

## AI changing the health, fitness game

Fitness trainers, doctors are using AI to ease the journey toward optimal health

Artificial intelligence has taken the world by storm, transforming nearly every industry, including health and fitness. With its many capabilities, the powerful technology is increasingly being leveraged by fitness trainers and doctors alike to boost engagement and ease the journey toward optimal health.

At the Exercise Coach, for example, gym-goers can access robotic equipment that utilizes machine learning and reinforcement learning to generate ability-based exercise for each individual user.

Steven Barnard, who owns the fitness studio at 156 West End Ave., says this enables the equipment to remodel the dose of exercise and adapt as the person gets stronger, delivering unparalleled personalization and precision.

“Technology is the foundation of our resistance-based exercise delivery and we use it to maximize safety, effectiveness, and efficiency,” he said. “Our technology creates the optimal dose of exercise for the individual based on their current state. This means the stimulus will be exactly what you need to trigger positive adaptations in the body — no more wondering if you worked hard or long enough.”

The technology also controls the range of motion and tempo based on a person’s current abilities and physical limitations, reducing the risk of injury and ultimately ensuring frequent fitness routines. In fact, according to Barnard, the Farragut studio’s functional retention rate, meaning customers who actually exercise, was 95% for 2024.

“Because it is optimizing safety, effectiveness, and efficiency, our customers exercise more consistently than they ever have before,” he said.

Yet, even with these immense advantages, Barnard noted the importance of a skilled human staff that can offer one-on-one training and advice.

“I would be remiss if I didn’t highlight the value of our amazing coaches,” he said.

“The human connection cannot be replaced.”

While this is certainly true, AI’s ability to automate mundane tasks and streamline processes has opened up new doors for health providers by freeing up employees to better focus on patients.

Eric Penniman, Executive Medical Director for Summit Medical Group, said the technology’s ability to document office visits, for instance, saves the group’s providers up to three hours each day.

“AI has been an important new



technology for our primary care group,” he explained. “This allows our providers to be more engaged in listening and interacting with our patients.”

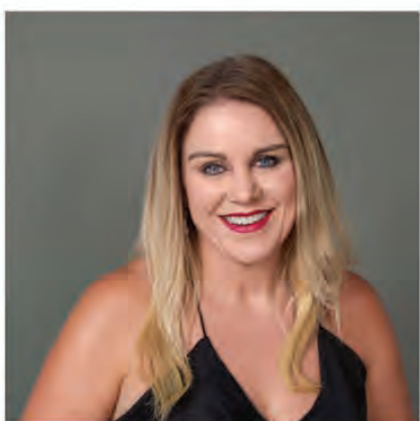
AI can also sort through volumes of medical records and highlight important details, streamlining patient care.

“This improves the quality and focus of the care,” Penniman said, also emphasizing Summit Medical Group’s commitment to data safety. “While the use cases for AI seem to be endless, it is important that a plan is in place to determine the safety of potentially sharing personal information or data. Summit is cautiously exploring using the technology and has developed a committee to vet these tools’ cybersecurity risks.”

~ Rachel Totten



Dr. Meredith Overholt, MD, FAAD, DERMATOLOGIST



Dr. Kimberly K. Grande, MD, FAAD, DERMATOLOGIST



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# Empowering women in the weight room



The weight room has the potential to be a truly empowering space for women, but it's understandable that it doesn't always feel that way. Even with more women stepping into fitness, there are still barriers that can make the weight room intimidating. At the YMCA, we're here to change that. Our certified fitness professionals are ready to help women of all ages overcome challenges and feel strong, confident, and capable.

Here are some of the most common reasons women shy away from the weight room—and how the YMCA can help you push past them.

## 1. Feeling Unsure About the Equipment

It's completely normal to feel hesitant when you're not familiar with the machines or weights. Many women worry about using the equipment incorrectly, which can make the weight room feel like an unwelcoming place.

**Our Solution:** Take advantage of the resources we offer at the Y! Start with a free equipment orientation or speak with our fitness professionals. At the Pilot YMCA and Davis YMCA, hiring a personal trainer means working with a certified pro who will walk you through proper equipment use, craft a

workout plan just for you, and set you up for long-term success.

## 2. Fear of Being Judged

No one likes the feeling of being judged, and that's often what keeps women from venturing into the weight room. Whether it's fear of looking inexperienced or concerns about technique, this anxiety can be tough to shake.

