



The Athena Wellness Podcast
Episode 001 – Reclaiming Our Warrior Spirit
January 17, 2021

Kathy 0:04

Welcome to the Athena wellness podcast, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach and founder of Athena Wellness, a company that helps women enhance their well-being, and reimagine their current stage of life as a time of strength and reconnection with themselves.

Here we are at Episode Two. And today's show features a conversation that I recently had with Tiffani Hill. Tiffani describes herself as a fitness coach who helps women change their bodies so they look and feel gorgeous, in and out of their clothes. Now that's the way to start a new year, don't you think?

As you'll hear, Tiffani and I are both passionate about wellness and fitness. We both incorporate mind, body and spirit into our practices. But we have different approaches. And that's exactly why I wanted to have Tiffani on the podcast – to show there's no one right way, just the right way for you. And you get to choose what works best for you.

We cover a brief review of 2020 and how it impacted our planning for the new year. We also talk about 2021, what we're focusing on, and practical advice for our listeners on how to include fitness and wellness practices into your life and how to invite some ease. At the end of the show, we have our first Dose of Inspiration segment where Tiffani shares some of the things that are lighting her up these days, with the intent of sharing new resources with you.

Lastly, I think it's important to mention that Tiffani and I and many of our clients have the privilege of working from home or have flexibility in our schedules. And while I do



mention our frontline workers during the conversation, I again want to express my gratitude to those who are keeping our country and our world running under very difficult circumstances and to the health care workers who have been working tirelessly. Please know that we're doing all we can to support you from afar, including keeping ourselves and our clients out of your emergency rooms through good health and good habits. Thank you.

And now on to the show. I hope you enjoy the conversation.

Kathy 2:30

Tiffani, welcome to the Athena wellness podcast. Thanks for joining us today.

Tiffani 2:33

Thanks for having me.

Kathy 2:35

Could you tell our listeners a little bit about who you are and what you do?

Tiffani 2:40

Absolutely. So I'm a fitness professional. And for the last 14 years, I've been coaching women and some men on how to get their bodies healthier, inside and outside, through workouts, clean eating with real food, redirecting their mindset for sustainable success, finding balance, and I give them the tools to gain the physical strength and the mental confidence and then the rest really starts to fall into place. And I'm not the quick fix coach, you know, with diets or fake foods, you know, I coach in the real world.

Kathy 3:12

That's great. And I can vouch for that, because in my book, *The Athena Principles*, there's a story about the first day I attended a bootcamp class at 5:30 in the morning, and more importantly, the next morning when I woke up to reach over to shut off my



alarm, and everything, and I mean, every muscle in my body was sore. And who was the leader of that class?

Tiffani 3:36

(Laughs) That would have been me! Guilty as charged.

Kathy 3:37

Exactly. But I share that story because it shows two things, one, how our bodies adjust, because going from that kind of experience, your bootcamp really got me to have the mental capacity to be doing some of the endurance things that I did after that as well as physical shape. So I can certainly attest to what you're saying what you do.

But on the other side of that, we are both wired to kind of go harder, faster further. And I can tell you, at least for me, as I'm thinking about 2021, that has shifted some and I'm guessing maybe that's been the case, if not for you, maybe your clients. Those are some of the things that I want to talk about today.

Tiffani

Absolutely.

Kathy

The podcast is going to be posted sometime in mid-January, so I don't want to spend too much time reflecting on 2020. But I do think it informed where we're going in the new year.

Let's start thinking back to last spring and suddenly we were in lockdown. What were some of the concerns either you or your clients were facing at that time?

Tiffani 4:49

Well at that time for me personally, I know that it was not being able to get to the gym, you know, and doing the types of workouts that I was accustomed to for myself and



being in the weight room, which is, you know, where I really loved to be. So, for that, you know, my healthy lifestyle was intact, my food was intact. So again, for me personally.

But the other part of it was, like, you know, losing the social aspect of really everything, because I'm a very social person. So, I think that also impacted my clients as well. And with my clients too, you know, then they're like, well, where? How am I going to work out? How am I going to stay fit? How am I gonna? How, how, how?

