



Holdenville Nutrition

By Payton Moody

Looking for something to spice up your diet, or just something new? Holdenville Nutrition has just what you need to jump-start your metabolism and keep you energized all day!

Formed in August of 2020 by Jordon and Shannon Speir, these Okemah natives know how to keep you healthy. Holdenville Nutrition offers an assortment of different drinks and food that taste great and are good for you, including protein shakes, energy teas, weight loss products and sports nutrition. General wellness coaching is also an amenity offered.

Their latest menu items include healthy soups, oatmeal and waffles, all made with locally bought produce and self-made products.

Holdenville Nutrition currently employs four people: Cacie Rogers, Sierra Stambaugh and Lexi Gordon, with Kersten Stambaugh leading the team. They all help create an environment that welcomes the community.

“We hope that our shop is a place where people can come to use the WiFi, have a tea, watch some TV, read a book and just hang out,” said co-owner Shannon Speir. “We love being in Holdenville and are proud to be in such a historic building on Main Street.”

Holdenville Nutrition has recently renovated the front of their building, which was previously a dress shop and has plans to expand the renovations to the back portion of the structure as well.

The shop also hosts weight-loss challenges on a regular basis and has recently participated in several community fundraisers.

Holdenville Nutrition is located at 100 West Main St. in Holdenville, Oklahoma. For more information regarding business hours and pricing, please visit their Facebook page [here](#).

Holdenville Nutrition wants to thank the people of Holdenville for the continued support, urges everyone to stay healthy and to look forward to the new year!

First National Bank & Trust Co. of Shawnee, Oklahoma, and its employees support Holdenville Nutrition – shop and aid our local businesses!