**Our Solution:** Know you're not alone! Join one of our supportive fitness communities, like a small group training program. At the Pilot YMCA, we've introduced a specialty program called "Women in the Weight Room," which focuses on teaching proper form and building confidence. You'll master traditional weightlifting exercises in a friendly, welcoming environment designed to help you feel knowledgeable and strong. Whether you're brand-new to lifting or want to polish your technique, this program is perfect for you. Look for Women in the Weight Room to launch soon at our Davis YMCA, too!

## 3. Worry About "Bulking Up"

The idea that lifting weights will make you "bulky" is one of the most common myths out there. This misconception often prevents women from enjoying the amazing benefits of strength training.

**Our Solution:** Let's bust that myth! Building large amounts of muscle takes a combination of genetics, diet, and a specific type of training. Strength training is actually the best way to build a strong, toned body while

improving overall health. Try one of our free group fitness classes like BODYPUMP, where expert instructors guide you through effective, full-body workouts set to energizing music. Or explore classes like Total Body and Ultimate Fit, which include strength moves to help you build lean muscle. Find the full class schedule for all YMCA locations at [ymcaknoxville.org/schedule](http://ymcaknoxville.org/schedule).

## 4. Feeling Overwhelmed About Where to Start

Starting something new can feel overwhelming, and stepping into the weight room without a plan can add to that feeling.

**Our Solution:** Guidance makes all the difference! With so many classes, personal training, and small group training options available, you'll have plenty of ways to find the right fit for your goals. Our Wellness Directors at the Pilot YMCA and Davis YMCA are here to help you choose classes, connect with personal trainers, and explore small group opportunities. For more information about Pilot YMCA programs, contact Kendalyne Dun-

can at [kduncan@ymcaknoxville.org](mailto:kduncan@ymcaknoxville.org). For Davis YMCA programs, reach out to Jennifer Friedman at [jfriedman@ymcaknoxville.org](mailto:jfriedman@ymcaknoxville.org).

At the YMCA, strength training isn't just about lifting weights—it's about helping women feel confident and capable in every aspect of their lives. At both the Pilot and Davis YMCAs, we're committed to creating spaces where everyone feels supported, informed, and inspired.

*Ready to join the Y? Membership gives you unlimited access to all five Knoxville locations and thousands of YMCAs nationwide. Enjoy free group fitness classes like BODYPUMP, child watch services for kids while you work out, outdoor pickleball courts, swimming pools, and discounts on specialty programs like Women in the Weight Room. Visit [ymcaknoxville.org](http://ymcaknoxville.org) to learn more and find your inner strength with us.*

~ Kendalyne Duncan,  
Wellness Director,  
Pilot Family YMCA

# 25 Tips for a Healthier 2025

**1. Make sleep a priority.** Let's face it, if you're chronically tired, then it can be hard to have the energy to do anything else on this list. If you're not getting at least 7 hours a night of quality sleep, then it's time to figure out

why and take steps to sleep better.

**2. Stay hydrated.** Our bodies are made of about 60% water, and being dehydrated even slightly can lead to noticeable decreases in both physical and mental performance. Strive to consume at least ½ of your weight in fluid ounces of water or other hydrating fluids.

**3. More fruits and vegetables.** Loaded with vitamins, fiber, and antioxidants, fruits and vegetables should be the backbone of your diet. Strive to eat at least 2 servings with every meal, or 5-6 servings per day.

**4. Healthy fats in moderation.** Fats are essential for good health, hair, skin, and nails. Limit saturated and trans fats, and focus on including healthy fats from foods like avocado, olive oil, salmon, and nuts.

**5. Emphasize protein.** Be sure to include proteins with every meal if possible. Protein helps you feel satiated, and is crucial for building and preserving muscle. Greek yogurt, eggs, lean meats and fish, beans, and lentils are all great sources, and adding in a protein shake can help meet your needs in a bind.

**6. Skip the diet and change the lifestyle.** It's a cliché, but it's true. Most people who lose weight with a diet will eventually gain it back. Instead, look to make small changes to your nutrition and exercise consistently over time until those changes become the new normal.

**7. Get sunlight!** It can be tough this time of year, but regular exposure to sunlight provides the body with Vitamin D, and is also thought to be related to improved mental health and improving sleep by reset-

ting the circadian rhythm.

**8. Limit screen time.** Too much screen time has been linked to increased rates of depression, insomnia, anxiety, and lack of social development. It can also lead to orthopedic issues, including hand, wrist, elbow, and neck pain (tech neck).

**9. Spend more time with family and friends.** The documentary "Blue Zones" on Netflix explores areas of the world with a higher than average number of centenarians. One of the common threads is that those who live to be over 100 shares is a strong tie to their families and their communities.

