

MEMPHIS

HEALTH + FITNESS



**Ashley
Hall**

Crushing It!

*The
Spring
Issue*

**GAINING THE
MENTAL EDGE**
HUSTLE STAR OPENS
UP ABOUT FITNESS

The Plant-Based Diet Craze



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On the Cover:
Ashley Hall

Photo by Tindall Stephens

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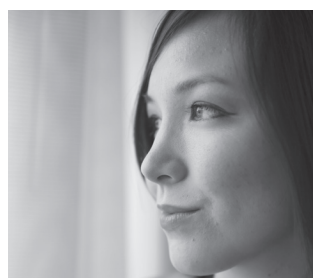
Amy Goode

When not beating the streets looking for the next fitness craze, Amy enjoys running, cycling, and swimming, and is always on the lookout for the best cheat meal. Sharing inspiring fitness stories encourages her to stay healthy.



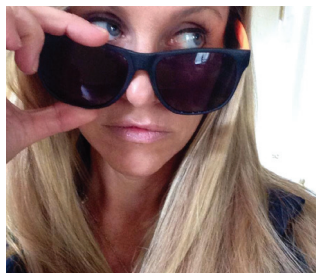
Hailey Thomas

Hailey has been running over half her life - fortunately not from the law! She has run marathons and half-marathons in Dublin, NYC, LA, Anchorage, Seattle, Red Woods, Big Sur, New Orleans, Sylamore 25K, Shelby Farms 50K and Memphis (6 times). Yoga is her new love along with interviewing Weekend Warriors with the same passion for fitness.



Laurenne Hom

Laurenne is a freelance web designer, graphic designer, writer, and editor who has worked her way through 11 different countries and 24 states. She's an avid cyclist, who biked 1500 miles across half the country in 2014. She also loves pilates and never does the same workout twice!



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Tindall has been shooting for over 20 years, specializing in weddings and portraiture. She currently is a super busy mom of three teenagers, wife of a Memphis firefighter/Paramedic, and entertainer of two Boston terriersamong running a full time photography business.
Tindallfarmerphotography.com



Lydia Podowitz

Lydia is a senior at Rhodes College. She's an editor for Ecumenica, an academic journal, and just completed her first feature-length screenplay. Lydia loves to hike at Shelby Farms, climb at Memphis Rox, and take long walks around campus.



Christin Yates

A freelance PR/Marketing professional, Christin began running in 2010 and hasn't stopped since. She now runs everything from 5Ks to marathons, and is an RRCA certified running coach. When not on the pavement or trails, you can find her hanging out with her rescue dogs. Visit her website at christinyates.com.



JoLaura Bell

JoLaura is a wedding and lifestyle photographer who has been snapping photos for the last 16 years. When not working her magic behind the lenses, you can find her on long walks with her four-legged BFF, eating all the tacos, and most likely sipping a dirty chai latte.



Halle Griggs

Halle teaches high school English by day and Bikram Yoga by night. She recently completed her 9th marathon. She enjoys reading, blogging, cheering on the Memphis Grizzlies, fall weather, and a nice glass of red wine.



Ben Stanley

Ben is a journalist from New Zealand, who recently relocated to Memphis. A finalist for NZ Sports Journalist of the Year in 2017 and 2018, he specializes in long-form feature writing. He is a dedicated cricket lover.

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Brenna is a two-year-old German shepherd. She stays active and maintains her slim frame by playing fetch at Shelby Farms Dog Park, where she has lots of friends. Her favorite toys to fetch are tennis balls, frisbees, and footballs. Owners: DeLayne & Gordon Zeine.

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Conquering the Memphis Half IRONMAN

A local's guide to the right first steps

The **St. Jude IRONMAN 70.3 Memphis** is coming and the community is stoked! Think about it, the event was only announced three months ago and how many people do you already know that are planning to compete? It's a game changer for Memphis and for a huge number of people who see this as the chance of a lifetime. Y'all, this massive event is in our own back yard! That means you won't have to deal with overpriced flights and lodging, not to mention your local support crew can be there on-site rather than a vendor you don't know. So if you've ever thought about doing a Half Ironman, the Memphis Half Ironman has just eliminated so many hurdles for you.

But where do you start? Everyone knows someone who has done a handful of triathlons, or maybe they're a former triathlete. But are they an expert? No! Chopping down 1 tree doesn't make you a lumberjack! Neither does competing in one, two, or even 20 triathlons.

When it comes to training for a "bucket list" type of event like this, the most important moves you make happen early in the process. Starting out correctly with a plan that will work for you and

surrounding yourself with a knowledgeable support group that's there for you are no doubt the most important moves you can make in this awesome endeavor you're about to embark on.

The real first step is easy... registering. It's the next step after registering that really sets the tone for success or failure; that step is getting a plan in place. You'll want to make friends with the local shops you'll be relying on for support. Really get to know your bike shop and their mechanics. After all, these are the folks who will be there to fix your flat tire, tune your bike last minute before your next training ride, and ultimately have you set up and fitted properly on your bike to prevent pain, and potential injury. You'll also want to find a run store that is able to help guide you through getting the proper shoes for you. That can involve assessing your run style, foot strike, and biomechanics. Then, there's the swim. For the majority of us, it's the most daunting of the three disciplines. So aligning yourself with a pool facility and checking into their "masters" program is key. A good swim coach will start the process with an assessment to further help you see exactly what you need to work on and will develop a personalized plan to

help you gain efficiency and comfort in the water.

This sounds like a ton, right? And it is, but it doesn't have to be overwhelming. That's why it was important to me to develop an all-in-one support and training program called Victory Triathlon Training that is designed to help you through the process. If you sign up now, we start sending you a training guide to get you ready for the start of the program in May. Beginning in May you'll get exclusive workouts every month with each of our coaches (we have expert level coaches in each discipline) and a classroom clinic to review workouts, answer questions and build overall community. Our team of coaches includes:

- Swim coach Trevor Hopper of Germantown Athletic Club
- Running coach Kevin Leathers of Can't Stop Endurance
- Clark Butcher of Victory Bicycle Studio
- Physical therapists
- Strength and mobility expert
- Clinical health psychologist
- Sports massage therapist



If you have a Half IRONMAN on your bucket list, or if you've done one before and are looking to improve, visit halfironmanmemphis.com or swing by Victory Bicycle Studio at 2549 Broad Ave, and talk with any of our staff.

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Spring Forward

Your Fitness, Your Mood & Your Health

This rainy Memphis winter may have knocked you off course in your wellness journey. Studies show that a lack of sunshine can not only zap your motivation to exercise and be productive, but it can also negatively affect your mood and health. However, spring is now right around the corner!

It's the perfect transitional season to make plans, set goals, and propel yourself into action with a renewed sense of energy and focus. Here are a few of my favorite things about spring for your physical health that also reinvigorate your mental and emotional wellness.



Soak Up the Sunshine

Decreased levels of vitamin D can weaken your bones and immune systems, which wreaks havoc on your moods and muscle function. Although you might lose a little sleep during daylight savings time (March 8), it means you have more exposure to sunlight, which naturally boosts overall health.