Kathy 5:41

Yep, we'll get into some of the ways that we might be able to help our listeners. I would say, for me, my biggest concern was my well-being. I didn't know how that was going to be impacted. And one of the things that I did, like I was concerned, was I gonna get lazy? I mean, you know, me well enough to know that that probably wasn't going to be an issue.

Tiffani

(Laughs)

But that was my concern, right? So, I was like, "Am I gonna get lazy? Am I gonna start numbing myself?" And maybe not with food or alcohol, but maybe it's with other social, you know, we were on Zoom so much, and things like that.

So that kind of unknowingness, I think, was definitely impactful. I created something I called the Sanity Spreadsheet – a kind of outline like, "What are the top ten things I need to do every day to help my well-being?" And for me, I mean, it was like journaling, meditating, exercising healthy eating, sleeping, minimizing television and social media. I just had a checklist that I would kind of go through on a daily basis. I did that for about ten weeks until I felt comfortable enough that I was okay, it was okay, that we're getting into a new groove.



And so, you know, there are things that we can do when we're feeling that uncertainty that might be able to help us – something as simple as an Excel spreadsheet, but that's kind of my way of thinking, right?

Tiffani 7:01

That's a great tool, for sure. That's a great tool and a great practice to have, so good for you for doing that.

Kathy 7:06

So, let's think about some of the lessons in 2020. What are some of the things that you learned as a result of going through the year?

Tiffani 7:14

A big lesson for me is really, I had to recreate my business. That's probably the biggest lesson for me, something I learned, you know, that the time. The extra time that I had afforded me the ability to learn something new and to be able to recreate my fitness business in a different modality because now I wasn't in front of people anymore, physically. So that was a lesson, you know, professionally. And realizing that I didn't have enough self-care practices in my life, because of lack of time. So, you know, that was another lesson that I learned personally.

Kathy 8:06

Mm hmm. So, some of the biggest lessons for me – I was surprised at how much I was able to reconnect with being outside when the warm weather came, how much of a joy that was, to be able to take long hikes and to get outside. Learning new things was a big thing for me as well.

And I also realized how much I love to teach. When the pandemic hit, I started to give free meditation and writing classes. And that really solidified like wow, this is something I really want to add to my portfolio. So, that was a nice surprise as well.



Let's talk about some of the some of the gains, some of the some of the biggest surprises that came out of the year, positive surprises.

Tiffani 8:51

Definitely reinventing my business, my fitness business. That was a huge gain. I had a side gig going on there, too and I was able to let that go because I reinvented my fitness business. And you know, that was great because then I was able to keep connections with my clients and in just a different way. You know, being able to still service them the way they needed me to, you know, still be a part of their lives. So that was a big gain because I wasn't gonna be in front of them anymore physically but I could be, you know, via Zoom and emails. That was huge for me because that was going to be too hard to lose, you know, for me, you know, in my heart.

I also realized another gain was, you know, that I didn't need the weight room that I was missing. I was missing it because I love it, but I didn't need it to, you know, gain what it is that I want to gain for me personally, so that was good.

And, you know, another big gain is sleeping past 4:30am. That's, that was huge for me more sleep, which was, which is really great, you know, I get to stay awake after 9pm and I don't have to wake up at 4:30am. So I, I'm not gonna lie, I'm enjoying that. But, you know, the time gave me the ability to create more in my fitness world, which is a really fun thing for me to do. And to take care of myself more, take care of my surroundings more, you know, which created a happiness on an inner level, for me practicing new daily rituals.

Kathy 10:57

I will say, for me, my biggest gains, you know, I had to learn how to let go of outcome. So, I'll say that more broadly, of you know, you just got to kind of show up every day as we're creating businesses and publishing books and doing the things that we're doing and getting things out into the world that might be helpful, no matter the form, no matter whether it's perfect in your eyes or not, but just letting these things go.



So that was definitely a big learning experience for me, as well as settling into my own rhythms and experimenting. I experimented a lot with some of the wellness things that I've been working with clients with, which has been really fun. And we'll get into some of that as we get into 2021, which is where we're heading right now.