**10. Set boundaries for your work.** In the age of cell phones and the internet, lines between work life and personal life are getting more and

See 25 on Page 7C



- Joel Ash, Ash Chiropractic & Wellness
- Kendalyne Duncan, Pilot Family YMCA
- Andrew Henderson, Fitness Together
- Michelle Hollenhead
- Alexis Pacetti, The Skin Wellness Center
- Rachel Totten

# What cosmetic laser do I choose for winter Months?

It has often been wrought with some confusion of which laser to choose for treatment in the winter months. At The Skin Wellness Center, we see patients daily with many questions regarding what lasers we utilize and what concerns these lasers can treat. Here are a few key tips for selecting which laser and why.

It's no secret that winter is an ideal time to treat with cosmetic lasers as sun exposure is a typical contraindication of several laser treatments.

Our primary request in winter months is to help eliminate brown spots and redness from the skin if you have this combination the best (minimal downtime) solution is our Sciton BBL Fotofacial Laser. This non-invasive device is a brown spots magic eraser which also simultaneously treats redness and veins. Not to mention the collagen boost this laser provides! We typically recommend a series of three treatment sessions for best results. Yearly maintenance of

one or two sessions in fall and winter is recommended.

Another request we often receive is for options to treat fine lines and wrinkles in the skin. The skin typically starts to show fine lines in mid thirties or even earlier as collagen starts to break down in our late twenties. A great starting place for laser to help with skin texture issues as aforementioned is by treatment with our Lutronic Ultra laser. This laser is a superficial wavelength which creates micro channels in the skin to slough dead skin cells and generate new collagen production. The immediate response is also a low downtime post treatment option. The recommended treatment series for this laser option is a series of four to encourage maximum results. We recommend at least one to two maintenance treatments yearly.

If you'd like a combination of both of these treatment options as listed above and don't want to have to repeat treatments in a series, we do have an option. We use a resurfacing laser which

embodies a greater range of treatment capabilities. Our Sciton Halo resurfacing laser treats, fine lines, pore size, pigmentation issues (brown spots or hyperpigmentation from post acne lesions) and gives a general glow to the skin post treatment. This glowing appearance has been so notably named "the Halo glow". This treatment is a wonderful "one stop shop" of an option however there is more significant downtime associated with a stronger treatment.

Patients typically experience about a week of some redness, swelling and dryness of the skin. The "Halo glow", is absolutely WORTH IT per our patients words in the post treatment follow up office visits.

In short, it's always best to meet with a professional provider instead of googling to see which laser would work for your skin best. We have several more options available as well.

You can certainly trust the Licensed estheticians, Nurses and Nurse practitioners that use our devices at The Skin



Wellness Center. We offer \$50 cosmetic consultations to ensure you have a personalized plan.

~ Alexis Pacetti is a licensed esthetician and worked at The Skin Wellness Center for over 14 years.



## Chiropractic care a great addition to physical wellbeing

With more and more people wanting to be in control of their health journey, Chiropractic care has been a great resource for empowering people to take that next independent step. Chiropractic care is an amazing option for reaching your goals at any stage of life. These goals can be anything from wanting less tension in life, to a more day-to-day goal like being able to play games with your grandchildren. A chiropractic patient can be anyone whether they are one minute old or over 100 years old, sick or healthy, an athlete looking to increase their performance or someone trying to get out of pain.

One great benefit of Chiropractic care is that it can improve your posture. In today's world almost everything is done either on the phone or computer, which can cause us to poke our head out and round our shoulders. I will share a great exercise that you can do at home to help with rounded shoulders. Find a good doorframe and stand closer to one side of it, raise the arm closest to the doorframe to shoulder height and bend your elbow with your palm facing forward. Rest your arm on the doorframe in that position and then take a small step through the doorframe. You should feel a nice stretch in your chest and shoulders, make sure to not overdo this as it can put a strain on your shoulder. Make sure to do this for both arms, with a few seconds on each side, and do this multiple times a day. Try this exercise out and let me know how it helps!

If you want to learn more about Chiropractic care, please reach out to my office, Ash Chiropractic and Wellness. My office can be reached at (865)671-1000 or by visiting [ashchiropracticnox.com](http://ashchiropracticnox.com).

~ Joel Ash, Ash Chiropractic & Wellness



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# KIDS' CORNER



Photos courtesy of Town of Farragut

**Above:** Homeschool PE is a popular Town program

**Right:** From left, Roy Park, Carter Brand and Gian Jeon were among youngsters taking part in the Town's Fall Break Camp. They will be offering Spring Break Camp in March



## Town of Farragut's indoor programs for kids

It might be cold outside, but Farragut's Park and Recreation department has a number of indoor programs designed to warm up even the frostiest youngsters.