Warmer weather is a perfect excuse to get outside. Even gym rats cannot deny that running, walking, or biking outside is incredibly refreshing and good for the soul. Every spring, I look forward to running, walking, and even just finding a quiet spot to read and reflect at Shelby Farms. Memphians are so lucky to have such beautiful parks where the whole family (pets included) can chase away the winter blues and have fun in the sun.

Spring Clean Your Nutrition

If your fridge is not sparking joy, make like Marie Kondo and clear out the foods that are zapping your energy and causing weight gain. Replace them with fresh, local, in-season produce. Hit up a farmers market and load up on foods that make you (and your wallet) feel good. Spring is also the best time to find a patio and explore the healthy and tasty cuisine in town.

Refresh Your Workout

After a long winter of working out inside, it's time to change up your routine. Spring means ample opportunities to reignite your fitness regimen. It's the perfect time to start training for a 5K or half marathon—or even just start running with your friends. Memphis offers rope courses, climbing walls, and gorgeous trails to bike and explore. The choices are endless!

Set New Goals

This is the season of renewal. It is never too late (and you are never too old) to start something new, or even start over. Spring is a great time to take stock of what is making you happy and, more importantly, what isn't. Be kind not only to others, but also to yourself. Be creative. Be committed. And most importantly...have fun!



A black and white photograph of two men fist bumping. The man on the left has a beard and is wearing a plaid shirt. The man on the right is wearing a dark sweater. The background is blurred, showing what appears to be a bar or social setting.

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The McMullen Motivation

High school sports take a whole lot of time and energy from the hours spent outside the gym and field to being at peak performance to game time—in addition to normal school work.

Seventeen-year-old **Reese McMullen's** motivation goes way beyond that of a typical high school athlete. A junior at Christian Brothers High School, he not only has been on the varsity basketball team since freshman year, but he has worked to be in the top percentage of his class and serves as the academic chairman on the Brothers Leadership Council.

His love for basketball came before his love for achievement. "There is a home video of me as a baby holding a basketball bigger than my head, so yeah I have been playing for as long as I can remember," Reese says. Of all the sports he tried as a kid, it was basketball that stuck.

He started off playing for Idlewild church and at elementary school. As he got to be more competitive in middle school, he joined an AAU (Amateur Athletic Union) team, the Junior Grizzlies based out of Desoto County.

Reese credits the AAU league for getting him where he is today. "It made me realize I was not the best player, and that was good for me. Basketball was not just me and this little bubble at my school. I had to find new ways to score and really show how I could be effective."

When high school decisions rolled around, Reese chose Christian Brothers. "When they told me about the accelerated De La Salle program, I knew it would set me up for where I wanted to go in the future. Then, I just had to see if I fit in with the team."

From the beginning, Christian Brothers instilled a strong work ethic within him. The summer before he started, Reese started training with the varsity team. "They kind of threw me into the fire. You had little 14-year-olds me playing with 17- and 18-year-olds." He admits it was



Reese is a Junior at CBHS and was named to the All West Region Team.

extremely tough, but it prepared him well for the following years.

Eventually, colleges started taking note of Reese. He got his first offer from Lipscomb University in Nashville last summer, which is a feeling he'll never forget. "The first offer is always special because it is the first coaching staff and school that believes in you enough to invest in you financially."

He has also received an offer from Dartmouth after attending a basketball camp there. "That was my first Ivy League offer, so it was super

exciting." Other top schools have shown interest in him, and Reese says he's giving all his offers serious consideration.

It's the time and effort he's put into the game that has made Reese a success. "Everyone wants to be good, but not everyone is willing to put in the work. Playing with the varsity team really taught me what it meant to give it everything you've got. Balancing school and basketball has prepared me for life and a college athletic career."



Outdoor enthusiast and proud St. Jude supporter, Chloe is an aspiring writer with a passion for living healthfully. She is a junior at St. Mary's Episcopal School and runs on the cross country, half-marathon, and track teams.

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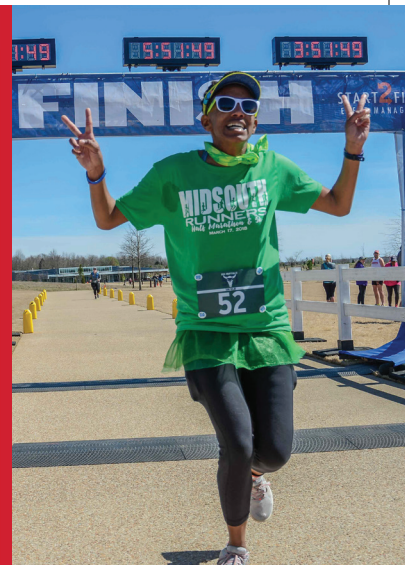
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WELLFORD ROCKS THE RIDE AT CYCLEBAR



Peterson is the
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Peterson Wellford, 28, grew up a swimmer, but he opted to stop when he got to college. For the first couple of years he was in school in Alabama, he wasn't very active at all.

"I was burned out, and I didn't put any fitness in my routine," he explains. "I started running for a little while, but honestly, I hated it."

Peterson was in graduate school in Lexington, Kentucky, working on his master's degree in healthcare administration when he started spinning at a local studio. After graduating, he moved back to his hometown of Memphis to start his career.

"I went to CycleBar one day because I wanted something to add to my fitness routine," he says. "Through knowing mutual people, I was asked to audition with CycleBar shortly after I started going there."

Peterson was hired on, and almost three years later, he is the general manager for both the Midtown and Germantown locations.

"I have completely let go of my goals within healthcare administration. I don't plan on going back to a desk job. I fell in love with CycleBar and the brand and everything it has to offer," he says.

Peterson says CycleBar has totally changed his life, and he enjoys seeing it impact others' lives as well. While indoor cycling is the thing he enjoys most, he mixes it up with Shed fitness, yoga, and hot Pilates.

Part of the culture of CycleBar is promoting a sense of community.

"We really pride ourselves on being more than a workout. We pride ourselves on being a full experience that starts when you walk in the door."

Peterson says people of all shapes, sizes, and backgrounds feel welcome in the CycleBar studios.

"Everyone can come in and look at what their goals are and not have a comparison to anyone else in the room."

CycleBar motivates class participants with energizing rides tailored to all fitness and experience levels. There are three different class formats—all rhythm-based riding.

