

# New Year, New You



FARRAGUTPRESS WEDNESDAY, JANUARY 17, 2024 • 1C

## Educating people on healthy nutrition



Photo Submitted

Jill Hahn, a local certified holistic health coach, teaches a cooking class.

A healthy diet is fundamental in reducing the likelihood of many chronic conditions, including obesity, heart disease, diabetes and even cancer. However, according to the Centers for Disease Control and Prevention, the majority of Americans are consuming far too much sodium, saturated fat and sugar. On top of this, fewer than 1 in 10 children and adults eat enough fruits or vegetables.

For this reason, Jill Hahn, a local certified holistic health coach, strives to educate people on the importance of replacing processed, starchy foods with anti-inflammatory whole foods and plenty of protein to help the body heal. “After working with hundreds of

people, I’m constantly amazed at how the body can heal when inflammation is reduced and it comes more into balance,” she explained. “I’ve seen diabetics drastically improve their blood work and reduce medication; stomach pain and bloating disappear; people who were constantly sick dramatically improve their immune system; elimination of joint pain; serious sinus issues and allergies greatly improved; much better sleep; and so much more.”

By fully embracing an anti-inflammatory lifestyle, Hahn said your mood will also improve, leading to more patience and the ability to better handle stress. But, in order to achieve these results, there are several other components at play, especially in terms of engaging in regular exercise and expressing gratitude and positivity.

“Rather than a quick, short-term fix, look to changing daily habits to reach your goals – and maintain long-term results,” she said.

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## Revamp your skin care routine for the winter

Dry skin is a common problem in the winter, often leading to discoloration and discomfort. While this is usually harmless, failing to properly treat dry skin can result in more serious complications, including cracking, bleeding and even chronic eczema.

Fortunately, there are some basic measures you can take to fight dry skin during the colder months and even prevent it from occurring at all. In fact, Kat Mahn, who owns Kat’s Lash Lounge in Farragut, said one of the best ways to hydrate your skin is by hydrating your body.

“Staying hydrated in winter months

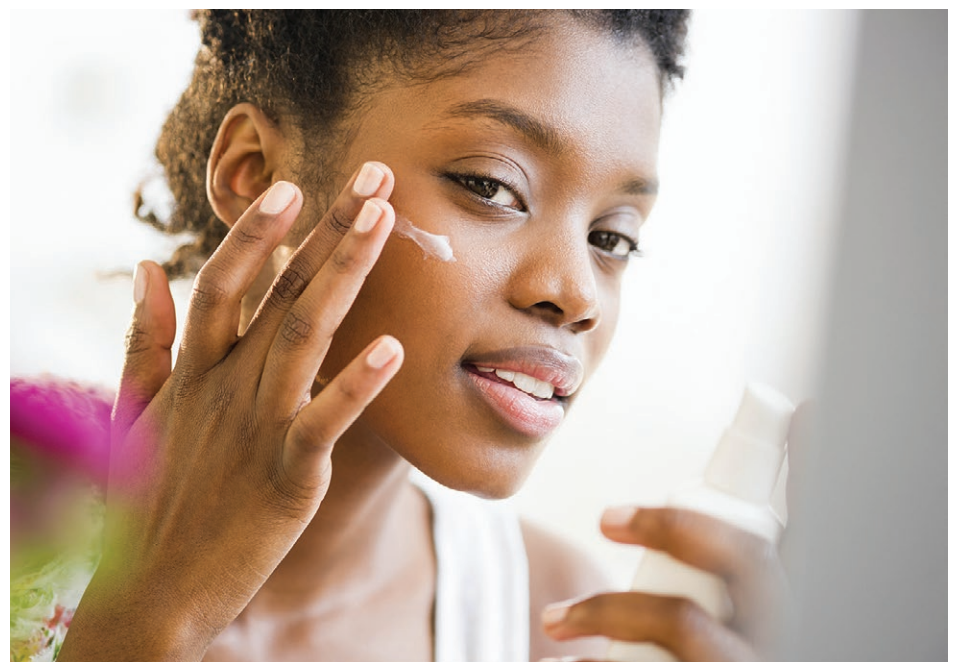
will help your skin,” she said, suggesting eight to 10 glasses of water each day. “Make sure you are getting your water intake in.”

