

WELLNESS ≠ WINELESS

For Managing Editor **Stacy Briscoe**, a fitness life can still equate to a life with wine.

“YOU must admit, going from a career in fitness to a career in wine, that’s very unusual,” he said to me during a winemaker’s dinner at Chateau Lynch Bages, hosted by the Institute of Master of Wine. He—a tenured MW himself; me, a lowly prospect. He looked at me in earnest; I stared back blankly. Is anyone’s career path a straight trajectory?

It is true that my background is in health and fitness. For years I made a career out of it. One-on-one training, group classes, special needs—you name it, I did it. I trained everyone from novice gym-goers to professional athletes and all sorts in between. But that was never the ambition. My fitness career was one of happenstance, not my own volition. It was the result of graduating during a recession, combined with the fact that my go-to safe space has always been a studio, gym, track or trail.

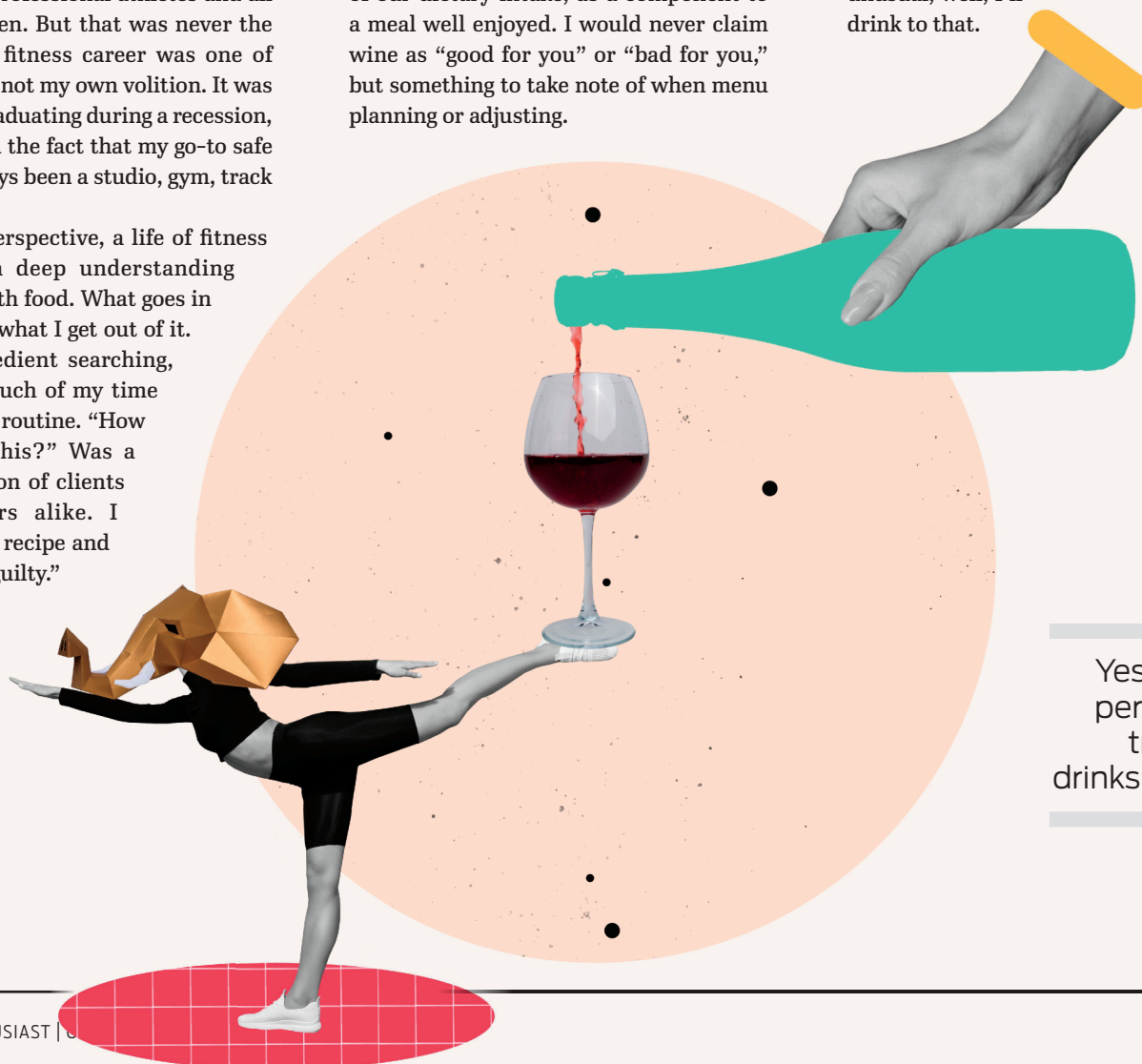
From my perspective, a life of fitness comes with a deep understanding (obsession) with food. What goes in my body fuels what I get out of it. Cooking, ingredient searching, took just as much of my time as my exercise routine. “How do I Stacify this?” Was a regular question of clients and coworkers alike. I could take any recipe and tweak it “less guilty.”

But, “What wine pairing?” became a regular question in my kitchen. Having grown up in a completely dry household, this concept of drinking anything but water—let alone an alcoholic beverage—was a journey I forged myself. What do I taste? What do I smell? How do those nuances match this Stacified dish? Turns out, ingredient obsession allows one to be very in tune with the aromas and flavors of wine.

It also turns out talking about wine was another way to relate to my clients. Yes, your personal trainer drinks wine—just like you. We’d talk about it as a part of our dietary intake, as a component to a meal well enjoyed. I would never claim wine as “good for you” or “bad for you,” but something to take note of when menu planning or adjusting.

I reached a point when I had to move on from my life as a trainer. The goal had always been writing, editing, content creation. They say, “write what you know.” But if there’s one thing I know about myself it’s that I never choose easy. I decided to write about what I don’t know, but what was curious to me. Wine.

So it is that I am here today, still driven by the beverage that has intoxicated my curiosity. Yet, you can take the girl out of the gym, but you can’t take the gym out of the girl: I’m also still driven by my 4 a.m. 10ks, bootcamps, yoga sessions and spin classes. And if someone finds this duality unusual, well, I’ll drink to that.



Yes, your
personal
trainer
drinks wine.

ROMAN SAMBORSKYI / ALAMY STOCK PHOTO