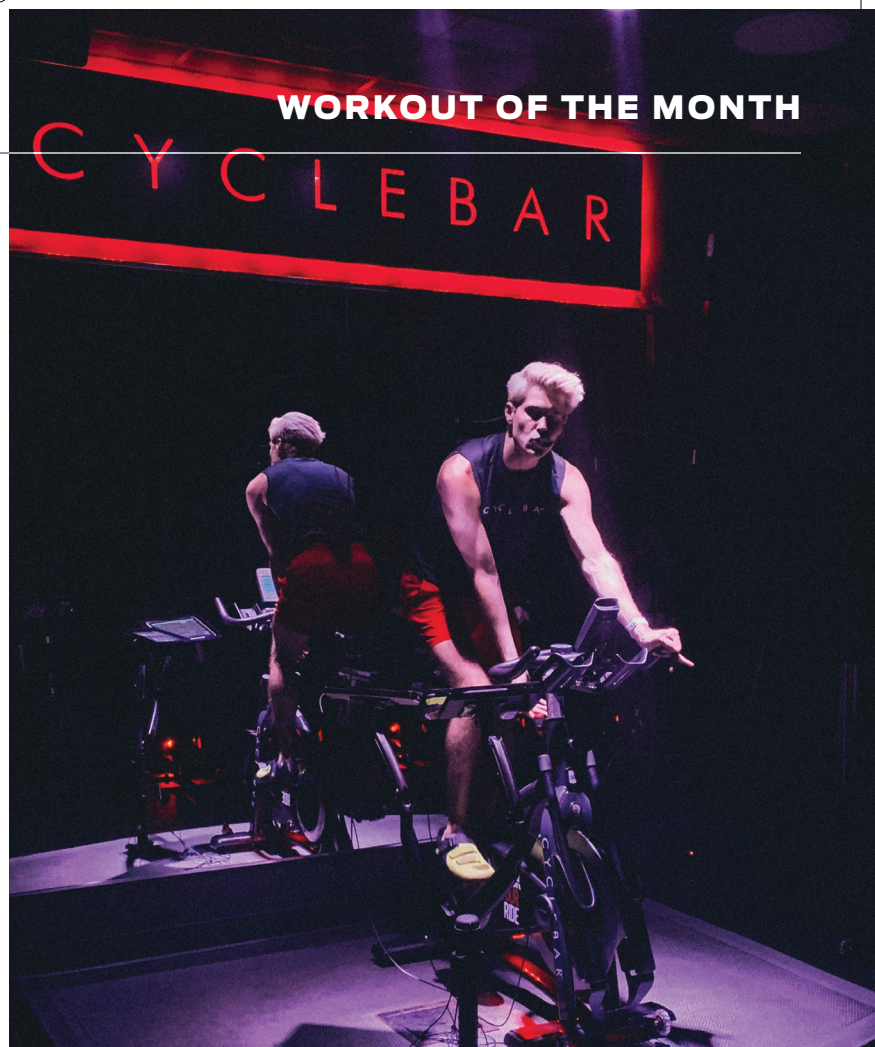
The Classic Ride is the most common and makes up about 90% of the studios' schedule. Empower is more of a seated ride without choreography. Empower is more focused on holding the rhythm, and it helps people feel stronger in the Classic Ride class.

"Empower is a great complement to the Classic Ride," Peterson says. "It helps get your strength up and helps you feel supported for more challenging classes."

There is also the Connect class, which is fully based on rhythm without using stats and numbers. It is a great way for participants to disconnect from the numbers and get locked in the music.

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Her *Competitive* Edge

Born & Bred

Raised right here in the Bluff City, **Ashley Seema Hall**, 33, is a tried and true Memphian. She is a graduate of Harding Academy and the University of Memphis, where she cheered for the all-girl squad and won her first National Championship in 2008. She and her husband, Roderick, and their boxer, Kash, continue to call Memphis home.

A legal assistant at a prestigious law firm in the heart of downtown is how she spends most of her days. When not working, her second love is fitness. She works out with Anthony Travis, owner of Xtreme Fitness, about four times a week and personal trains with him once a week. They tackle 275-pound tires, nonstop burpees, rope slams, tire flipping, ball walls, running/sprinting, strength training, kickboxing, and so much more. Outside of her sessions with Anthony, she bikes the Greenline to Shelby Farms with her husband and takes their dog on walks.

When it comes to eating, Ashley says, "I'm more of a 'whoopsies, these clothes don't fit so I need to dial it back in' kind of person." During the workweek, she prefers to pack her meals to help keep her on a routine. Typically, she has two rice cakes with cookie butter for breakfast, a chopped salad for lunch, and popcorn for a midday snack. On the days she exercises, she throws in a protein shake or Quest Birthday Cake bar. For dinner, she generally eats what she wants. "Lately, we've been eating a lot of turkey burgers and fries. It's all about balance, honey!"



Goals, Goals, Goals

Aside from winning a collegiate national championship, her most proud fitness goal was winning first place in the bikini division of her class at the NPC Battle on the Bluff in 2016.

In 2014, she competed in the NPC Dexter Jackson Classic in Memphis. She placed fourth in Bikini Novice Class A. In 2016, she competed in the NPC Battle on the Bluff in Memphis. She placed first in Bikini Class C. With her background in competitive cheerleading, she leaned on that competition itch.

“The key to maintaining my sanity is knowing when to take a break and recharge.”

When it comes to bodybuilding, Ashley believes it takes two things—self-discipline and willpower. Her training lasted about 18 weeks, and she went to the gym twice a day. Planning was key—everything was measured out, from her last drop of water

to that extra piece of chicken because of macro calculations. Along with a nutrition coach, Ashley also had an exercise coach and a posing coach. It takes a village to deliver such an impressive competition package.

Her favorite thing about bodybuilding is what it teaches the competitor: courage, resilience, optimism, and confidence. Her least favorite part is the diet because, as she notes, “I love to socialize and eat!”

Motivation Station

“Seeing the benefits of my hard work always keeps me going,” Ashley says. Working out with friends holds her accountable and keeps her active. In addition, she also believes in treating herself to a new workout outfit here and there as a reward.

Because of her busy work schedule, a regular exercise routine calms her mind and gives her a satisfaction like no other.

“The key to maintaining my sanity is knowing when to take a break and recharge. I’ve learned that it is okay to say no to certain things in order to live a happier and healthier life.”

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GAINING THE MENTAL EDGE

Hustle Star Opens Up About His Approach To Fitness

Early in his basketball career, one of **Jarrold Uthoff's** mentors gave him a piece of advice that has stayed with him: "There are no mistakes. Everything happens for a reason."

While it doubles as a pragmatic approach to the twists and turns of life, it has also served as a fitness mantra for the 26-year-old Memphis Hustle star.

A former college hero at the University of Iowa, who played nine games for the Dallas Mavericks in 2017, Jarrod is renowned amongst the Grizzlies' G-League affiliate team and front office for his dedication to health, fitness, and nutrition.

It's clearly paying off, too. After missing two games with a slight shoulder injury in January (the only two he's missed in his entire college and pro career), the 6-foot-9, 215-pound power forward established himself as the Hustle's go-to offensive force in February with five straight double-doubles in points and rebounds.

Jarrold's per-game season averages for points (19.7), rebounds (10.8), assists (3.1), and minutes (34.7) rank as the best in his NBA career, ensuring he's positioned as a potential Grizzlies call-up if injuries or poor form hit.

The Cedar Rapids, Iowa native sat down with Memphis Health and Fitness at the FedEx Forum to talk about his individual approach to fitness, recovery, and eating well—as well as the importance of a strong mental game when looking after your body.

When did you start taking fitness seriously as an athlete?

I started in college. In high school, you're going through so many things. You have so many different stresses when you're young and you don't really know how to deal with a lot of stuff. In college, you get to learn a bit more about it and the effects that different exercises and fitness programs have on your body.

Was your greater understanding of fitness and how your body reacts to better care a shock in college?

The shock has been since I've become professional. I've taken it to a different level. In college, you start to gain the understanding, but since I've been a professional, I've become better and better at managing my body, in little things. Getting a bit older, you can't just run through things like you could when you were younger.

It sounds like the mental aspect of looking after your body became quite important to you?