"We have programs focused on physical activity for all ages of children," explained Town events and recreation manager Rachel Malone. "For the littles, we have Toddler Takeover (a year-round open gym program for ages walking to five years) and our Tiny Tots sports program ... an introductory sports program for ages four to six that teaches kids' sport-specific skills without the pressure of competition or leagues."

For the latter program, Malone said, "right now, we offer soccer, basketball, tennis and T-ball at different times of the year."

The classes have proven to be an athletic lifeline for many, including Farragut resident and mom of three Misti Frazier.

"We do as much as we can — T-ball, soccer, basketball — and we did the camp out last summer," she said.

"The programs are so great, and the people are really great too — they even know my kids by name."

"My kids love it."

But for Frazier, one of the biggest draws is affordability. "We are a one income family," she said. "So when our son wanted to try T-Ball, we were able to sign up and play for \$25, as opposed to \$500. And, they have just as much fun as they would on playing on a bigger league."

Malone said homeschooling families are another programming niche, with two specific offerings in play.

"We have two very popular Homeschool PE classes — elementary (ages 6-10) and middle school (ages 11-14)," she noted. "[They] involve stretching, large group games and occasionally sport-specific lessons, all with a focus on teamwork, competition, communication, physical fitness, social skills or hand-eye coordination."

Homeschool mom Aarika Harris is thrilled with the programs.

"I am super impressed that they do so much for homeschooling," Harris said, noting the Town's programs go even beyond fitness, and includes art, music and even recently offered a Mario Kart tournament.

"Unlike many homeschool programs, they also offer a lot for middle schoolers, which is usually overlooked," she added.

Harris also echoed Frazier's sentiments about Town park and rec staff.

"It's the first place I've gone with my kids where they actually love what they do," she said. "I just can't say enough good things about them — they have really been a blessing to my family."

Town teen programs are not just for homeschoolers.

"For teens, we have our open gym programs for basketball, volleyball and pickleball," said Malone. "Ages 14 [and up] can participate without parental supervision, but all minors must have a waiver signed by their legal guardian."

"The open gyms have always been popular with adults, but we're seeing a growing number of teens participating."

Overall, Malone said programming has seen participation increasing across the board.

~ Michelle Hollenhead

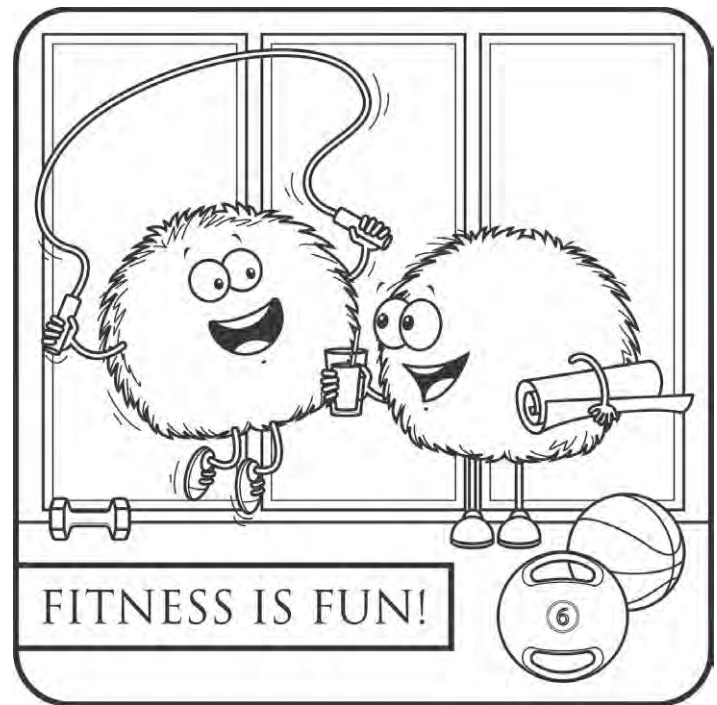
## Healthy Food Word Find

Find the hidden words in the puzzle.

