

THE 2ND ANNUAL MARATHON ISSUE

# NASHVILLE FIT

MAGAZINE



*from* **THEATER** *to* **RUNNING**  
**GEEK** **FREAK**

MARCH/APRIL 2018



# Contributors

Thank you to *NFM*'s contributors who make this magazine a worthy source of health and wellness information in Nashville.



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#### **Matt Grimm**

Matt is a strength and conditioning coach at Tennessee State University overseeing the women's basketball and softball strength and conditioning programs, as well as assisting with the football strength and conditioning program. Matt is the owner of Matt Grimm Performance, LLC an in-home adult fitness and youth performance training service. Matt is certified CSCS, CFSC, FMS2, and USAWL.

#### **Hunter Hall**

Hunter has been a competitive distance runner for over 15 years. He has worked as marketing coordinator for Switwick Socks and is currently the marketing director for Fleet Feet Sports Nashville. He has raced on the track, trails and roads and owns a personal best in the marathon of 2 hours, 31 minutes.

#### **Ashley Hubbard**

Ashley is a vegan travel writer and photographer. A native Nashvillian, she also travels the world showcasing the best ethical methods of travel on her

blog, *A Southern Gypsy*. Ashley is a huge advocate for a healthy lifestyle, but also loves showing that veganism doesn't mean giving up delicious food!

#### **Kristin Palmer**

A native of Georgia, Kristin Palmer has been living and loving the booming Nashville, Tenn. for over 12 years. A lover of fiction, animals and fitness, Palmer enjoys spending time with her beautiful border collie mix, Olive, while eating a moderate amount of dark chocolate.

#### **Sarah Scarborough**

With 15 years of experience under her belt, Sarah Scarborough is a tea connoisseur and the founder of Fropot Nomadic Tea. She has traveled the globe searching for the best way to produce quality while maintaining the principles of ethical trade and organic sourcing. She resides in Nashville with her husband and two sons. In her free time, she enjoys yoga, travel, hiking, cooking, gardening and water sports.

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# TEA FIX

It is well documented that since ancient times, tea has been revered for protecting the body against disease, aging and weight gain, and for being a general panacea of health. What you might not know is that the way the tea leaf is processed influences how each type of tea affects both your body and mind. There are six types of teas (black, oolong, green, pu-erh, yellow and white) each distinguished by processing methods and levels of oxidation.



**Green tea for cool, calm focus and antioxidants:** ●●●●

Green tea is not oxidized. After being harvested, the leaves are immediately steamed, or pan fired to stop the oxidation process. This allows the tea leaves to keep their distinct green color, high levels of antioxidants and delicate vegetal and floral notes. Green tea is processed predominantly in Japan and China with the Japanese tea makers steaming the leaf and the Chinese makers roasting it. The antioxidant EGCG (Epigallocatechin gallate) in particular, which is abundant in green tea, is associated with cell repair and protection. It is the most powerful of the antioxidants called flavonoids and is indicated for preventing disease, diabetes, osteoporosis and infection as well as promoting hair growth, liver health and weight loss.

Green teas, especially those made in the Japanese method, contain an amino acid called L-theanine. Available in pill form for sleep and concentration, L-Theanine increases alpha waves in your brain, bringing about a calm, focused "zen" state of mind. Gyokuro, a Japanese green tea that has been shaded for three weeks before harvest and processing, and matcha, a shaded green tea that has been ground into a powder, rank among the highest in L-Theanine levels. The practice of shading the tea plants before harvest keeps them from photosynthesizing, hence increasing nutrients such as L-theanine, chlorophyll and antioxidants. It is no surprise that Buddhist monks, who used green tea as a meditation aid, spread its use from China to Japan, where it became a part of everyday life.

PHOTO: FIREPOTCHAI

**Pu-erh for digestion and gut health:** ●●●

Pu-erh [Poo-er] tea is grown exclusively in and around the county of Pu-erh in Yunnan China. It is made from a green tea called "mao cha". Mao cha is steamed, fermented and then aged anywhere between a few months to several decades, depending on the type of Pu-erh being made. Pu-erh tea is considered to be a living food with probiotics and digestive benefits like sauerkraut and yogurt. "Sheng" or "raw" Pu-erh is made using the traditional process: fermenting naturally over time. "Shou" or cooked Pu-erh is a modern way of processing Pu-erh more quickly by artificially fermenting the tea by adding beneficial bacteria.