Revamping your skin care routine is also necessary throughout the winter. Mahn said using a moisturizer with SPF and regular overnight masks can significantly help revitalize and soothe your skin. For best results, the moisture masks should be done two to three times a week.

“If you have dry skin, you will definitely need to add in extra hydration and moisturizer during colder months, as our heat in our houses will add to drying out our skin,” she explained.

These products don’t have to be extravagant and expensive either, Mahn said. Because the whole point is to simply hydrate your skin, there’s no

See **SKIN CARE** on Page 2C



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# Substitute healthy options for sugary treats

With the holidays now over, many people are trying to get back on track with their health goals.



**Hahn**

says healthy foods can still satisfy hankering.

“My goal is to make this

lifestyle shift as easy and tasty as possible,” she said.

However, according to Hahn, in order to properly combat the desire to consume sugary foods, it’s essential to understand why sweet cravings occur in the first place.

“Eating lots of sugar, sodas, processed foods, and starchy foods, such as bread, rice, pasta, and chips, can create cravings for more sugar and carbs,” she explained. “Getting plenty of protein at each meal, especially in the morning, can help prevent cravings throughout the day.”

When craving a treat, Hahn suggests nuts with dark chocolate chips, energy bites

and using Stevia as a sweetener rather than processed sugar.

“Apple Nachos” are also a good option. For this, simply cut an apple into thin slices, toss with lemon juice and arrange in a single layer on a plate. Then, drizzle with almond butter and sprinkle with toppings like unsweetened shredded coconut, chocolate chips and chopped nuts.

For more homemade treat recipes, visit [paleogrubs.com/healthy-snacks](http://paleogrubs.com/healthy-snacks). To schedule a free discovery call with Jill Hahn, visit [jillhahnhealth.com](http://jillhahnhealth.com).

## Nutrition

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To help clients truly change their habits, Hahn takes a mind-body-spirit approach that’s tailored to individual needs.

“Since everyone’s body, tastes, and tendencies are different, a one-size-fits-all approach simply isn’t ideal,” said Hahn. “I take into ac-

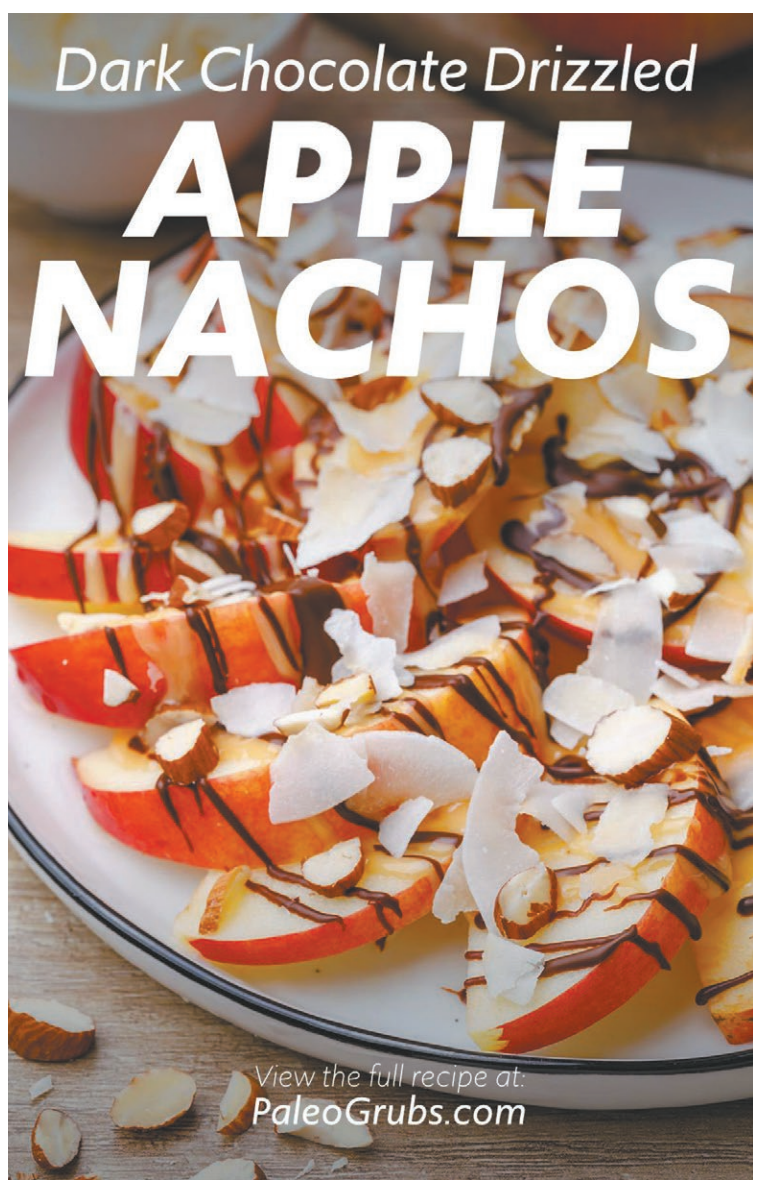
count each client’s preferences to create realistic goals and programs.”

