

## The Need

The data are dramatically clear. Statewide studies provide conclusive evidence that obesity jeopardizes the health and well-being of far too many women in Tennessee, especially low-income women. A whopping 68% are overweight, and 34.8% are obese.

The causes are many, and the answers aren't simple. This public health problem is serious, growing more expensive, and requires our immediate attention.

The good news is that there is already a highly successful program in Nashville aimed at helping low-income women tackle the problem of obesity: The New Beginnings Center. At TNBC, CEO, Natasha Weddle brings two decades of experience to the challenge of improving the fitness and health of women of all ages from low-income backgrounds. The results are highly encouraging.



## The Vision

The New Beginnings Center does not offer women a “quick fix.” TNBC provides a place where women—whatever their age, background, or income—can begin working in supervised programs that allow them to achieve new levels of physical fitness, strength, well-being, and confidence.

TNBC's track record demonstrates that a whole health approach to obesity-- involving regular strength training, nutritional counseling, and lifestyle coaching -- leads to sustained weight loss, improved strength and energy, the ability to reduce and sometimes eliminate costly diabetes and blood pressure medications, and a brand new sense of empowerment about overcoming life's challenges.

TNBC's impact has proven to be life transforming and capable of benefitting each woman's family and community.

## The Plan

First established in 2011, as a 501(c)(3) nonprofit organization, The New Beginnings Center seeks support from individuals, corporations, and foundations committed to improving the health and well-being of women in Tennessee.

TNBC has built strategic partnerships across the state with other agencies and organizations committed to women's health. Through referrals, TNBC identifies women willing to establish goals and objectives for their own health, and to commit to programs lasting at least three months. In return, TNBC provides strength training, nutritional education, and self-actualization classes aimed at helping each woman recognize her own potential and abilities. Women in TNBC classes emerge healthier, better informed about how to manage their own health, and often with life-long friends and partners in maintaining a healthy lifestyle





new beginnings

“A woman who is strong and physically fit is a woman empowered.

Whatever her challenges, obstacles or setbacks, she can and will thrive because she’s overcome physical limits.

We want to give every motivated woman a chance to experience that success – no matter her age, her background or her income.”

Natasha Weddle,

new beginnings

**For more information**

615-432-2579

[tweddle@tnbcenter.org](mailto:tweddle@tnbcenter.org)

509 Craighead Street, Suite 100

Nashville, Tennessee 37204

**The New Beginnings Center**

Reshaping the Future of Health



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