

# Wellness

Tampa Bay

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MAGAZINE

NOT  
GETTING  
ENOUGH  
SLEEP?

HOME SPA  
ESSENTIALS

5 FACTORS  
OF AN  
EFFECTIVE  
EXERCISE  
PROGRAM

AND A **WHOLE**  
LOT MORE!

An  
Interview  
with

Sara  
Snow

Star of Discovery Health & FitTv





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# Sara Snow

Star of Discovery  
Health & FitTv

By Angela Eward-Mangione

**S**ara Snow has been called “first generation organic”, and “green living’s real deal” and it’s easy to see why. Sara grew up surrounded by organic gardens, compost heaps and a family with an infectious passion for green living.

It’s a Saturday afternoon, and you are browsing the internet for ingenious ways to make your family’s life greener and healthier. Your search takes you to a website for someone who is smart and down-to-earth. As you explore her website, words like “green,” “organic,” and “the real deal” pop up alongside the photograph of a fresh-faced, slender woman. In her photographs, she’s usually outdoors in the sunshine, amidst the green grass and trees. In other photographs, she’s in the kitchen amongst an array of colorful fruits and vegetables. She always looks calm and composed despite the busy schedule you know she maintains with writing, speaking engagements, traveling and her shows. Then, it strikes you: You’ve seen this woman before on TV and in other newspapers and magazines. In fact, on one of her shows you saw her learning to surf with Jeff Johnson, a Nutritionist for Kashi. Her name is Sara Snow.

Sara’s past includes a successful career as an Emmy-award winning television producer and news reporter/anchor. Seven years into her



career, though, she made an enterprising decision to leave and create her own TV series. As Sara detailed in an interview at the 2007 San Francisco Green Festival: Although she was still living the healthy and mindful lifestyle she had become accustomed to growing up, getting up at 3 a.m. every morning for work was taking a toll on her health and happiness. No longer in rhythm with the natural sun patterns, Sara did not feel like herself anymore. Rather than ignore or suppress her natural instincts, she adapted and evolved. *Living Fresh and Get Fresh with Sara Snow* (Discovery Networks), which Sara launched after leaving her other previous producing and news reporting work, offers practical advice on living green. Through these shows, Sara has been able to reach millions of viewers with information about how to take simple and attainable steps toward living a green life.