CALORIE	FAT	MEAL
CONSUME	FIBER	NUTRITION
DRINK	FOOD	PORTION
EXERCISE	HEALTH	SODIUM

N	H	N	D	R	I	N	K	R	C	I	M
G	U	T	O	I	L	W	C	O	Z	U	R
X	E	T	J	I	X	F	N	J	I	P	Z
T	A	F	R	M	T	S	I	D	E	Q	O
H	W	P	E	I	U	R	O	B	X	T	T
T	Y	A	O	M	T	S	O	U	E	T	F
L	L	U	E	E	E	I	K	P	R	R	O
A	W	A	H	D	O	U	O	B	C	X	O
E	I	R	O	L	A	C	D	N	I	J	D
H	N	D	V	H	Y	O	U	F	S	C	L
K	W	T	A	E	Z	K	K	J	E	S	J
F	I	G	Y	Y	R	O	C	N	E	N	V



### Current Town programs are listed below

#### Homeschool PE

Elementary School (ages 6-10)  
Tuesdays, through May 20,  
3:30-4:30 p.m.  
Wednesdays, through-May 21, 1-2 p.m.  
Middle School (ages 11-14)  
Wednesdays, through-May 21,  
2:30-3:30 p.m.  
Cost: \$2 per child  
These Homeschool PE classes feature sports and group games that emphasize teamwork, good sportsmanship, physical activity and fun, according to the Town website. Preregistration is not required. There will be no class Mar. 18 or 19.

#### Toddler Takeover

Tuesdays, 10-11 a.m., 5-6 p.m.;  
Thursdays, 10-11 a.m.  
Cost: \$25 per child, ages 4 to 6  
Tiny Tots Basketball is an introductory six-week program that teaches tiny athletes the building blocks of basketball! Focus will be on basic skills like dribbling, passing, shooting, and related gross motor skills. Parents are required to participate with their child.

#### Spring Break Camp

March 17-21  
Cost: \$75 per camper, ages 6 to 12  
A week of camp at the community center will engage campers we will engage campers in a variety of activi-

ties, from sports and games to crafts and movies. Space is limited to 30 campers. Parents will need to pack a lunch daily. Registration is required and opens Feb. 1.

#### Beginner Ballet

Level 1: Thursdays, 3-4 p.m., ages 4-6  
Level 2: Thursdays, 4-5 p.m., ages 7-12  
\$30 per month  
Beginner Ballet teaches the fundamentals of ballet and focuses on grace, flexibility, teamwork and creativity. Students are expected to come to class with hair pulled back, wearing tights, a leotard and ballet shoes. Registration required.

#### Tiny Tots Basketball

Mondays, Jan. 27-March 3, 4-4:45 p.m.  
Cost: \$25 per child, ages 4 to 6  
Tiny Tots Basketball is an introductory six-week program that teaches tiny athletes the building blocks of basketball! Focus will be on basic skills like dribbling, passing, shooting, and related gross motor skills. Parents are required to participate with their child.

For more information, visit <https://www.townoffarragut.org/770/Parks-Recreation>

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## Sheet Pan Dijon Chicken & Broccoli

4 servings | 40 minutes

### Ingredients

- 1 1/2 lbs Chicken Thighs (boneless, skinless)
- 2 tbsps Avocado Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 2 tsps Dijon Mustard
- 2 tsps Maple Syrup
- 8 cups Broccoli (floret chopped)

### Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
2. In a large bowl, combine salt, pepper, dijon mustard, maple syrup, and half the oil. Add chicken and coat evenly. Transfer to the prepared baking sheet and bake for 20 minutes.
3. While chicken is in oven, place broccoli florets in a bowl and toss with remaining oil. Set aside.
4. After 20 minutes, remove the baking sheet and add the broccoli. Return to the oven and bake for 12 to 15 minutes longer, until cooked through.
5. Divide evenly between plates. Season with additional salt and pepper if needed.

### Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- Serving Size:** One serving is about three cups
- No Chicken Thighs:** Use chicken breast instead

## Health food industry is expected to expand significantly in 2025

The health food industry is expected to expand significantly in 2025, as American consumers demand greater access to high-quality, nutrient-dense food and beverage options that boost both the mind and body.

“People are definitely becoming more conscious about their health and lifestyle,” said local holistic health coach Jill Hahn. “They are also becoming more informed about natural health topics and see how impactful making positive changes can be.”

In fact, Hahn, who founded Jill Hahn Holistic Wellness, added that clients frequently inquire about how to take charge of their health and enhance their well being.

“I get questions not only about healthy foods and supplements, but also healthy lifestyle habits like reducing cortisol, balancing blood sugar levels and stress management,” she said.

However, when it comes to ensuring optimal health, there’s really no “one-size-fits-all” approach.

“There are so many ‘diets’ out there — paleo, keto, carnivore, Mediterranean and whole-food, plant-based, but the ideal way for a person to eat depends on their individual condition, current lifestyle and goals,” said Hahn.

For example, instead of getting hyper-fixated on one diet, Hahn recommends prioritizing low-carb, high-quality foods, taking care to always thoroughly read product labels. Inflammatory foods like processed foods, seed oils, hydrogenated fats, artificial sweeteners, excess sugar, refined carbohydrates/white flour products, excess alcohol and chemical additives should be avoided, as well.