She also addresses any current health conditions, leveraging expert advice from functional medicine doctors Dr. Mark Hyman ([www.drmarkhyman.com](http://www.drmarkhyman.com)) and Dr. Kathryn Heidt ([drkathrynheidt.com](http://drkathrynheidt.com)). As both doctors share extensive educational information on their social

media accounts, Hahn said anyone looking to improve their health should be sure to look into the resources they provide.

“I encourage checking different resources to learn as much as possible and make the best decision for you,” she said.

For more information about Jill Hahn, visit [jillhahnhealth.com](http://jillhahnhealth.com).



View the full recipe at: [PaleoGrubs.com](http://PaleoGrubs.com)

Photo from [paleogrubs.com](http://paleogrubs.com)

For the Apple Nachos recipe and more homemade treat recipes, visit [paleogrubs.com/healthy-snacks](http://paleogrubs.com/healthy-snacks)



## Skin Care

From page 1C

need to get caught up in trendy brands or products. “Never be afraid to look for low cost products at the local stores,” she said. “Kroger, Walmart, or Walgreens can help you keep your skin protected and moisturized on a budget.”

Kat’s Lash Lounge, 11410 Kingston Pike, Suite 300, also offers a variety of hydrating skin care products, from facial cleansers to repair creams. For more information, visit [katslashlounge.com](http://katslashlounge.com).



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# How much water do we really need?

Recent research from Pittsburgh-based Civic Science reveals 47% of Americans aren't drinking enough water. This is shocking, seeing as how proper hydration is essential for energy production, muscle function and endurance.

Adequate water intake also keeps your joints lubricated, helps regulate body temperature and plays a key role in cardiovascular, immune, skin and digestive health. But, how much water do we really need?

Lauren McCrossin, who owns Drip into Wellness, says healthy individuals should be drinking about two liters of water or day – or eight eight-ounce glasses.

“Your water intake needs will vary depending on your age, health conditions, climate, physical activity, and pregnancy, but the 8x8 rule is a general rule for healthy individuals,” she said, noting that your urine output is a good indicator of proper hydration. “You should be urinating seven to eight times a day and it should be a clear, pale yellow color.”

McCrossin said electrolytes are also important when it comes to staying hydrated.

“Sometimes we drink water alone and still do not feel hydrated due to the lack of electrolytes like sodium, magnesium, and potassium,” she explained. “These electrolytes allow for your ion channels to be opened and the water to enter the cell, replenishing the cell’s hydration needs.”

To ensure you get enough electrolytes, McCrossin suggests filling your favorite cup with electrolyte water each morning and sipping on it throughout the day.

“Set reminders on your phone and listen to your body,” she said. “Drink when you are thirsty, and eat fruits and vegetables to add to your overall hydration.”

Drip into Wellness can also help you maximize your hydration through IV therapy, which delivers fluids, nutrients, vitamins, and medications directly into the bloodstream, giving your body quick 100-percent



**Drip into Wellness**



absorption.

“Your oral absorption rate of vitamins is somewhere around 20% due to the first pass effect of the liver and bioavailability, certain diagnosis, gut health, your overall hydration status,” McCrossin said. “This makes IV

therapy a preferred complete way of hydrating and receiving micronutrients.”

For more information about Drip into Wellness, visit [dripintowellness.com](http://dripintowellness.com).