I want to go through some of the same things, like what are some of the concerns, as we're going into the new year, with your client's perspectives in mind. And just to frame it a little bit, I will say, one of the things that I'm seeing, and, and only because I've been getting booked for some conversations in January, is the impact of mental well-being. As the pandemic kind of wears on – that's been a big element. And so certainly, you're taking care of that from the physical standpoint. But it feels like people are looking for some release valves of some sort, you know, having gone through this for a while, which is kind of what you were alluding to – having to stay in just a little bit longer now, the winter coming for those in North America.

So, can you talk a little bit about what some of your client's concerns are, as we go into the new year?

Tiffani 12:31

Definitely reaching their fitness goals, you know, that they've always had on their mind. I think, you know, the nutrition aspect has always been within the home, so to speak, but the fitness side of it, you know, everybody wanting to get out and doing group classes again but having everybody's safety in mind. From my clients' perspective there's a big concern from them not being able to discipline themselves at home with working out. Now nutrition at home, and now working out is also at home. So, I do you think from a client's perspective, that's a big concern for them. And you know, that takes a toll on them mentally, you know, like you were referring to because they're stuck in their homes and they have the distractions there. So, they let all of that get in the way of taking care of themselves.



Kathy 13:39

And so how have some of those, you know, getting back to what we were saying that we don't need all the equipment we think we need, even though we may want it – what have been some of the things that have been helpful to your clients who do have to work out at home with you guiding them, like what have been some of the types of things you've been able to lead them through to keep their fitness levels up.

Tiffani 13:57

So, when the pandemic first hit and I had to shut down my morning bootcamp class, I immediately went into recording full workouts on video for them. So then that's what became my work out because I was doing it – I wasn't just giving them a list of exercises to do, because that's, that's less accountable for them, I think, is just having, you know, an email that says, do this, do that, do this, do that versus pressing a link to a YouTube video of a full workout that they're doing with me.

So, I thought that was a big thing and a good thing to do for them and it wasn't live. And, you know, I had other people asking me why am I not doing Zoom workouts? And the reason for that is because if I gave them a video that they can press play at any time that they wanted to or any time that they had time for then that was going to help them more. So, if they didn't want to work out at 6:30am anymore and they can work out at noon, you know, they had the opportunity to do that. I was giving them the video. So that's, that's what I was doing for the clients that I, you know, that wanted to sign up for those videos.

And I and I did that for quite a few months. It was a great workout for me too. And, you know, they included equipment – dumbbells and, and they also just included bodyweight. And I also would give them tips on how to sort of make equipment at home, so that they had some external resistance so that they can intensify the workout.

Kathy 15:41

Great, excellent. I'll tell you, for me, my biggest concern as I go into '21, and I'd love to hear your thoughts, to pick your brain now. I feel like I don't want to lose my mental



toughness. And the way I was keeping my mental toughness was by training for events, especially these last couple years, you know, between the cycling and the running, and all these things that I was doing. And yes, I could still do those things, like I could still run and I do run, but without having that thing to train for. I feel like I can maintain. But I don't know if I'm getting better.

And so I wonder what you think about that, or how you might coach your clients who may have the same type of concern.

Tiffani 16:23

You know, for myself, I always have goals for myself to reach, you know, so that I don't get lazy. And for me, it's not necessarily an event like it is for you. For me, it is a physical goal in terms of just my physicality. So, it's, you know, a certain body weight percentage, it's a certain dress that I want to fit into better, it's those types of goals that I set for myself.

So, you know, when it comes to my clients, their goals are usually, I guess, along those lines. It's fitting into their jeans better, or, you know, fitting into a smaller pair of jeans or something like that. So, you know, I do goal setting, with my clients. And that's typically what it is, it might be an event.

Like one of the clients that I'm working with right now, you know, there's a there is a trip to the Outer Banks she planned in May. She wants to be in a much better physical place, you know, by that time. So, sometimes there are events, but usually the goals that my clients are setting for themselves, and that I help them realize for themselves, is more about, you know, the clothes they have in their closet that they want to fit into again.

Kathy 17:54

Mm hmm. Yeah, you know, I've also been thinking of the total energy spend that we are committed to on a daily basis now, like it's shifted, right? A year ago, it may have been commuting to work, getting the job done, picking up the kids, soccer, whatever people



had in their lives. Now it's more sedentary. But the mental expenditure of being on Zoom for, you know, for a lot of people. Not those that are on the front lines, because we've got, that's a whole other issue...

