



OLD DOMINION UNIVERSITY

Institute for Innovation & Entrepreneurship

WOMEN'S BUSINESS CENTER

## BUSINESS SPOTLIGHT

### Tanecia Newman - NewMan Fitness Foundation

By Glenda Lassiter

Tanecia Newman had a serious struggle with weight. For years, she dragged from the immensity of a heaviness that covered so much territory. Long-term depression. Toxic relationships. Battles with self-esteem. A miscarriage. Teenage motherhood. Shaky finances. No tools to process traumatic experiences. But, day to day, she coped.

Before the hurt could twist and harden into something more life-altering, an exhausted Newman devised a plan to wrestle the decades-old battle. The newer version of herself who emerged was spirited, unwavering, and set on balancing the scales.

Newman finally made emotional, mental and physical health a priority, incorporated exercise, made better life and food choices. Excessive weight began to dissolve, literally and figuratively. Both "inner" and physical fitness became her passion.



Tanecia Newman

Scan the QR code to read the full story.



### NewMan Fitness Foundation

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