Highly prized Pu-erhs have been aged for over 200 years and can cost more than \$30,000 a pound! These teas are known for their earthy and woody aromas, robust smooth flavors and health benefits. They have developed a cult-like following in recent years.



**Black tea for skin, bones and teeth:** ●●●●

The most commonly drunk tea in the West is black tea. Black tea is completely oxidized; thus, offering a cup with more developed tannins, strength and body. Since black tea is fully oxidized, it is warming to the body according to Traditional Chinese Medicine. The concept of a warming in Traditional Chinese Medicine means that a substance brings a fiery energy, heat and movement to the body. Heat makes black tea suited to aiding the body in digestion. The tannins and minerals in black tea support healthy skin, tooth and bones.

Black tea is often believed to have more caffeine than other types of tea, but this is not always true. As a rule of thumb, one cup of black tea made with a tea bag has roughly the same amount of caffeine as one cup of drip coffee, but exact levels vary from cup to cup. Factors such as terroir, cultivar, processing and steeping impact caffeine levels. Even your water dictates how much caffeine is extracted from the leaf. High quality green and white teas often rank higher in caffeine than black teas.



**White tea for pure, potency:** ●●●●

White tea is the least processed of all the tea types. In the processing of white tea, the terminal bud of the plant is plucked and dried. White teas have very delicate flavors and are less astringent than other tea types. White teas are authentic only in Fujian, China but produced around the world.

White teas are associated with many of the same health benefits as green tea, but it is useful to know that most white teas are made from only the terminal bud of the tea plant. The terminal bud is where the most concentrated levels of the beneficial compounds in the leaf exist. There are predominantly antioxidants and caffeine. Since white tea is the lightest of all of teas, less of it is generally consumed at once. This is why white tea has the reputation for having the lowest levels of caffeine, but this is not always true. Since oxidation is not halted in the production of white tea, it does have a small amount of oxidation, which lowers the amount of antioxidants present in your cup. White tea is more subtle and light bodied than some other teas but it is a powerhouse, especially when it is of very high quality.

Caffeine and L-theanine to increase brain function and focus	●
Cancer fighting antioxidants	●
Supports heart health	●
Reduces inflammation	●
Boosts immunity	●



## NUTRITION

### Oolong for slimming and general health ●●●

Oolong tea is semi-oxidized. Its manufacture is an art form, resulting in flavor notes ranging from fruity, sweet and floral to mineral, roasted and earthy. Fujian Province, China is the birthplace of Oolong tea and today most oolongs are made in Taiwan and China. Recently, origins such as Nepal are pioneering the production of high quality oolongs made from nutrient-dense cultivars.

Since oolong tea is partially oxidized, it contains health benefits found in both green (unoxidized) and black (fully oxidized) tea. It is particularly well-known for its slimming properties and weight loss programs have been developed that revolve around its daily use.

The antioxidant EGCG which gives green tea its ability to fight disease is also responsible for triggering thermogenesis in your body. Thermogenesis is when your body burns calories to increase heat. The unique make up of oolong tea triggers thermogenesis which increases metabolism to aid in weight loss.



### Yellow ●●●

Yellow tea is a very rare tea type made in China and Korea. It is processed very similarly to green tea, but undergoes a post processing fermentation, or slow drying. This changes the taste of the tea, making it more mellow and smooth and accentuating notes of dried fruit and moss. Drinking a yellow tea is a rare and exquisite experience. The health benefits of yellow tea resemble those of green tea.

Understanding the chemical compounds in each type of tea can heighten your appreciation and its effect on your body. All teas have immense health benefits, so in choosing the best for your body, I would offer two pieces of advice:

1. Choose tea that is fresh and of high quality—it will have more nutrients present in the leaf!
2. Choose the tea that you enjoy the most. Tea is Mother Nature's gift to man; whichever tea you choose it will benefit your body and mind.