Like if somebody is fighting the good fight on the front lines, and our hearts always go out to folks that are doing that – this isn't the time to start a CrossFit routine, right? This isn't the time for that. This is the time for better sleep that you mentioned before.

So maybe it's in the balancing of what's going on in your life. If for some people, they need that carrot to say, you know what, I'm looking forward to this trip – let me bake in some wellness goals to that, like, that's a great combination, right? Or, you know, I'm feeling like I need to, have a more specific goal in mind. But I don't think it's a one size fits all kind of thing just because our lives have, I mean, our lives have always been varied, but the way this has impacted us, I think is greatly varied. And so, I think we need to take that into consideration too.

Tiffani 19:20

Absolutely. Absolutely. different for everybody.

Kathy 19:24

So then where are you focusing your wellness efforts in the upcoming year?

Tiffani 19:28

Part of my wellness efforts will definitely be a better mind/body balance. Also mind wellness, by practicing gratitude, having daily affirmations – you take a step back just to breathe and appreciate life. That's, you know, I think those things are huge in wellness.

You know, it doesn't always have to be about your food and your exercise, which I think are incredibly useful. But your mind definitely could rule all of that. So, you need to have a healthy mind as well. And those are ways to do that, yeah.



Kathy 20:10

I think that's great. Some of the things that I'm thinking about for the new year are things I experimented with last year, like intermittent fasting. And that seems to work really well.

With me, I stop eating usually somewhere around 4:30 and pick up again, maybe eight-ish in the morning, working out fasted. That plus using, I have barbells and dumbbells downstairs, so that and using bodyweight to build muscle, like those two things seem to be a good combination for me.

But the other thing that I think is really helped to getting back to your mental and kind of spiritual state, is I've been going through a lot of old boxes and clearing out a lot of old possessions. And that has made a big difference as well. It's like losing weight in a different way. That is really made, seems to have cleared the path for the new year in a different way, which feels really good.

Tiffani 21:08

That's fantastic. That's another good thing to do.

Kathy 21:11

Yeah, so I think we both agree, really, it's about keeping things realistic, doable and aligned with where you are in life today.

Tiffani 21:19

Agree 100%. Well said.

Kathy 21:25

Let's give our listeners some practical advice, especially about keeping our immune system strong as we go into the winter. We're not quite out of the woods yet with the



pandemic. Let's talk a little bit about mind, body and spirit – specific things that people can get incorporate into their routines that might be helpful.

Tiffani 21:46

Absolutely. So, body. Obviously, exercise and nutrition, you know, if you want to keep your immune system elevated, or you want to elevate it from where it is now, you have to eat clean, you have to fill your body with good macro and micronutrients. You have to exercise, you have to keep your muscles strong, your joints strong, your bones strong. Stretching, I think, is another huge thing in body and massage and then breathing. So, all of those things together, you know, will definitely help the body this time.

Kathy 22:24

So, that's the that's the fitness expert (laughs). Now I'll give you the wellness – the kinder, gentler wellness coach comes in. And we had the same things, it's just a little bit of a twist.

So, you had exercise, I have movement, because again, where people may be in their lives. I think we definitely agree there.

One of the things that I was able to work on last year and it was so simple, I put a chin-up bar in the door of my closet in my master bedroom. And when I go by, I just do one. But how many times do you walk past? You know, cuz I have to get to the restroom, which is right past there. So it's a perfect place to keep it. And to just to try to jump up, and not perfect, but just jump up and do one and then go out and jump up and do one every time I go in and out of there. So, movement for sure.

And mindful eating. I was experimenting with it and it's about really getting clear on, "Is this something that I'm really craving because I'm hungry? Do I feel like my cells need this food? Or is there something else going on here?" And a lot of times, as you know, there's something else going on that's making you crave something that may have



nothing to do with the food itself. There'll be more on that in episodes to come. But that has been a really interesting experiment from a body standpoint.

Tiffani 23:49

Very good. Very nice.

Kathy 23:52

How about mind?