It's been a massive change for me, the mental side of it. I think that's what separates a lot of the elite athletes from guys that could be. It's something I've really honed in on over the last three or four years. I meditate every day, and I foam roll. I get my body loose and I do yoga poses —stuff like that. I find that it really helps me.



Jarrold Uthoff plays Power Forward for the Memphis Hustle.

Give me a run through what your week might look like.

It's hard to pinpoint a precise schedule because sometimes you play four or five games a week, and sometimes you only play one. You try to listen to your body as much as possible.

Sometimes you need to push yourself really hard because it's been a while. Sometimes you're just really worn down that day and your body is telling you to back off. When I was in college, I would have just pushed through it. Recovery is an essential part of performing at the next level.

Give me an example of some of the steps you take to recuperates after a game.

If you're stressed out about stuff on or off the court, your body is not going to be able to perform at the same level. I meditate, calm myself down, and allow myself to overcome those stresses and push them aside, which is a pivotal part of recovery. A light bike ride flushes your system out. Stretching is important for me too.

You've played several years in the NBA's G League and in Russia. Are there any techniques you've picked up along the way you have incorporated into your fitness regime?

It's more individualized than anything. I really need to depend on myself to have a long and healthy career. I can't depend on anybody else. Of course, there are helpful people along the way, like our trainers here and support staff, but that support staff changes so often. You need to take the approach yourself; you need to be responsible for your long-term health on your own.

Put me in the gym with the Hustle. What does it look like?

I feel like we have a great group of guys who are genuinely good people. When you have that fun-loving, charismatic, love-the-game energy, it goes a long way. At the same time, we're all competitive. You don't get this far without being competitive.

You want to win, but maintaining that level of love for the game and having fun when you play is very important to the team. You pick other guys up, and the other guys pick you up.

What is your approach to your diet and eating well?

I have a very hard time gaining weight ... and maintaining weight. I eat more stuff that I shouldn't because I need to maintain weight during the season. I burn so many calories and have such a high metabolism.

I wake up every morning and have a little juice shake. I make smoothies for myself. For lunch, it really depends. Some type of protein, maybe rice or potatoes ... and a lot of vegetables. A lot of it is centered on vegetables. I drink a lot of olive oil and coconut oil to maintain my weight. Increasing healthy fats in my diet has really helped me.

What's your favorite aspect of working out?

I like the process of it. Sometimes it's the worst thing ever to get on the bike and go bananas, but sometimes that's what you need. Afterward, you feel this sense of accomplishment. With weight training, it's great to feel your body getting stronger. You can sense that and it translates to the court.

What's your fitness advice for those of us who aren't professional athletes?

The mental aspect is so overlooked. That's a bigger aspect than the physical. I could go on about eating more vegetables and less sugar, but more important is the mental aspect. Decreasing stress and allowing your body to recover means you are more focused on what you enjoy rather than what you hate. You go a lot further in life when you do that.



A New Tool for Emotional Health

As part of our overall health, being transparent about what is holding us back and uncovering our personal roadblocks are some of the best things we can do for ourselves, for our families, and in the workplace. The Enneagram does just that. It is a personality tool that helps us get emotionally healthy.

There are many personality systems that tell us who or what we are, but the Enneagram is very different. It tells us the WHY behind our motivation, tells us how we are triggered, and reveals subconscious fears that are keeping us from moving forward. It doesn't put us in a box but shows us the box we have been in.

The Enneagram is made up of nine different types. Everyone has one core type as their dominant personality. Here is a brief overview:



Type 1: The Moral Perfectionist

These people are driven by wanting to be seen as good, moral, and ethical. They have high standards and always strive to do things the right way. They are typically orderly, methodical, and diligent. They tend to have an inner critic that is relentless and always showing them how they can improve. They bring structure to the world.

Type 2: The Supportive Advisor

They are driven by wanting to feel needed. They are the “helpers” of the world and always look for ways they can support other people. They are relationship driven and are observant of the needs of others. They give a lot of themselves and tend to struggle with setting healthy boundaries. They are genuinely caring individuals who are in tune with the ways they can serve others.

Type 3: The Successful Achiever

Successful Achievers are driven by accomplishments and wanting to be seen as successful in everything they do. At times they can be workaholics and believe that they are only as good as what they achieve or how they are perceived. They are image conscious and may put effort into being physically fit, being in style, and having the appearance of having it all together. Threes see what can be and go after big goals to accomplish things in life.

Type 4: The Romantic Individualist

The Fours are driven by wanting to be unique and different. They have their own twist on things such as the kind of car they drive, their clothing style, and their home decor. They are deeply in tune with their emotions and struggle with feelings of being insignificant. They tend to believe the lie that they are fundamentally flawed while the rest of the world has it together. Fours have the amazing ability to see beauty in things that others miss, and they appreciate art and nature more than others.

Type 5: The Investigative Thinker

Type Fives are driven by the need to be knowledgeable and informed. They want to be clear minded and don't want obligations placed on them by others. They do a lot of research and gain their self-esteem from their intellect and the ability to be self-sufficient. They are aware of the amount of energy they have and are mindful of when they need to recharge. Because of this, they can be stingy with their time and their conversations. At their best, they are objective, insightful experts in their chosen field.

Type 6: The Loyal Guardian

Sixes are centered around relationships, loyalty, and feeling a sense of belonging. They lean on having a trusted authority figure. They do not have to be in charge but find security in someone who is. They can struggle with anxiety and always thinking about the worst-case scenario. At their best, they are engaging and loyal and dedicated to people and groups.

Type 7: The Entertaining Optimist

Type Sevens are the life of the party and exhibit optimism, energy, and enthusiasm. They are driven by fun experiences and wanting to be seen as an outgoing person. They like to be involved in everything and have a true fear of missing out. They also fear being trapped in emotional pain and having to address their feelings. They tend to respond with humor to avoid emotions. When emotionally healthy, they bring life to others, are creative, and help people see possibilities they may miss.

Type 8: The Protective Challenger

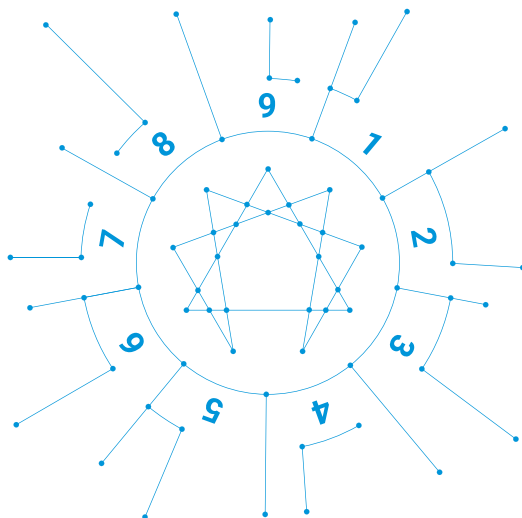
Eights bring an intensity and energy to the world. They have an honest, blunt communication style and proudly call it like it is. They go after what they want and will not back down when challenged. They have a strong need to speak up against injustice and will fight for those who cannot fight for themselves. They can be excessive and intimidating, and struggle to restrain their anger. They can be protective, compassionate leaders who take charge and make an impact in the world.