Investing in habits that strengthen your mind and spirit

are also essential, as stress creates an imbalance in cortisol, which affects blood sugar, weight gain, anxiety, pain and memory. For this, Hahn suggests implementing stress management techniques like deep breathing, journaling, walking and spending time in nature.

“You don’t need to go to extremes to get results,” she explained, noting that consistency is key to achieving sustainable results. “Pick one or two new habits and do them consistently. Once those are part of your routine, add in a few more.”

### ‘Know where your food comes from’

Choosing a more health-conscious lifestyle not only provides numerous physical, mental and emotional benefits, it also helps support local businesses.

“People are beginning to realize that it is better to know where your food is coming from,” said Dixie Lee Farmers’ Market co-owner Ginger Cannon. “They want clearly printed ingredients and natural foods that are produced without the use of synthetic pesticides and fertilizers, and free of genetically engineered ingredients.”

While grocery stores are filled with products that contain an array of unnecessary fillers and dyes, Cannon said that

“Shopping at farmers markets gives a much better understanding of where and when your nutrition comes from,”

~ **Ginger Cannon**,  
Dixie Lee Farmers’  
Market co-owner

See **FOOD** on Page 7C

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# Dry January leads to healthier drinking habits

Dry January may be almost over, but healthy drinking habits are resolutions many are already embracing year-round.

"We have certainly seen an uptick aside from Dry January," said Water into Wine owner Candace Viox, who is unsure of the reasons for the switch. "It could be people's budgets, for example," she said. "It might also be due to the work-life balance, or from people who have had issues drinking too much in the past. I know we are certainly seeing a lot of it in the under 35 crowd, who are more about self-care and regulating of both food and alcohol."

Viox said by offering non-alcoholic drink options, from gin and whiskey to wine and champagne, her patrons can "still hang out and have fun with their friends or family members, and be social, without the alcohol, calories or expense."

One of the non-alcoholic brands Water into Wine carries is Lyre.

"We sell a ton of it," Viox said.

PM bar manager Sara Tirpak said she, too, has noticed the effort to "cut back" on alcohol consumption, especially among the younger crowd.

Based on her own people watching, she said, "I've actually seen more people cutting back than actually stopping."

She mixed up a French 375 and an Old Fashioned from among the restaurant's non-alcoholic offerings for a taste test.

**French 375**  
1 and 1/2 ounces Lyres gin  
3/4 ounce lemon juice  
1/2 ounce turbinado (sugar)  
Non-alcoholic champagne  
Mix first three ingredients in

a shaker, then pour into glass; top with non alcoholic champagne and garnish with an lemon slice.

**Old Fashioned**  
2 ounces non-alcoholic whiskey  
3 dashes bitters (has a small percentage of alcohol, Tirpak said, as they cannot be made entirely alcohol-free based on processing)  
Splash turbinado  
Splash Sherry syrup  
Stir all ingredients before serving with an orange slice garnish.

"Whiskey-based non-alcoholic drinks are a little more difficult to concoct than other non-alcoholic drinks," she added. "But I work with whatever our customers are looking for."

The non-alcoholic trend has spread, ironically but not surprisingly, to liquor stores, too, most notably at 10,000-square foot Dixie Lee Wines & Liquors.

"We are seeing more and more of it as a growing trend," said store manager Bryan Lenaghan, who hosted a non-alcoholic product presentation at the store in December.

"Everybody we talk to, tell us that especially among young consumers, they are seeing a moving away from alcohol."

To fill the need, Dixie Lee Wines & Liquors has increased its inventory, offering non alcoholic spirits, such as gin, vodka and spiced rums, along with non-alcoholic wines, beers and champagnes, as well as a wide array of mixers, from juices to tonic.

"We are certainly expanding our options," Lenaghan said. "Two years ago, we had only two non-alcoholic wines," Lenaghan said. "Now, we have 10."

They also carry pre-made non-alcoholic margaritas and Mai-Tais.



Displaying non-alcoholic drink options at Water into Wine are, from left, PM bar manager Sara Tirpak, front of house manager Steve Fletcher, AM bar manager Daniel Stringer, and owner Candace Viox.



Water into Wine PM bar manager Sara Tirpak with her freshly-made French 375.



Dixie Lee Wines & Liquors Manager Bryan Lenaghan shows off one of the store's many non alcoholic wines.

Even with the increased inventory, the store focuses on quality, rather than quantity, being ever mindful of taste.

"Some brands are better than others," he said. "Some seem to have more flavor, and some just aren't quite there yet."