# Maintain essential self-care on a budget



Self-care is essential, but it can also get expensive. However, it is possible to pamper your body and rejuvenate your mind, even on a budget.

Here are just a few examples of how you can achieve a relaxing spa-like experience at home:

- **Bubble Baths:** Fill up your tub, light some candles and dive into your favorite book. If you're not a reader, you can put on an audio book or relaxing music.
- **At-Home Manicures:** Get out all your nail polish and invite your friends over for manicures and pedicures. You can also do facials, bring-

ing a spa-like experience straight into your home.

- **Mental Health Day:** Take the day off, sleep in and enjoy a day free of deadlines and obligations. You can curl up with a book, put on your favorite movie or take a leisurely walk.
- **Journal:** Write out your thoughts, goals and ideas to relax your mind and better understand your emotions. If you don't enjoy journaling, then you could make a vision board by cutting out pictures from magazines that resonate with you.
- **Picnics:** Gather up some of your favorite foods and bask in the outdoors with a relaxing picnic. You can invite friends and family or simply enjoy a peaceful day to yourself.

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# Children with healthy habits help at home, in the classroom

For children, a healthy lifestyle is imperative for proper development, energy production and even brain function. By promoting and prioritizing exercise, adequate sleep habits and nutritional foods, parents can help their kids reach their full potential at home and in the classroom.

A great way to model a healthy lifestyle is by planning fun activities that can be done as a family. Not only will this get kids off their screens, it will also provide a way to burn calories, all while enjoying each other's company.

Steve Barnard, who owns The Exercise Coach in Farragut, says hiking is an excellent option, as it enables family members to chat and comes with many physical benefits.

"Hiking is good because it's more than just a walk. You've got some sort of incline and decline, so you're going to activate type II muscle fibers, which don't get used in just walking," he said, noting that this will lead to burning more calories. "It's a much more effective form of exercise than just going for a walk."

In addition to hiking, Barnard suggests doing any type of physical activity that you and your children find exciting.

"If they love running, go run. If you love playing tennis, you go play tennis," he said. "Do something that's enjoyable."

While this can be more challenging during the winter, there are still many activities that families can do together in the colder months. Ice skating and roller skating, for example, can be done indoors and can generally be enjoyed by children and adults alike. A trampoline park is another good option for times of inclement weather.

If it's warm enough, biking, taking a neighborhood stroll or merely playing soccer in your backyard are all fun activities that can bring your family together and help burn calories.



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# The Exercise Coach helps you achieve those fitness goals minus the winter chill

When colder temperatures hit, it can be difficult to get outside and exercise. Fortunately, gyms and fitness studios offer climate-controlled indoor spaces that can be utilized no matter the weather.

The Exercise Coach in Farragut, for example, offers resistance-based training sessions that focus on short, high-intensity workouts. Steven Barnard, who owns the fitness studio at 156 West End Ave., says this makes exercising more meaningful and beneficial.

“The fitness industry has kind of been dominated by this conventional wisdom of ‘just get moving’ or, you know, you have to be in the gym one to two hours a day, five to six days a week,” he explained. “But it doesn’t necessarily trigger positive adaptations in your body just because you’re moving... Meaningful exercise should be brief and intense.”

But, when exercise is intense, proper recovery is crucial.

“You need a minimum of 24 hours before you undergo another intense session of resistance-based exercise,” said Barnard, noting that 48 hours is recommended. “You should not be doing this five six days a week.”

At The Exercise Coach, Barnard said “the sweet spot” is two 20-minute sessions each week. This ensures the body has had enough time to recover and also allows muscles to properly adapt.

“Your muscle mass impacts your entire physiology,” he said. “When you lose muscle, you impact your body’s ability to manage blood sugar levels and it slows your metabolism down. There’s all sorts of bodily functions that are linked to muscle mass, and the less you have, the poorer your body is going to function as a whole.”

With clients ranging from 16 to over 90 years old, Barnard noted that all sessions are coach-led to maximize safety, as well as efficiency. In fact, by exercising under supervision, people are much more inclined to achieve their fitness goals.

“The data shows that success dramatically increases under supervision,” he said. “It holds people accountable and ensures they’re doing what they should be doing to trigger positive adaptations in your body.”