Tiffani 23:54

So, for the mind, for healthy mind – positive self-talk. We are what we think, so thinking positively, acting positively and getting rid of those, you know, negative vibes and thoughts. That's probably number one. People take that for granted, I think because they don't really think about what they're thinking about, you know, or how they're thinking about something. And if you really sit down and do that, you realize how many negative thoughts actually do go through your mind throughout the day or throughout the week. So, trying to take a negative and turn it around and find the positive in it in and talk kindly to yourself.

Gratitude. Another thing I started practicing a lot more, you know, having a gratitude journal and writing in that as often as possible. I'm not going to say that I do it daily, because I don't. Sometimes I take long breaks before I do it again, but it's a habit that I want to have.

Habits take practice. And that's one of the things that I coach all the time in my program. And that's one of the habits that I need to practice because it makes me feel good. So part of that, too, is journaling thoughts, you know, it might not always be about gratitude, but maybe a journal that just, you know, you can write down what you're thinking about certain situations that you've been through, or have happened to you that day. So, you know, I think those things really helped to create a healthy mind,



Kathy 25:39

I have something I call "Sparks." And that's the one thing a day that actually makes me happy or brings joy. And it could be something as simple as, you know, a song that I want to hear, or sometimes I'll buy myself some flowers.

But I also found the *New York Times* has a mini crossword. It takes me anywhere from a minute and a half to four minutes to do. It's just this little tiny thing. But that's kind of like my little ritual before I go to bed – the last thing that I see before I shut down and try to get into a more sleep kind of a mind frame.

Anything that creates a positive impact like that I try. You do your best to try something new – it may not be every day. Like the thing you mentioned, journaling, to try doing something new. I think has been really helpful in this time, like this is a great time to be able to experiment because we are, we've been schooled lately of not taking risks, health risks, so to take risks in other ways. Whether it's creativity, or journaling, like you mentioned, I think is a really great counterbalance right now.

So how about from a spirit perspective?

Tiffani 26:56

Well, from a spirit perspective, I would say, trying something new. Doing things that make you happy. They don't have to be big things, you know, find the little things that make you happy. Try something new, that excites you, something that you might have been thinking about for a long time, that sounds so exciting. Try it, you know, give it a go.

And give yourself space to reset. You know, even though we're in a different world now, it's still a crazy world, our lives are still crazy, and probably just crazy in another way. So, giving yourself some space to just take a step back and reset a little bit. And, you know, thinking deeply about what your purpose is and what you value most, you know, that should give you that inner peace and inner happiness, which lifts your spirits.



Kathy 27:58

I was just listening to a talk yesterday, a doctor from I think Colorado, a university somewhere out in Colorado. But he was saying that those that have purpose or would say that they have purpose in their life, that's really linked to longevity, even more than exercise and eating right. Having that frame for life, that there's a purpose that you're here really has a big impact on wellness and on health. I was really surprised that it was so far up on the list. But it turns out, that's what the research is starting to show, which is pretty interesting.

I think along those same lines, I would agree with what you're saying about space. One thing that I found out about myself over the last year was that I really need that quiet time, that's the way I fill my tank. That's the way I'm able to do what I do in the world, by giving myself that space, which is really critical.

Also, helping somebody, you know, even with a smile. I noticed when I'm out on hikes now and I pass somebody, because we don't see a lot of folks, that there is that need to connect, even if it's just with a smile and a nod. Where before, you know, we live in the metropolitan New York area, and we tend to just walk by people very quickly. That seems to have slowed down a bit over these last ten months or so, which I find pretty fascinating.

Tiffani 29:26

Yeah, that's, that's really great. I love that, the smile and just, you know, give out a hello. That makes me feel good. Yeah. I love that. So that that was fantastic. I love that.

Kathy 29:38

And speaking of easy, let's think about, how do we have the perspective or the mindset to say, okay, whenever we're coming into a new year, you feel like we have to create resolutions or we have these big goals. How can we ease into this? Maybe in ways we



haven't before? How do we just make wellness or fitness a little bit easier? How do we psych ourselves up for, you know, the new year and trying these new things?

Tiffani 30:12

I think that January 1 puts a lot of pressure on people and we grew up just thinking that, you know, and thinking that that's the ultimate reset, you know, is January 1, a brand new year, you have to do it now. Because you're never going to be able to do it again, which is not true.