Type 9: The Peaceful Mediator

Nines want to keep peace and have harmony in all of their relationships. They like a calm atmosphere and want to avoid conflict at all costs. They are great listeners, are patient, and take time in everything they do. They fear being overlooked and desire to know that they matter to others. When they are emotionally healthy, they are great connectors and able to mediate and restore harmony.

Once you know where you lie on the spectrum, you can work with your strengths to bring fulfillment and happiness to your life and relationships.

If you're unsure of your Enneagram number, go to Moniquescrip.com to take a free test to uncover your personal roadblocks.



Monique Scrip is a wife, mom of three boys, and certified Enneagram leadership coach. She is the owner of Monique Scrip Coaching, where she works alongside business owners and individuals to train them in leadership and overcoming roadblocks.

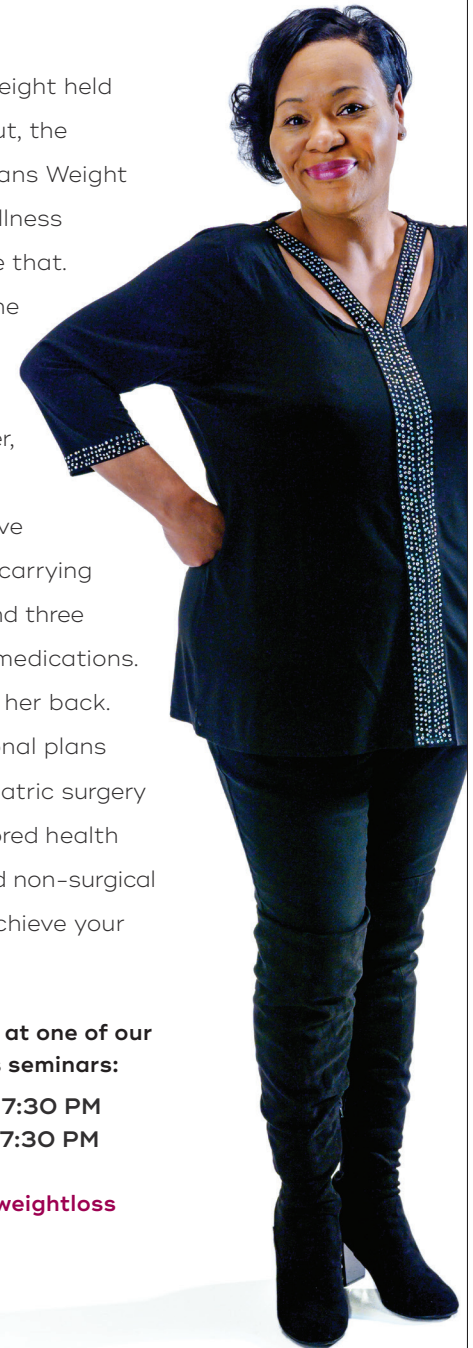
Maria's dramatic weight loss made lots of people say "wow". Including her doctor.

For years, the extra weight held Maria Garcia back. But, the UT Methodist Physicians Weight Management and Wellness Center helped change that. After speaking with the medical specialists, Dr. Matthew Davis and Dr. Virginia Weaver, Maria underwent life-changing gastric sleeve surgery. Now, Maria's carrying 60 fewer pounds – and three fewer blood pressure medications. And nothing can hold her back. From diet and nutritional plans to our accredited bariatric surgery program, we offer tailored health plans with surgical and non-surgical options to help you achieve your weight-loss goals.

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Clean Food, Clean Beauty, Clean...Wine?

A conversation with
Knifebird Wine Bar owner
Kate Ashby over a glass (or two)
about why she thinks people want
to know what's in their wine.



As a culture, we are growing more conscious of what we are putting into (and on) our bodies. Health-oriented individuals are asking questions about what exactly is in their food, cosmetics, and cleaning products—in addition to seeking out transparency in sourcing and the methods used to produce them. Organic, vegan, sustainably or responsibly produced, animal free, and non-GMO are at the forefront of consumers' minds.

If we're committing to eating organic whenever possible and ditching cosmetic products for cleaner brands, then why would we kick back with a glass of mass-produced vino? It's just grapes and yeast, right?

Not quite. The reality is that the wine we pull off the shelf time after time for its consistent taste has been engineered through the use of a wide range of additives to create the exact taste and even color we expect. The color and sweetness we love in a red could be the result of anything from sulfur dioxide to egg whites to Mega Purple (just google it).

Kate Ashby, owner and proprietor of the wine bar Knifebird, says that there are entire trade shows dedicated to wine additives. Tinkering with wine to make its flavor or consistency more appealing isn't new. The Romans are purported to have added lead to their wine, and the practice of adding sulfur to make wines stay fresh longer began in the medieval period.

As Kate points out, now it's an issue of transparency. There are very few restrictions on what goes into wines,

MEMPHIS FIT

especially American wines. Wine isn't covered by the Food and Drug Administration, and winemakers aren't required to disclose exactly what is in each bottle. There are 60 chemical material additives that are allowed by the Alcohol and Tobacco Tax and Trade Bureau; all that winemakers have to reveal is the alcohol content and if the wine has sulfites or certain food coloring additives.

As consumers are becoming more aware, Kate says, "It seems wasteful not to ask questions about the wine."

"We work with winemakers that align on our values."

To select what wines she pours at Knifebird, Kate has to do her own research to find producers that want to be transparent. Labels and certifications such as "organic," "natural," "biodynamic," and "sustainable" only add to the confusion. However, Kate says, "As wine gets nerdier, this [transparency] becomes possible. We work with winemakers that align on our values."

Kate sees the growing trend in natural wines because of the underlying idea that people want to know what's in their wine. And while she does "natural" wines from time to time, the emphasis is on makers that are trying to be really transparent and at the same time are producing infinitely quaffable wines.

Mass-produced name brands don't have a place at Knifebird, which is what many patrons love about it. However, that doesn't mean the wines on its menu are stuffy, cloudy, or even funky. They are interesting and have a story to tell—probably because Kate has met the farmer or the winemaker and/or knows their wine-making process.

Kate's commitment to taste and quality lets us try and explore types of wine we may have never heard of like the Chenin Blanc from Dashe Cellars or the Cianoôrôs. With unregulated wine production, we need an advocate like Kate who can understand our values and can find wine from producers that do the same.

Having done the research, Kate has brought phenomenal options to Memphis. Habitual label-readers and extra mindful consumers can rest easy knowing that Knifebird has done the leg work for us.

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Laura Gray McCann is a mom to a toddler, yoga instructor, and a wine enthusiast.



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Michele Weir, Triathlete, Cyclist & Runner

52, Senior IT Lead for Hilton Hotels



I did triathlons for a year in 2006 then stopped until I started again in 2015. I honestly don't keep a tally, but I've completed distances between full IRONMAN down to super sprints.

I've been running and cycling my entire life. In running I've completed distances between a marathon and 5Ks. For cycling, my favorite distance is a metric century.

My last duathlon was the Atomic Man in Lenoir City in October 2019. So hilly! I PR'd but didn't place in the top three. Close, but no cigar. Very recently ran the Crosstown 10K.

The Bluff City Blues every October is my favorite event. It's the crescendo to months of training with the Bluff City Training Team and becomes a celebration of what a single person, as well as a team, can do when you focus and work hard.