In addition to this unique approach, The Exercise Coach is also revolutionizing the fitness journey by leveraging advanced technologies to provide training tailored to each individual.

“We have robotic exercise equipment that helps us generate a very precise dose of exercise based on where that person is at – it’s ability-based,” he said. “Using machine learning and artificial intelligence, it remodels the dose of exercise and adapts as the person gets stronger.”

This means using the exercise equipment will be different each time, as it will be constantly learning about your metabolic health and strength and adapting to new levels.



“It continuously challenges you specifically in the way that you need to be challenged,” Barnard said. “We’re taking exercise out of the Stone Age.”  
For more information about The Exercise Coach, visit [exercisecoach.com](http://exercisecoach.com).

# Tips to maintain your commitment to exercise

At one point or another, millions of adults across the globe have resolved to be more physically active. The benefits of routine exercise are too numerous to cite, but some of the more notable ones include a lower risk for chronic disease and illness, improved self-esteem and greater overall health.

With so much to gain from routine exercise, it’s no wonder so many people aspire to be more physically active. But it’s easy to lose motivation when aspiring to exercise more. Each year, one of the most popular New Year’s resolutions is to exercise more. In fact, Statista conducted a survey regarding New Year’s resolutions for 2023 and found that exercising more was the most popular resolution. However, a 2021 study published in the International Journal of Environment Research and Public Health found that 64 percent of people abandon their New Year’s resolutions within a month of making them. Exercising more requires commitment, and there are some ways to make it a little easier to maintain that commitment over the long haul.

• **Break it up.** The Harvard T.H. Chan School of Public

Health notes that people don’t need to exercise all at once to reap the rewards of physical activity. If time is tight, break up a workout over the course of your day. Some strength-training exercises in the morning can be followed up with a brisk walk or run over a lunch break. This approach makes it easier to fit a full workout into your daily routine.

• **Employ the buddy system.** The Centers for Disease Control and Prevention suggests that working out with a partner increases exercise motivation and encourages individuals to be more consistent with their exercise routine so they do not let their partners down. The authors behind a 2019 study published in the International Journal of Research in Exercise Physiology suggested the efficacy of the buddy system may require further study before researchers can definitively say it’s an effective motivation strategy for people who want to exercise more. But there’s no denying that many individuals feel that they are more likely to exercise with a friend than they are if they go solo.

• **Schedule exercise time.** Busy professionals book work meetings, family obligations and other daily tasks in their



schedules, and the T.H. Chan School of Public Health recommends doing the same with exercise. Allotting time to exercise each day may decrease the likelihood that you’ll skip a workout, and once results start to manifest you may be more motivated to stay the course.

• **Identify what progress may look like.** It’s easy to become discouraged if a commitment to routine exercise does not produce visible results. But just because your abs are

not becoming chiseled a month into a workout routine or the scale is not reflecting significant weight loss does not mean your routine is not working. As the human body ages, it becomes more difficult to transform it. So a workout routine that left you looking lean and chiseled in your twenties may not produce the same body in your forties. But that does not mean the exercise isn’t working and ultimately helping you get healthier. Adults are urged to speak with their physicians

and identify what progress with a workout routine might look like for someone their age. Progress may look different than it did years ago, but if the end result is a healthier you, then that should be all the motivation you need to keep going.

It’s no secret that making a commitment to routine exercise can be difficult. But various strategies can increase the likelihood that individuals will stay the course as they seek to exercise more frequently.

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Mental health issues have garnered considerable attention in recent years, but the scope of the global mental health crisis may be even greater than people realize. A recent study co-led by researchers at Harvard Medical School and the University of Queensland that was published in The Lancet Psychiatry in fall 2023 concluded that one out of every two people in the world will develop a mental health disorder at some point in their lifetime. That makes mental health disorders a more common problem than cancer, heart disease and other physical ailments that tend to garner more attention than mental health issues.

Anyone experiencing mental health issues is urged to speak with a medical professional who specializes in such areas. Mental health issues may not manifest with symptoms like broken bones that common sense suggests require the assistance of a licensed medical professional, but that does not mean issues affecting the mind or a person's outlook do not require the help of someone trained to deal with them. Much like people can heal from a broken bone after seeing a medical professional, individuals confronting mental health issues have much to gain from working with a mental health specialist.

