



PROFESSIONAL & CLIENT TESTIMONIALS



I can report that my life has changed. I am down 49 pounds, shrunk 5 pant sizes and have received word from the doctor that all my blood work and tests fall within the normal range.

Lynn Caveny, Client



I will be forever grateful to Tash for using her God-given talents to help empower all women regardless of income through the two successful companies that she started. Serving as CEO of The New Beginnings Center (non-profit) and TNBFitnesss (for profit), has brought the same renewal to thousands of women in the Nashville area. Her courage, devotion and heart have helped us all become our best selves with recognition that helping others is the key to a happy, healthful, and fulfilled life.

**Chris McCarthy, Retired CEO of the
Greater Nashville Area- Habitat for Humanity**



"In addition to renewing my health, I have made new, lifelong friendships that I dearly cherish. Their newfound friends share the same new love of health with me, and the support we give each other is paramount to continue successfully in a healthy lifestyle"

Dimple Simpson, Client



"During the twelve weeks we talked a lot about our feelings and why we have weight issues. We dug deep into our relationships with others and how we deal with our emotions. Tash helped me realize that it is ok to make myself a priority and take care of myself."

Tracey Martin, Client



As a board member and executive leader at Saint Thomas Health, I know this program is a holistic, effective program that is producing real results. As a practicing Board, Certified Family Nurse Practitioner, these outcomes without medical interventions are exciting and absolutely necessary. If the New Beginnings model could grow, we would finally make a dent obesity and pre-diabetics epidemic in our city, state, and nation.

Nancy Anness, MSN, APRN, FNP, BC, Vice President Advocacy, Access, and Community Outreach for St. Thomas Health



Obesity and preventable disease associated with it are among the greatest issues of the U.S. healthcare system as well as one of the highest cost to society. The work of TNBC and its clients improves community health and lowers state and federal healthcare costs. TNBC is addressing a critical need in our community and for our country.

Carol Titus, St. Thomas Foundation



"Then another act of God's favor introduced me to the New Beginnings program which has lead me on a journey that is literally lifesaving and life changing."

– Mary Pettus



My four-year involvement with The New Beginnings and TNBC Fitness has taught me that the term athlete extends beyond those involved in team sports. Whatever your goal, the TNBC/NB teams guides you. Healthy and able is attainable for everyone. With increased and continued support from the local community and beyond, we will significantly decrease our current obesity rates, serve hundreds of women annually and make Nashville a healthier city.

Libby Dorris, Community Volunteer



"This is an awesome program that not only helped me realize how to change my bad habits into good ones, but it has given me a new sense of self-esteem. "

Joni Smith, Client



As a clinician researcher, director of Women's Health Research at Vanderbilt, and founding director of the Agency for Healthcare Research and Quality Evidence-based practice center at Vanderbilt, I have high and fairly inflexible standards for effectiveness of interventions. As a certified strength and conditioning specialist and adult athlete. I come at most claims about health and fitness programs with a high degree of skepticism. So, it is a joy to declare New Beginnings a winner in every sense. I strongly urge others to support New Beginnings. I have seen that it changes lives.

**Katherine, E. Hartmann, MD, PhD at
Vanderbilt University, School of Medicine**



"Here we are about to graduate and I have lost 20 lbs and come off insulin completely! I believe for women that want to take this program seriously, as I have, it can be a lifesaver."

Darlene Ryan Lutton, Client



Metro Nashville Public Schools Health Centers have tremendously enjoyed our partnership with New Beginnings. They have been a true asset in helping us obtain a healthy lifestyle model for our teachers. New Beginnings is truly what it says- a new beginnings to a healthy, happy lifestyle. This is very important, quality program that has helped many women realize their potential. The commitment to the community and the willingness to help those less fortunate adds even more value to this wonderful organization.

**Lori Crew, Director of Operations for
Metro Public School Health Clinics**



"At 57 years old, I'm in better shape than at any other time. After completing this program I'm a new person ready to live each day to the fullest, minus 25 pounds. I'm happier and I feel better about myself"

- Connie Swineheart, Client



There are many organization in Nashville that deal with health issues. This was the first one I have seen that makes sense and can steer women toward a better existence. The goals that are set for weight loss are reasonable, healthy, and achievable. New Beginnings isn't just another exercise routine. It isn't just another weight-loss program. It is a common-sense approach to good health, both mental and physical. New Beginning makes sense...and it works.

Liz Schatzlein, Community Volunteer



"I received the opportunity to increase my knowledge of nutrition and improve my physical and mental well-being"

Regenia Boyd, Client