So, I think taking the pressure off, you know, forgetting that it's January 1 and not relying on the calendar to tell you when you need to start something fresh or get into a better frame of mind to get what it is that you're looking for, Just take some of the pressure off and take it step by step, it's, it's okay to go slow to get what you want done.

You know, and, like I said earlier, this relates to the type of business that I'm in, but you know, I'm not a quick fix kind of person. When it comes to my clients, it's, you gotta slow down, you gotta embrace the journey. And it's too hard when it's overwhelming, when there's too much, too many rules, too many guidelines that you got to follow. So, you have to make it easier, you gotta take it step by step. One step at a time and get it done and then move on to the next step. I don't know, I think that's, that's what easy means to me.

Kathy 31:47

I had a couple of things on the list. Maybe think about movement, like just committing to doing the movement that you like to do. I'm talking about folks that are really stuck and they know they need to move more. But the thought of having to do Zoom classes is maybe a little too much, well, what is it that you like to do?

Can we start with walks? Can we start with something that you can commit to doing every day, because it's enjoyable versus three times a week, and I'm not looking forward to it? So, there may be, I'm talking for folks that are just trying to get themselves off the couch and out the door. That would be one thing.



Another thing is this idea of wellness by subtraction. So are there some things you can stop doing? You know, I had to take a look at, I tried, probably about 18 months ago, just out of an experiment, I did a 90 day no alcohol kind of thing, just because I wanted to try. And that really teaches you about your habits, you know, same thing as fasting teaches you when you're reaching for something, and maybe that's not really what would satisfy what it is that you're looking for.

So, it's a good tool. And it's not something, you don't have to buy anything, you don't have to eat in a special way, you can just stop doing something. So that's an option.

And then the other thing, and we talked a little bit about it, of the difference it makes to either rearrange your belongings or declutter or get rid of some things that are no longer supporting where you are in life – that can free up some energy as well that can be used to do more of a mind body, if you're freeing up some other space around you.

And then I love what you said about the quiet, right? Sometimes it could be as simple as sitting somewhere with a journal and just being grateful for what you have versus coming from a place of scarcity of “I don't have this thing that I'm looking for.” It's like, “Wow, I've got a lot!” And maybe we start there and build from there.

Because I love that you said it doesn't happen overnight. It doesn't happen on a day. It doesn't happen overnight, that this is really about a journey. And, you know, I can tell I can say from personal experience, knowing you and some of our friends who have like interests really goes a long way for support. And those folks can be in person, they can be online, they can be in classes, but trying to find those connections to have folks that are kind of in your same fitness level or wellness level to start to have some conversations with might be a great place to start as well.

Tiffani

Right. Absolutely. Good point.



Kathy

I like to end these conversations when we have guests on The Athena Wellness Podcast with something I call a dose of inspiration. And these are just kind of quick hits on a fixed set of questions, to give our listeners some new ideas and new ways of thinking about things.

We start with the first one, which is: Can you share your favorite wellness practice or maybe a recent wellness win?

Tiffani 35:02

My favorite wellness practice is definitely exercise, followed closely by good nutrition.

Kathy 35:12

You're such a fitness person! (laughs)

Tiffani 35:14

I'm so single minded. (laughs) I can't help it.

Kathy 35:20

That's okay, that's okay. This is, these are your answers.

Tiffani 35:25

Well, you know, what if I didn't, if those weren't my favorite, then how can I coach my clients? Because, you know, that's what I coach my clients on. And they are truly my favorite, they are not just like this is what they have to be because that's how I coach my clients, it's because of, you know, they actually are.

Kathy 35:47

Next, share a recent struggle or a place where you're focusing your wellness.



Tiffani 35:55

Recreating my gym workout, you know, to be at home and as close to my gym workout as I can make it. I do have a good amount of equipment. But that's, that's been a struggle for me because I want to do things that I cannot do, because I do not have the equipment to do it. So, I'm trying to figure out ways to recreate that, that's a struggle.

Kathy 36:19

That intensity? You're trying to get to that same kind of intensity or the same kind of...