The Memphis Hightailers, the Bluff City Training Team, and the Memphis Thunder Triathlon racing team are like extended family to me. Secondly, I enjoy the fitness and health part. It's really great being able to run circles around your children!

I absolutely adore being outdoors, and being active keeps me healthy and happy.

Locally, my inspirations are world class athletes like Dale Sanford, Lesley Brainard, and Kirsten Sass. I also draw inspiration from my friends that train and compete and try to balance their athletic/work/family life as I do.

I will be racing Memphis in May Amateur Challenge (my first time with two races in one weekend), Duathlon Nationals, Manteno Duathlon, Memphis Half IRONMAN, Chattanooga 4 Bridges Half Marathon, and of course, the Bluff City Blues Century.

"It's really great being able to run circles around your children!"

In 2009, I could barely walk after a small mountain bike accident, so training was out of the question. It took over a year to diagnose the issue (bone fragments in one of the joints of the foot), complete surgery, and finish a long recovery. It was heart breaking for me not be active, and I really wondered if I'd ever be able to run or bike again.

I have the travel/adventure bug; so far my favorite destinations are Arizona and East Tennessee.

I don't eat out a lot, but when I do it's City Silo. LOVE their Hippie Scramble and Veggie Love juice.

I always splurge on a good bike helmet. And one beer on Friday nights.

The wolf is my spirit animal. I really enjoy some solitude, quietness, nature, and self-reliance—but also love and depend on my pack.

After my foot surgery, my mantra became, "Don't ever give up."

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Weldon T. “Bucky” Stewart, Triathlete, Cyclist & Runner

57, Wells Fargo Advisors Managing Director of Investments

My first triathlon was in 1994, Mighty Mite and Memphis in May. I also do one at my house every Fourth of July, a sprint triathlon.

I started running marathons in '94 and have done 17 total.

My claim to fame was passing “P-diddy” Sean Combs in Central Park at the NYC Marathon.

I’m a member of the Memphis Hightailers. My favorite ride is the Mellow Mushroom Tuesday ride. Great bunch of guys.

I love the focus it takes in endurance sports during the race because there are always issues. Also like the process of getting there.

I stay fit because it makes me a better me—a husband, father, neighbor, and friend.

My inspirations are Lance Armstrong and Greg Lemond.

I’m training for the Half IRONMAN here in Memphis in October.

“I stay fit because it makes me a better me.”

Most recent hardship is breaking a bone in my neck last year. Also, a dislocated shoulder, ACL surgery, and a completely ruptured Achilles.

I love to travel with my family to Ireland and Montana for fly fishing.

My favorite restaurant in Memphis is La Hacienda for the chicken soup.



Motorcycle riding and my faith are my passions.

My splurging is taking my wife wherever she wants to go to eat. Also bicycles, I have five.

My spirit animal is the honey badger. He is always on the move and seizes the day.

My favorite quote is, “You can’t hoot with the owls and soar with the eagles in the morning.”

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Green Apple Carpaccio

A light, refreshing (green) appetizer is all you need to welcome the first celebratory day of spring. This salad is a good way start St. Patrick's Day with something a little clean to even out the all those heavy eats you'll have later. Slightly tart from thinly sliced apple, a bit sweet from honey, and fresh and creamy from olive oil and Parmesan, this dish is festive and delicious.



Ingredients:

- ❑ 1 Granny Smith apple
- ❑ 1/4 cup shaved or thinly sliced Parmesan
- ❑ Good quality extra virgin olive oil
- ❑ Honey
- ❑ Fleur de Sel (or sea salt)
- ❑ Microgreens (or fresh herbs)

Directions:

Slice apple into quarters, then using a hand-held mandolin, shave it into thin slices. Layer the slices flat on a platter similar to other carpaccio dishes. Evenly top with the Parmesan slices. Drizzle the olive oil and honey to taste. Finish with a heavy sprinkle of salt and microgreens over the top.

*Toasted nuts would also work beautifully.

1 to 2 servings



Reginelli  *Recommends*

Passimento Bianco

Passimento is an enticing Italian white full of citrus fruits, honey, almond, and apricots. It's well balanced with bright acidity and a long creamy, dreamy finish that begs for food. Pair it with your favorite primavera dishes like Green Apple Carpaccio. Serve chilled. **\$17.99**

See Oenophile Mary Catherine Reginelli at Pyramid Wines & Spirits. Pyramidwines.com, 901.578.2773.

Andrea LeTard is the creator and author of *Andrea's Cooktales*, an heirloom cookbook. She is also a personal chef, small party caterer, and cooking instructor. Andrea has been featured on Cooking Channel, Today Show, and Local Memphis Live. She was chosen as a Top 100 Contestant on MasterChef Season 6. Her recipes are "next-generation southern"—fun and fundamentally southern with a modern twist. Follow Andrea on Facebook, Instagram (@andreas_cooktales), and her video blog series at Andreascooktales.com.

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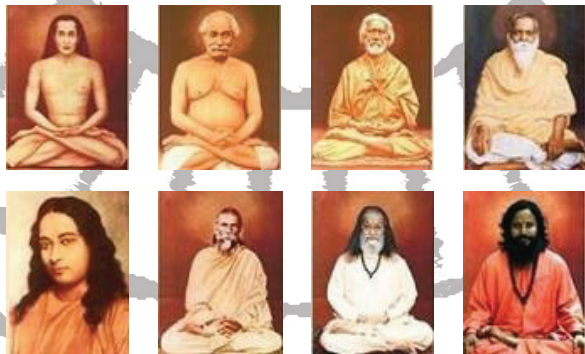
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3 Things To Know About Plant-Based Diets

The goal of a plant-based diet is to focus on filling your diet with whole plant-based foods: vegetables, fruits, grains, nuts, seeds, and legumes. Plant-based doesn't necessarily mean vegan; a plant-based diet may contain occasional meat or dairy. The push towards whole, real foods instead of processed ones with artificial ingredients is also great for the planet.

Transitioning to a plant-based diet is more than just simple swaps or eating ready-made vegan products you find at the store. It begins with a solid foundation of nutritional knowledge. This means starting with a diet focused on mostly well-rounded meals of whole foods before cutting right to eliminating meat and just replacing animal-based proteins with plant-based alternatives.

While a plant-based diet can be incredibly healthy and can help improve health markers and weight loss, there are some important things to remember:

1 As with any diet, it's still all about a calorie deficit

If you lose weight after switching to a plant-based diet, it is not just because you're not eating meat. By cutting out meat and dairy, you could be eliminating additional calories to create a calorie deficit (or eating fewer calories than you're burning on average).



Kate Lyman, MPH, CHES is a nutrition coach who believes in ditching restrictive diet rules and building flexible eating habits so that you can eat the foods you enjoy while still working towards your aesthetic, performance, and health-related goals. She provides individual and corporate nutrition coaching and creates resources that can help anyone improve their diet. Find her cookbooks, nutrition guides, and other resources at katelymannutrition.com or on follow along at [@klnutrition](https://www.instagram.com/klnutrition).

2

Protein intake is still important

Protein is important for maintaining and building lean body mass regardless of your diet or goals. This doesn't mean consuming mass amounts of protein in order to bulk up like a bodybuilder; this refers to eating enough protein so your body maintains muscle and bone mass—integral parts of health as you move and age. Even if you're not eating animal products, still make an effort to consume adequate protein.