A 2021 study from the United Kingdom-based Mental Health Foundation published in the American Journal of Health Promotion found 29 strategies people can employ to protect their mental health. The study considered mental health research and the views of mental health experts, but also input from the general public regarding ways they confront mental health issues. It's important that anyone dealing with mental health issues not conflate these strategies with treatment. Though they can help protect mental health, they should be seen as a supplement to treatment overseen by a licensed mental health professional. A rundown of the 29 strategies can be found at [mentalhealth.org.uk](http://mentalhealth.org.uk), but the following are three recommendations that anyone can apply in their daily lives.

**1. Spend more time in nature.** The calming effects of nature have been noted for centuries, if not longer. The American Psychological Association notes that spending time in nature benefits both physical and psychological well-being in humans. Perhaps that's one reason why participants in the MHF study reported walks in nature was their preferred way to cope with stress stemming from the COVID-19 pandemic in 2020. The Japanese practice of forest bathing has been noted for its positive effects on mental health, but even those without ready access to wooded areas should know that simply spending more time outdoors each day can positively affect mental health.

**2. Avoid using drugs or alcohol as a coping mechanism.** The MHF notes that any relief offered by drugs and alcohol is temporary and can even exacerbate existing mental health issues. The American Addiction Centers reports that coping mechanisms are compulsions or habits formed over time that serve to help people manage particular situations or issues, including stress. However, the AAC also notes that not all coping mechanisms are beneficial and some, including drug and alcohol use, are maladaptive and destructive. After a particularly stressful day, or during times when people are experiencing anxiety and/or depression, avoid looking at drugs or alcohol as means to coping.

**3. Get enough sleep.** The MHF notes that adults need between seven and nine hours of sleep per night. Some may see seven hours or more per night as a luxury, but it's important that such an outlook changes. The Columbia University Department of Psychiatry notes that there is now robust evidence to support a link between sleep and mental health. Insufficient or even poor sleep has been found to increase negative emotional responses to stressors. Perhaps even more noteworthy is that poor or insufficient sleep decreases positive emotions. So it's vital to recognize the important role that adequate, good-quality sleep has on mental health.

These are just a handful of approaches individuals can take to boost their mental health each day.

# 3 ways people can boost their mental health every day



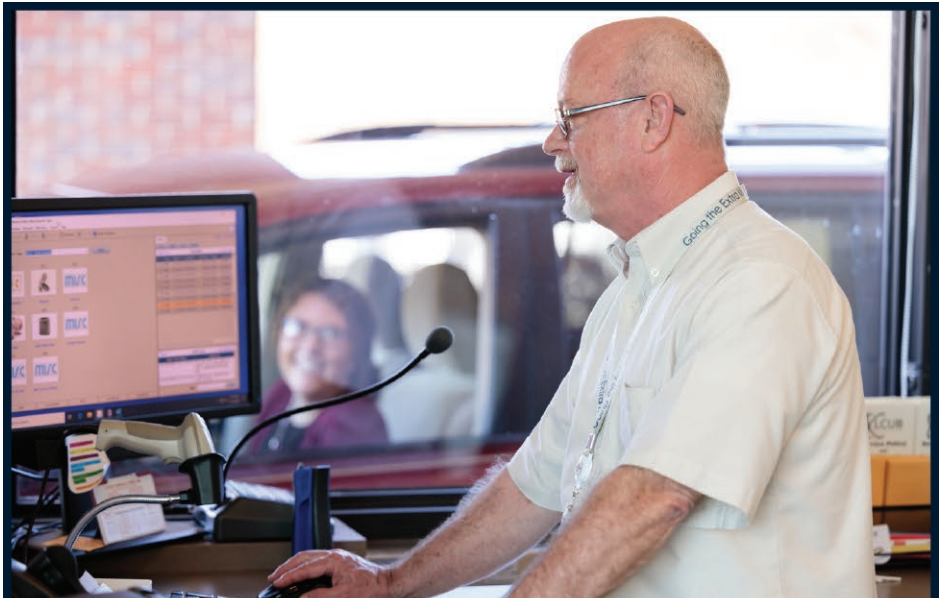
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