Lenaghan said making sure the op-

tions are good ones are necessary for another reason.

"Non alcoholic drinks have a shorter shelf life, so we need to be pretty confident we are putting out what people will like, so they will be sure and re-buy it."

~ Michelle Hollenhead

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**Food**

From page 5C

farmers markets provide fresh foods with simple and easy-to-read ingredients.

“Shopping at farmers markets gives a much better understanding of where and when your nutrition comes from,” she said. “It ultimately means you support your local farmers and economy.”

In addition to farmers markets, there are also many restaurants and cafes opening throughout the area that can accommodate food allergies and sensitivities.

Benefit Your Life, for instance, is a dedicated gluten-free bakery that specializes in healthy food alternatives

and allergen-friendly items. Located at 10420 Kingston Pike, Suite G, the Farragut cafe offers a variety of high-quality baked goods, salads and sandwiches that can be customized to fit certain dietary needs.

“Food allergies have increasingly been diagnosed in recent years and have required people to search for allergen-friendly foods,” said owner Pam Hill. “Although we are a dedicated gluten-free bakery, we also cater to many other allergies and dietary concerns, offering dairy-free, soy-free, corn-free, peanut-free, vegan, paleo and keto items.”

Clean Eat, 155 West End Ave, also provides various healthy meal options, from burgers and wraps to build-your-

own bowls. Director of Operations Clint Holt said the cafe has proven to be a popular choice for dieting customers, as well as those with food allergies.

“Our menu allows us to be flexible and make accommodations for any allergy or dietary preference,” he said, noting that all items are made in-house and portioned to fit a specific calorie range. “We take the guesswork out of meal prep, and try to make it as easy as possible to follow a balanced, healthy lifestyle. We also don’t use any oils or butters in our cooking, and we use low sodium/low sugar sauces and seasonings.”

Fresh, weekly meal prep options and frozen grab-n-go options are also available.

“We take great pride in providing a large variety of delicious meals that are nutritious, balanced and healthy,” Holt said.

For pets, River Dog Bakery offers fresh-baked treats and custom cakes at its two locations at 11422 Kingston Pike in Farragut and 5201 Kingston Pike in Bearden. Co-owner Pam Trainor said all items are made without additives, preservatives or artificial colorings and flavors, making them suitable for pets with cancer, allergies and even weight issues.

“Pets are a part of our family and you have to give them the best that you can,” she said. “It’s not just kibble in a bowl anymore.”

~ Rachel Totten

**25**

From page 2C

more blurred. Be sure to protect your personal time by setting limits on when you will respond to emails, text messages, and other work related tasks.

**11. Stay sharp mentally.** The brain can be incredibly adaptive, but you need to intentionally challenge it. Spend a few minutes each day doing puzzles, learning a new skill or language, reading, or anything else that encourages your brain to create new synapses. Combined with exercise and nutrition, this can help delay or prevent cognitive weakening common with aging.

**12. Build muscle and strength.** A strong body is a healthy body, and strength training is a great way to get stronger. Try to strength train 2-3 days per week, and focus on compound exercises like squats, rows, dead lifts, and push-ups.

**13. 150 minutes of Zone 2 cardio per week.** Zone 2 cardio involves training at about 60-70% of your maximum heart rate. Cycling, jogging, hiking, and swimming are all great ways to get into and stay in this heart rate zone.

**14. Stretch more!** Sitting has been called the “new smoking”, and sitting too much, especially with poor posture, can lead to serious health detriments. Try to periodically get up and stretch throughout the day, and be sure to include stretching after every exercise session as well.

**15. Start with gratitude.** It can be easy to fall into a negative mindset, but expressing your gratitude on a regular basis can be a great way to remind yourself of all that you have to be thankful for. It can be as simple as a text message or a note sent in the mail to someone you appreciate, or a journal entry that is just for you.

**16. Get a physical examination.** If it’s been more than a year since your last physical, you should consider scheduling one. It’s a great way to get a current snapshot of your overall health, and a good time to discuss a plan to improve it with your doctor.

**17. Set goals for yourself.** Whether they are fitness, financial, relationship, or professional in nature, you are more likely to accomplish your goals if you write them down. Remember to be fairly specific about your goals, and to set both short and long term goals.

**18. Find an accountability partner.** The number one reason people hire

personal trainers is for the accountability we provide. Find a friend or family member that has similar goals as you and hold each other accountable to them. You may also consider hiring a coach that can provide accountability as well as the expertise for how to reach your goals.