## Step by Step with Sara

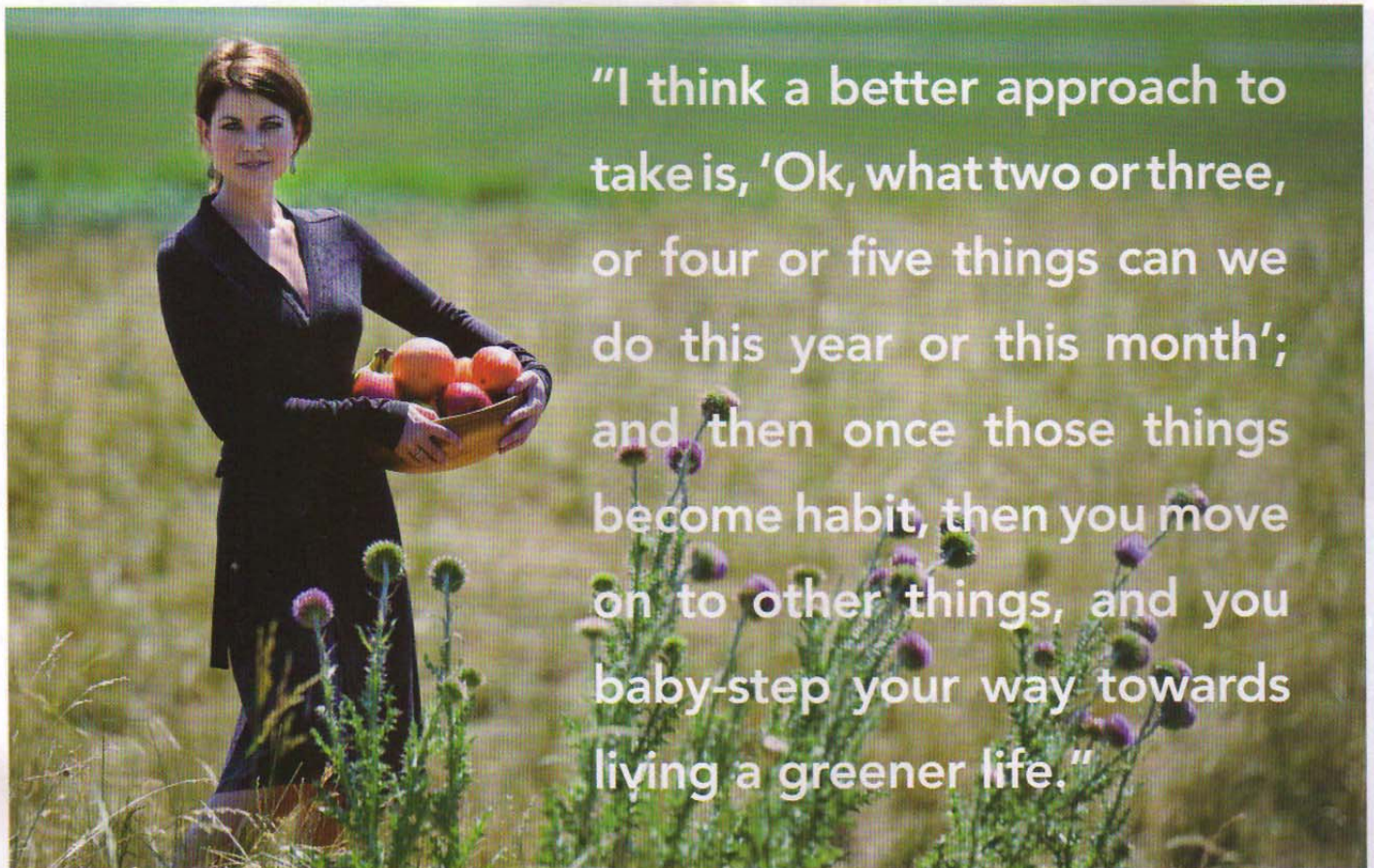
"Steps" are an important concept for Sara when thinking about how to help her fans get green and healthy. Many of us know that we want to make changes; we simply

feel overwhelmed when we try to figure out how and where to get started. Should we start outside or inside, for example? And how we can be sure that we don't take on so much that we ultimately doom ourselves to surrender? "It's difficult if someone looks at it in terms of 'I'm going to green my life,' or if somebody looks at like, 'Ok, this year I'm going green top to bottom,'" Sara agrees. "That can be overwhelming and difficult in that circumstance. But it doesn't have to be that way, and it doesn't have to be all or nothing for someone, especially for a family just starting out. I think a better approach to take is, 'Ok, what two or three, or four or five things can we do this year or this month; and then once those things become habit, then you move on to other things, and you baby-step your way towards living a greener life.'"

The baby-steps Sara teaches her fans through her TV shows, speaking engagements, and her new book are steps that were ingrained in her by her own green and healthy family. Sara grew up surrounded by organic gardens, compost heaps, and a family with a passion for green living. "I grew up in a home that was definitely different from most people," Sara explains. We ate food that we grew

primarily ourselves in our garden. We didn't have a furnace in my home when I was growing up, so we heated with passive solar heat and a wood stove, and we lived a life that was very much focused on living in a low impact and sustainable way."

Sara's father, Tim Redmond, co-founded Eden Foods, American Soy Products, and Blue Horizon Organic Seafood. Sara details how this affected her earlier life: "Because my dad was a pioneer in the natural and organics movement, we had access to very natural, wholesome foods that were not necessarily available yet all around the country. Also, he was trained under macrobiotics principles, and under macrobiotics chefs, and worked as a macrobiotics chef in Boston for awhile. So, a lot of our foods fell in line with the macrobiotic diets. That was the diet we adhered to, and even today, I would say that is the food practice that I most closely fall in line with." One foundational principle of the macrobiotic diet is that food and food quality affect our health and well-being. It is a lifestyle, not a diet. Macrobiotic diets typically emphasize locally grown whole grain cereals, legumes, vegetables, and fruit. These foods are combined into balanced meals.



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