Examples of plant-based protein sources:

- Beans
- Lentils
- Chickpeas
- Edamame
- Protein pastas
- Plant-based protein powder
- Powdered nut butters
- High fiber tortillas and wraps
- Nutritional yeast
- Tofu
- Tempeh
- Spirulina
- Leafy green vegetables
- Mushrooms

3

Whole foods are always preferable

With the rise of plant-based products, it's important to remember that the main goal is to stick to whole, unprocessed, plant-based foods. An Impossible burger or chickenless tacos may be a great option occasionally when out to eat, but these processed meat-free alternatives should not become the staple of a plant-based diet.

Transitioning to a plant-based diet can be great for your health and wellness, but first be sure to take a look at your current diet and see if there is room for small improvements before making any big, dramatic changes.

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The Science of Metabolism

Metabolism is comprised of the many processes that occur within us to maintain life. Energy is required to keep our bodies powered. The heart beats around 103,000 times, the brain thinks with 7,000,000 brain cells, and we move 700 muscles in just 24 hours. While the word metabolism may have other connotations, there's a lot of science behind the word's true meaning.

Metabolic rate is influenced by many things including body temperature, respiratory rate, age, and genetics. These factors are out of our control and are the reasons why some individuals have a naturally faster or slower metabolism. Variance in metabolic rate from person to person, just like in body size and shape, is normal and okay.

Is there a superfood to support metabolism?

Much of our metabolic rate is determined by factors beyond our control, but our lifestyle choices can play a part. While no superfood (not even celery juice!) can ramp up metabolism, there are practical steps a person can take to promote a healthy metabolism.

- Eat well. Eat often. Eat mindfully.
- Aim for 7 to 9 hours of sleep per night.
- Exercise to build strength and reduce stress.
- Hydrate intentionally. Carry a water bottle and drink to thirst.

More on eating often...

Eat three meals per day, beginning with breakfast within two hours of waking. Eating a balanced breakfast provides the body with energy needed for a new day. Skipping breakfast, or any meal for that matter, signals the metabolism to slow down. Think about hibernating bears... their metabolism drops to 25% of its normal rate to ensure survival in the upcoming months without food. And while none of us hibernate for months on end, it's still important to note that low to no energy yields a slower metabolism. Why force our bodies to conserve energy and survive on less food? Each day, be sure to eat three meals, adding snacks in between as needed.

More on eating well...

To eat well, eat all the food groups: carbohydrates, protein, fat, dairy, vegetables, and fruit. Food groups are defined by their nutrition profile. Like a puzzle piece, each food group has its unique qualities that, when put all together, create the bigger, balanced picture. We can build our bigger picture each time we build our plate! Start with filling half the plate with vegetables or fruit to fill up with vitamins, minerals, fiber, and antioxidants. Make the other half of the plate equal parts carbohydrate and protein. Carbohydrates are essential for energy, and protein provides long-lasting satiety. Consider finishing off dinner with a glass of milk or small bowl of ice cream for calcium and fat—and just because it's fun! To eat well is to eat balanced.

More on eating mindfully...

Speeding up the body's metabolism may require slowing down eating. Take a minute before each meal to check in, asking "What is my hunger or fullness level right now?" and expressing gratitude for the meal. These checkpoints increase mindfulness around eating, providing more insight into beliefs, behaviors, and emotions around food. With greater awareness comes greater potential for meaningful change. To learn more about nutrition and your relationship with food, working with a Registered Dietitian at Memphis Nutrition Group can be a great place to start!

Ready, set, go!

Building a healthy metabolism requires intention and time. Remember to eat well, eat often, and eat mindfully. Food is fuel, so fill up to power up a healthy metabolism.



Caroline Prunte, MS, RDN is a nutrition therapist and Registered Dietitian at Memphis Nutrition Group. Memphis Nutrition Group believes in a non-diet approach that promotes overall health and optimal performance without compromising the enjoyment of food. For more information call Memphis Nutrition Group at 901.343.6146 or visit MemphisNutritionGroup.com.



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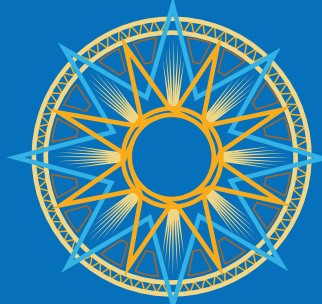
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Collierville, TN

3/28/20
T.O. Fuller State Park 7K/14K
T.O. Fuller State Park

3/28/20
Gerold Blum Memorial 5K
Memphis, TN

4/3/20
NFT Lights for Life Neon 5k
SPOTLIGHT RACE
Memphis, TN

4/4/20
Flock Around the Block 2020
Hernando, MS

Race Directors, Reach Runners! Call Hailey at 901.335.6005 to Reserve Your Race Ad today!

START²FINISH
EVENT MANAGEMENT

2/29/2020 • **NANETTE QUINN GOBBLER 5K** • MEMPHIS, TN
2/29-3/1 • **LITTLE ROCK MARATHON WEEKEND** • LITTLE ROCK, AR
3/8/2020 • **GERMANTOWN HALF MARATHON** • MEMPHIS, TN
3/21/2020 • **BIG BUFFALO 50MILE AND 50K RELAY** • MEMPHIS, TN
3/28/2020 • **VIKING HALF MARATHON** • GREENWOOD, MS
3/28/2020 • **CASA 5K** • OXFORD, MS
3/28/2020 • **WOLF RIVER GREENWAY 5K** • MEMPHIS, TN
FOR MORE INFO ON ANY OF THESE EVENTS OR TO REGISTER ONLINE PLEASE VISIT: S2FEVENTS.COM



HST RUN FOR THE SON 5K - MARCH 28
HARDING SCHOOL OF THEOLOGY CAMPUS, MEMPHIS, TN
Benefitting the students of Harding School of Theology

- 4/4/20

Sista Strut - Memphis

Memphis, TN
- 4/5/20

2019 Wolfman Duathlon and Three Mile Trail Run

Memphis, TN
- 4/5/20

Kosten Foundation Kick it 5K

SPOTLIGHT RACE

Memphis TN
- 4/11/20

SRVS Kids and Families Bunny Run 5K

SPOTLIGHT RACE

Memphis, TN
- 4/18/20

Around the World 5k

Memphis, TN



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01.25.20

MIKE COOLEY OVERTON PARK 10K TRAIL RACE

Proceeds benefit Overton Park

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EVENT MANAGEMENT
www.s2fevents.com



- 1. Tony Longo
- 2. Jorge Fierro
- 3. Mary Thompson and Matthew Tetreault
- 4. Kyle Grady and David Merryman
- 5. Timmay Verner and Joel Lyons
- 6. Lenore Warr and Graham Warr
- 7. Alex Bernal and Nicole Bernal
- 8. Katie Taylor and Sara Mansfield
- 9. Scott Peatross
- 10. Zach Post and Jayne Gaurity
- 11. Jessie Lasiowski

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in his steps



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PHOTO FINISH

02.01.20

CROSSTOWN 10K/5K

Proceeds benefit Church Health

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1. Robert Greene

2. Steven Thompson

3. Kirsten Schell

4. Ivan Ortiz

5. Natasha Kennedy and Brandi Statesun

6. Lisa Johnson and Mandy Little
7. Dhivyaa Ravisankarar and Ranganathan Gopalakrishnan

8. Mark Cockerell

9. Tawanna Taborn

10. Grace Johnson Bann and Carrie Hubeny

11. Richard Melton and Meleia

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WELLNES GUIDE

CROSSTOWN CONCOURSE



AREA 51 ICE CREAM SUITE 168

We truly believe that the best ingredients make the best frozen treats. Ours are always made with natural, in-season produce. Don't miss our vegan sorbets, alternating monthly, with delicious homemade flavors like orange mango, cranberry apple, pear, or lemon!



