that can suggest inflammation, stress, mineral deficiencies, poor oxygen circulation, lymphatic congestion, and other wellness concerns.

For many clients, particularly women navigating hormonal changes, fatigue, or unexplained weight gain, the experience can be eye-opening. "So many people know something feels off, but they don't know why," Williams said. "When they can actually see what's happening, it gives them a better understanding of where to start."



Williams says one of the most common issues she encounters is chronic stress. "People normalize stress because it's become part of everyday life," she said. "But stress affects everything—from your hormones and sleep to your digestion, energy levels, and weight." Rather than focusing solely on symptoms, Williams works to uncover what may be contributing to those challenges and create a personalized plan for improvement.

Nutrition is another cornerstone of Williams' work, particularly when it comes to juicing. As a certified juice therapist, she believes many people misunderstand what effective juicing truly involves. "Anybody can throw fruits and vegetables into a juicer," Williams said. "But what goes into your juice matters." She explains that every ingredient serves a purpose, and every individual has different nutritional needs. What benefits one person may not be ideal for another. Rather than promoting restrictive diets, Williams focuses on helping clients understand how food supports overall wellness.

"I don't teach diets," she said. "I teach lifestyle change."



Williams' approach goes beyond nutrition. She believes many modern health concerns stem from chronic stress, poor habits, and the emotional burdens people carry every day. "The body keeps score," Williams said. "Not just from what we eat, but from our relationships, our work, our stress, and the experiences we carry with us."

For Williams, wellness isn't just a career, it's a calling. Through education, personalized guidance, and a passion for helping others heal, she's inspiring people across Middle Tennessee to take control of their health and live with purpose.

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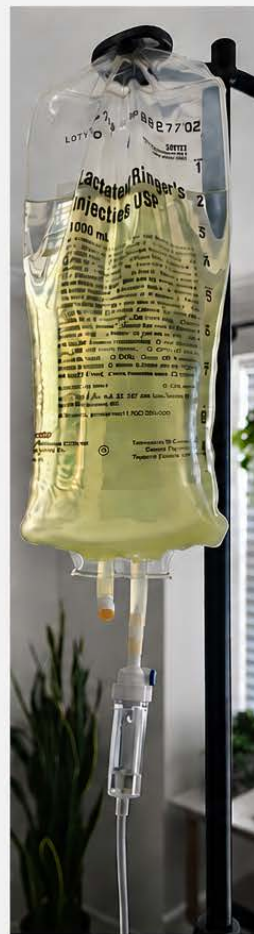
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MOVE. CONNECT. NASHVILLE.

FREE WORKOUTS.
RIVERFRONT COMMUNITY.



SATURDAYS

PILATES ON THE RIVERFRONT



📅 10 – 11 AM 📍 RIVERFRONT PARK 💰 FREE



THURSDAYS

HAPPY HOUR WORKOUTS

SWEAT. SIP. SOCIALIZE.

📅 5 – 7 PM 📍 RIVERFRONT PARK 💰 FREE WORKOUT ➕ HAPPY HOUR SPECIALS AT ZUZU

POST-WORKOUT
HAPPY HOUR AT

ZUZU

SPECIALTY
COCKTAILS: \$9

IN PARTNERSHIP WITH



NASHVILLE
DOWNTOWN
PARTNERSHIP



NWC
NASHVILLE WELLNESS CLUB

LEARN MORE AT NASHVILLEFITMAGAZINE.COM





NASHVILLE'S ULTIMATE ADULT FIELD DAY

ONE DAY. EPIC GAMES. REAL CONNECTIONS. UNFORGETTABLE MEMORIES.



**REMEMBER WHEN FIELD DAY
WAS THE BEST DAY OF THE YEAR?**

WE'RE BRINGING IT BACK.

Gather your friends, coworkers, family, and teammates for a day filled with competition, laughter, and memories you'll talk about long after the games are over.



TEAM
COMPETITIONS



TUG-OF-WAR
SHOWDOWNS



KICKBALL &
FIELD GAMES



RELAY
CHALLENGES



MUSIC &
ENTERTAINMENT



NEW FRIENDS.
REAL CONNECTIONS.



COMMUNITY
IMPACT

SAVE THE DATE!
OCTOBER 17, 2026

📍 **CAMP WIDJIWAGAN**
NASHVILLE, TENNESSEE

★ **BENEFITS**
FOREVER FOR KIDS

PRESENTED BY



📷 @foreverfieldday

✉ info@nashvillefitmagazine.com

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FROM THE

PODCAST

STUDIO

REAL CONVERSATIONS.
REAL **IMPACT.**



NEW EPISODES
EVERY MONDAY



NASHVILLE FIT ON YOUTUBE

LOCAL STORIES.
FITNESS.
WELLNESS.
COMMUNITY.

Watch Nashville's fitness
and wellness community
come to life.

New videos every week.

▶ **SUBSCRIBE FREE**



@nashvillefit



**NASHVILLE FIT GAMES
EVENT RECAPS**



**PODCAST & INTERVIEWS
REAL CONVERSATIONS**



**LOCAL SPOTLIGHTS
NASHVILLE STORIES**



**NUTRITION TIPS
FUEL YOUR LIFE**



**COMMUNITY FEATURES
REAL PEOPLE. REAL IMPACT.**



NASHVILLE FIT. ANYTIME. ANYWHERE.

Workouts. Nutrition. Events. Community.
Everything Nashville fitness in **one app.**



DIGITAL MAGAZINE

Exclusive fitness, wellness
& lifestyle content.



WORKOUTS & PROGRAMS

Train anytime, anywhere
with guided workouts.



MEAL PLANS & RECIPES

Nutritious recipes & meal
plans to fuel your goals.



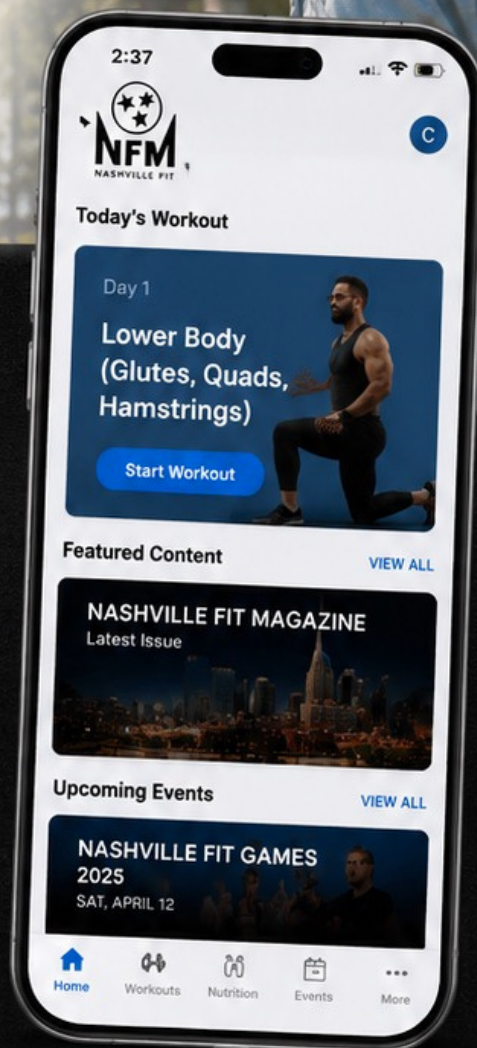
EVENTS & COMMUNITY

Stay connected to local
events, collabs & more.



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and members-only perks.



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SCAN TO
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