

PICTURE OF HEALTH

HOUSE CALL

Keep in Mind

Monica W. Parker, MD, talks Alzheimer's disease, from risk reduction to resources

HIT THE BOOKS

► "We're starting to look at Alzheimer's like a life-course disease," says Dr. Parker of Emory University's Goizueta Alzheimer's Disease Research Center. "The more learning opportunities you have while you're young, the better. Taking up another language or playing music helps create connections in the brain that you can go back and pick up later."

FOCUS ON WELLNESS

► "What you're doing at middle age determines what happens 20 years later," she notes. "If you're in your forties and fifties, we are encouraging things you can do something about: changing your diet, increasing your activity level, and remaining socially engaged."

KNOW YOUR RESOURCES

► The Alzheimer's Association has a free 24-7 help line. Their clinicians can offer support and connect you with educational programs; 800/272-3900.

MUST-HAVE

On Your Feet

These flip-flops are lined with memory foam—plus they float

Women's Dunes II in Violet, \$50, and Kids' Dunes in Sky Blue, \$30; harimari.com



The 411: Calling all commitment-phobes! The ClassPass app (available in several Southern cities, from New Orleans to Charlotte) lets you book fitness sessions at studios all over town so your workouts never get stale and your body doesn't get bored. See if the membership is available in your location at classpass.com.

Tash Weddle,
president and CEO of
The New Beginnings
Center in Nashville



SECRETS TO A GOOD LIFE

Fresh Start

This women-only fitness-and-nutrition program is redefining success

BY BETSY CRIBB

Weight loss isn't the main priority at The New Beginnings Center in Nashville. "The goal is to empower women to take control and live their best lives," says Tash Weddle, who founded the nonprofit organization in 2011. "We see weight lost, medications stopped, and clothing sizes change, but really, those are just side effects." Once a college strength coach, Weddle now puts her skills

to use helping women with low incomes, who sign up for New Beginnings' three-month holistic program of fitness-and-nutrition coaching. "I don't want exercise to seem like a punishment for them," says Weddle. "I want them to just find joy in movement." For her, the participants' successes can't be measured on a scale. "Women tend to put everybody else first and themselves last in all areas of their lives," she says. "But for 12 weeks, they commit to coming to 80% of these classes. And we're building authentic self-confidence and integrity when we do what we say we're going to do, when we start and finish something." **SL**