ART BAR SUITE 280

Drink your veggies this season with the special venganza de la calabaza (revenge of the butternut) cocktail: espolon, creme de banana, butternut squash, lemon, aqua faba, five spice. Art Bar also features an exclusively vegetarian bar menu. Yum!



CHERYL PESCE® SUITE 125

Treat yourself to non-toxic, handcrafted fragrances for yourself and your home with Cheryl Pesce's special Maywater collection, including everything from natural body wash to laundry detergent to hand-poured soy candles. While you're there, don't miss Cheryl's ethical, handmade jewelry!



CHURCH HEALTH SUITE 142

Church Health offers numerous classes and activities that foster physical, emotional, and spiritual well-being for the community-at-large. From family activities and cooking classes to fitness workshops and mindfulness training, don't miss out on year-round programming.



CHURCH HEALTH YMCA SUITE 241

Did you know that Crosstown Concourse houses one of the 11 area branches of the YMCA of the Memphis & Mid-South? There is something for everyone with more than 50 group exercise classes per week, SoulCity CrossFit, an outdoor pool, Matrix cardio, and strength and functional fitness equipment. Take a tour of the Church Health YMCA today, try a class, or join online at ymcamemphis.org.



CROSSTOWN ARTS SUITE 280

New year, new habits! Mark your calendars for free monthly vegan potlucks at the cafe at Crosstown Arts. Bring a vegan dish to share, and mingle with like-minded folks. These events are open to everyone — vegans, vegetarians, and the veg-curious, but please bring a dish prepared without meat, dairy, and eggs. Check crosstownarts.org for date and time information.



CROSSTOWN BACK INSTITUTE SUITE 363

Straighten out your 2020 with Crosstown Back Institute, a multidisciplinary clinic focused on treating you from head to toe with chiropractic care, physical therapy, IV hydration, and more. Walk-ins and cash payments accepted.



CROSSTOWN DENTAL SUITE 449

Is your new year's resolution to straighten your smile? It doesn't have to take all year long! Crosstown Dental's orthodontic solutions take as little as six months, so you don't have to wait to look great. We also offers expedited solutions for teeth whitening and cleaning, as well as Botox and Juvederm. Book an appointment today!



THE CURB MARKET SUITE 163

Curb Market is still carrying the same locally grown produce and healthy regional snacks, so you can feel good supporting your neighbors, but now there's even more reason to pop in for a treat. The new Curb Market Deli is open and has several vegan and vegetarian sandwiches and sides, as well as locally made baguettes and gluten-free bread, so come on in and let Curb Market help you make 2020 your healthiest year yet!



EXPLORE BIKE SHARE SOUTH PLAZA

Bike share is for everyone from commuters and shoppers to fitness-seekers and tourists. The bicycles are safe, simple, sturdy and designed for users with a range of abilities. Dock your ride at Concourse to go see a show, or start here and link up to the V&E Greenline less than a mile away.



FARM BURGER SUITE 175

Interested in trying a meat-free diet but having a hard time convincing the family to join in? Try Farm Burger's new homemade vegan burger, while less adventurous eaters enjoy grass-fed, sustainably raised burgers... or try the super greens salad!



FOCAL POINT SUITE 264

Also known as "The Eyewear Salon of Memphis," FocalPoint at Crosstown Concourse will help you see clearer in 2020. FocalPoint staff helps you build your eyewear wardrobe with up-to-date eyecare technology and frames from Tom Ford, Kirk & Kirk, and many more. Come by on any week day and select Saturdays.



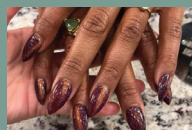
FRENCH TRUCK COFFEE SUITE 167

There's no separating you from your daily cup of java, but there is a way to make it more meaningful. French Truck is partnering with small, sustainable coffee growers across the globe, like Mr. Girma Eshetu in Ethiopia, to bring you the best, ethically sourced coffee. Check out these small producers' amazing stories at frenchtruckcoffee.com/journal, and treat yourself to an extra cup of joe.



GLOBAL CAFÉ SUITE 157

Want to explore new types of cuisine while sticking to your healthy eating habits? Try Global Café, an international food hall with a wide array of filling and affordable vegan and vegetarian options. Don't miss the made-to-order falafel and hand-muddled hibiscus tea.



GLOSS NAIL BAR SUITE 129

Take a minute to begin that mindfulness exercise you've been meaning to try, and enjoy our new Volcano CBD pedicures to help get you in the mood. Gift cards available, so come with a friend!



HERO & SAGE HAIR SALON SUITE 123

Do something good for you and better for the planet this month! Hero & Sage is a full-service hair salon for all hair types that exclusively uses vegan hair products and preserves water with their special energy efficient sinks.



I LOVE JUICE BAR SUITE 147

Thinking about trying a reset but need a little food to look forward to? Try our "Juice to Dinner" Cleanse, with juices during the day and a full meal for dinner. Get everything you need, and all the support and guidance you want, at Juice Bar today!



LUCY J'S BAKERY SUITE 151

Do good and feel good just by eating a muffin! It's easy at Lucy J's: grab one of our new vegan pastries and chat with one of our friendly staff, who all receive a living wage of at least \$15/hour. You can feel great walking out the door knowing that all further proceeds go to support the Dorothy Day House's mission to house homeless families.



MADISON PHARMACY SUITE 113

Madison Pharmacy is an independently owned pharmacy, run by longtime employees who care about your whole body health. From compounding medications and custom formulas for pets to medical foods and even local, organic, handmade body care products, we have it all. So take care of the whole you this year, and try Madison Pharmacy.



MEMPopS SUITE 133

If your New Year's resolutions involve taking the dog for longer walks, but you're having a hard time getting motivated, we've got you covered! Bring Fido to MEMPopS at Concourse, where dogs are always welcome, and get him a special pupsicle (homemade chicken stock, roasted carrots & sweet potatoes, organic brown rice, a touch of honey, all on a rawhide stick) while you get yourself a well-deserved treat!



TANENBAUM SUITE 447

Give yourself the gift of relaxation and self-care with Concourse's new aesthetician, Kerri Turner. Throughout January, Kerri will be offering "buy two, get one free" on all facials. Let the relaxation begin!



NEXT DOOR SUITE 165

With a varied menu offering delicious gluten-free, vegan, sustainable, allergen-free options, as well as indulgent classics, Next Door has something for everyone, but what's even more exciting is our zero-waste mission! That means: no plastic straws or cups, wine kegs instead of bottles, energy efficient dishwashers, chemical-free cleaners, and more to come. Join the revolution!

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