Tiffani 36:23

Yeah, I mean, I can coach intensity without all the stuff that I use in the gym. That's just my personal preferences. But there's lots of ways to have intense workouts without doing it the way I do it. That's just something that I happen to love to do and greatly miss. But yeah, there's the fitness person coming out again.

Kathy 36:44

That's alright, that's why you're on.

What have you read or listened to lately that you enjoyed?

Tiffani 36:50

Oh, my favorite podcasts for sure. Which is also my, you know, my favorite trainer out there in the world, Todd Durkin. So that's just, I find him, he is, you know, just so energetic and so motivational. And I know, there's so many other motivational speakers out there, too, you know, which I've also just started tapping into really.

I'm sort of new at listening to podcasts. But I've listened to it when I've taken my rides to New Hampshire to visit my son in college. And that's a four-hour ride, and I'll just be listening all four hours, and I just get so fired up. You know, so fired up, and those are his words, usually, you know, fired up, and he fires me up, for sure.



Kathy 37:38

And that's the Impact Podcast, yeah, I'll put a link in the show notes. [Note: <https://todddurkin.com/podcast/>]. And my guess is that next time you go to New Hampshire, you'll also be listening to The Athena Wellness Podcast (laugh).

Tiffani 38:01

Absolutely!

Kathy

But I will put Todd's link in the notes.

What new thing or experience are you looking forward to trying?

Tiffani 38:01

Public speaking. Sharing my message, my craft to a broader audience. That's one thing that I look forward to doing. I actually look forward to it. I don't, I don't really have the fear about it that a lot of people have. I look at that as the challenge that I need to conquer. And so, I'm looking forward to that.

Kathy 38:20

Excellent, excellent. Envision your perfect road trip. Where would you go, what would you do?

Tiffani 38:27

Specifically, where I would go, I don't really have a specific destination, but my perfect road trip, it would be driving south somewhere, it could possibly be Florida, you know, but what I want is, would be to end up in a quaint town, southern United States, somewhere warm, all year round, somewhat warm all year round, to find the perfect place to plant some roots for my future.

Kathy 38:57

All right, excellent. And what has you feeling inspired these days, what's lighting you up?



Tiffani 39:02

What's lighting me up is I am seeing some clients in person. So, doing one on one training in their homes, and that is lighting me up for sure. That I can be with my clients in person and train them and show them you know, what they can do, And taking them through a process of something that they didn't think that they can do – to realizing that they have the power to do it. So, that's been that's been lighting me up.

Kathy 39:36

Excellent. And then the last one, what has you optimistic about the future?

Tiffani 39:39

That this pandemic is going to come to an end. You know, I'm just optimistic about that. I just think that's gonna open some doors. Hopefully, you know, again, as I'm thinking about other people in this world who've had to close their doors as a result of the pandemic, but, you know, so I meant that in both ways. But I'm definitely optimistic about that. And then also reaching my own personal fitness goals.

Kathy

Mm hmm, great. Well Tiffani, I can't thank you enough for sharing your wisdom and insight with us today. What's the best way for our listeners to get in touch with you?

Tiffani

Thank you very much for having me, first of all, I'd like to say. I really appreciate the opportunity.

So, listeners can get in touch with me through email: tiffani@tntfitnessnj.com.

Or they can find me on Facebook, Tiffani Hill on Facebook. Please, if you do, send me a friend request. And, also on Instagram @tntfitnessnj.

Kathy

Thanks again, Tiffani, much appreciated!



Tiffani

Thank you very much, Kathy.

Kathy

I hope this episode gave you some ideas to consider as you reflect on your own wellness intentions. There are so many ways to support your well-being – find a practice that feels right for you at this point in your life and commit to doing that – even if it’s for a few minutes a day. It’s been my experience that when you do something that feels nurturing and supportive, it inevitably leads to more time and new ways to support your wellness intentions.

Thank you so much for joining me today – I know there are many ways you can spend your time, thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your warrior spirit some love.

If you enjoyed this episode and found it of value, please hit subscribe and leave a review – that helps others find their way to our circle and ensures you’ll never miss an episode.

And if you have a question you’d like addressed on the show or you just want to get in touch with me, visit www.athenawellness.com/contact.

Until next time, be well!