

## Healthy Living: Meet Pamela Nail

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**A former Mrs. World, Pamela Nail is a Madison resident who is the mother of four: David, Mary Alex, Jack and Nick Nail. She was born in Indiana and grew up in Baton Rouge. She is an artist, fitness instructor, pageant coach and wears many other hats as we**



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#### The Me File

##### What I'm reading

I enjoy reading MORE magazine and anything with encouragement in the design genre.

##### What I'm watching

Among my favorite shows are "Modern Family," "Good Morning America" with Robin Roberts and "The Queen Latifah Show."

##### What I'm listening to

My favorite music includes that of Jack Johnson, David Gray, Pitbull, U2, Andrea Bocelli and Lorde.

##### Words of Wisdom

Just remember that life is a journey, not a destination. Enjoy the ride and breathe. God will always be there. See more at [www.pamelanailtransformations.com](http://www.pamelanailtransformations.com).

#### My Workout

I ride my bike in the winter and run outside as much as possible. I combine weights three times a week and do Pilates.

A former Mrs. World, Pamela Nail is a Madison resident who is the mother of four: David, Mary Alex, Jack and Nick Nail. She was born in Indiana and grew up in Baton Rouge. She is an artist, fitness instructor, pageant coach and wears many other hats as well.

I have had a really amazing life. I grew up the baby of six, with a mother who was a Holocaust survivor. That was not easy! I dealt with so many travesties during my childhood, but I had a choice to make in life: Sit idly by and do nothing, or make the best out of what I had been given. In other words, I put on my big girl britches and moved it!

We — especially in the South — think that comfort comes with sitting around the table and eating. That's fine if it's healthy. But it would be so much fun to get up and move. Walk outside, swim, ride your bikes. Get a baseball game going or go skating. Dance parties are so much fun at home or being out. Dance with your children and play sports with them. Park the farthest from the grocery store and walk. Every little bit helps. Find a good gym, combine weights with biking, walking and swimming if you can.

Eating the right foods is the most important thing you can do. Stay on the outside aisles of the grocery store and stick with fresh fruits and vegetables. Eat lots of fish, which is rich in omega-3 vitamins, and chicken that is not rife with steroids. Stay away from cans and foods jacked up with preservatives.

I eat fresh fruits and veggies every day. I make my shake in the morning. It consists of aloe vera juice, fresh orange, banana, mango or any other fresh fruits that I may have. You could also add wheat germ, prune juice, wheat grass and protein. Mix with ice — yummy!

I eat wild-caught salmon about three times a week, with lemon and a bit of butter. All of my produce is fresh and organically grown. My eggs are cage-free. (Chicken is pumped with tons of blood, water and things that are not good — the more the weight, the higher the price.) I eat meat occasionally.

I eat salads with all veggies in them. You can make your own dressing from vinegar, virgin olive oil and lemon; you could also add honey and mustard. Toss so that each leaf is lightly covered. The more raw and fresh things you put in your body, the better. Think of your body as a healthy, beautiful gift from God. Take care of it with the right foods, and it will carry you far.

Aging in most of us is because we are not in shape. It is the fountain of youth. Everyone will change with age.

You must embrace each year of aging and think of your body as a fine working machine. You must take care of it by eating well, getting fresh air, and making positive comments to yourself every morning, regardless of what your body looks like.

See more at [www.pamelanailtransformations.com](http://www.pamelanailtransformations.com).



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