Atlanta Midwife Selected as Part of CNN’s Fit Nation

Reaching fitness goals as a group is the aim for Julia Smookler and the rest of CNN’s Fit Nation participants.

FEBRUARY 2015 – ATLANTA, GA – Julia Smookler, a Certified Nurse Midwife with Atlanta Gynecology & Obstetrics (AGO) located in Metro Atlanta, and her husband Eugene have been selected as two of six participants in this year’s CNN Fit Nation. Fit Nation is an endeavor by global news outlet CNN to promote healthier living worldwide by following a select group of participants in their efforts to achieve a lifelong health goal.

Armed with the needed tools and advice from world-renowned physician Dr. Sanjay Gupta, this group will be training not only to create a healthier lifestyle, but also to participate in the Nautica Malibu Triathlon on September 20th, 2015. “I’m beyond thrilled that Eugene and I were selected for this group,” say Julia. “We are the first couple to do the challenge together. We’ve both wanted to get back into shape and when the opportunity presented itself it was a no-brainer that we’d have to say ‘Yes!’”

The couple submitted videos along with thousands of others from around the U.S. They and four other individuals were hand-selected by Dr. Gupta and a team of CNN producers to help illustrate to viewers that with some determination and hard work, even busy adults who don’t start out as trained athletes can set and attain high goals for their health and fitness. In an interview with CNN, Julia stated that as a nurse midwife, she regularly talks with patients about the importance of maintaining a healthy lifestyle, both during pregnancy and for general health reasons. However, she admits to not necessarily practicing what she preaches.

“We couldn’t be prouder of the steps she’s taking not just for herself and her family, but also to set an example for our patients,” says Dr. Catherine Bonk, a physician at AGO. “I think it's important for patients to see that even those in the medical field can have struggles as well; we are human, after all. By putting herself out there for, literally, the world to see, Julia is helping everyone around her to make better choices for themselves.”

To read more about Julia, Eugene and the rest of the CNN Fit Nation team, visit http://www.cnn.com/2015/01/28/health/feat-fit-nation-is-back/. To follow the CNN Fit Nation team as they work toward their goals, visit their website at http://www.cnn.com/SPECIALS/fit.nation/ or follow them on Twitter at https://twitter.com/cnnfitnation or Facebook at https://www.facebook.com/CNNFitNation.

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