**19. Sit less, move more.** Our bodies were designed to move, so get up and get going!

**20. Manage your stress.** Stress has been called the silent killer. It can affect blood pressure, sleep, digestion, our immune systems, mental health, and so much more. If too much stress is affecting your health, talk to a mental health professional about a strategy to manage it.

**21. Reduce alcohol.** While many of us enjoy a cold beer, a nice glass of wine, or a cocktail, try to limit your consumption of alcohol. It is a depressant, can interfere with sleep, lead to dehydration, and can lower your inhibitions to other unhealthy behaviors.

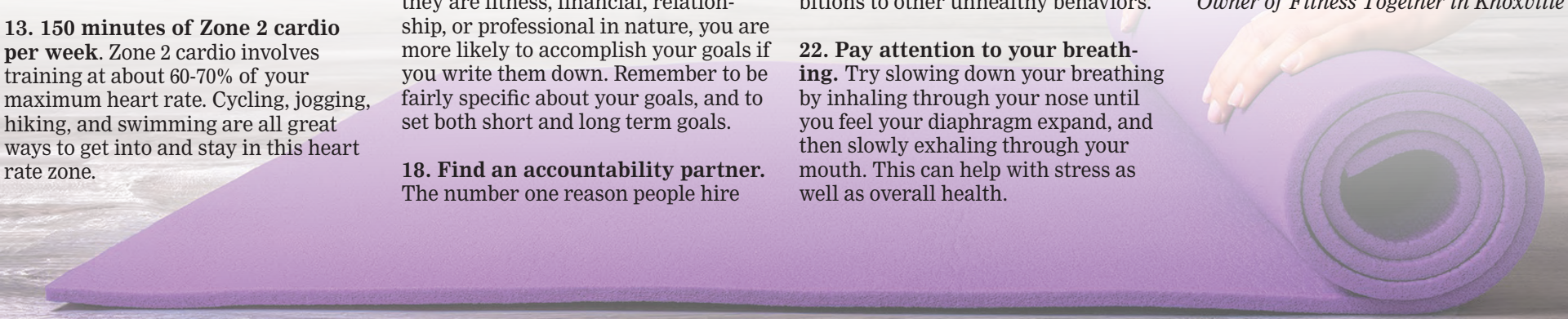
**22. Pay attention to your breathing.** Try slowing down your breathing by inhaling through your nose until you feel your diaphragm expand, and then slowly exhaling through your mouth. This can help with stress as well as overall health.

**23. Laugh more.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain. Watch a funny movie, listen to comedy in your car, and spend time with people who make you laugh!

**24. Go for a walk.** St. Augustine said “It will be solved in the walking”. A nice walk outside is a great way to start the day, re-energize you mid-day, or aid in digestion after dinner. It’s also a great time to just think.

**25. Don’t strive for perfection - strive for improvement.** There are a lot of things on this list, so don’t get overwhelmed! Identify the top 3 items that will have the biggest impact on YOUR life and work on making those habits. Once they are a regular part of your lifestyle, then add on a few more!

~ Andrew Henderson, M.S. in Sport Psychology, NASM certified Personal Trainer and Senior Fitness Specialist, Owner of Fitness Together in Knoxville



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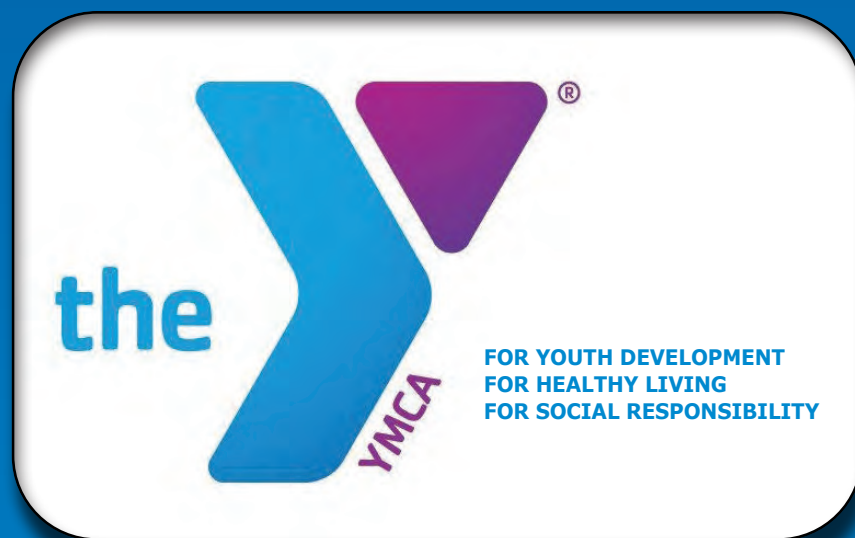
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