



Jump Start Health and Fitness News

April 2015



Jump Start Health and Fitness - Associatedtherapeutics.com/fithome (865) 687-4537

Directors Corner

The Hurt We All Know Too Well

Among the myriad of different health awareness programs that are offered in April I am choosing to discuss Alcohol Awareness.

We have all been touched by the darkness that alcohol brings in life through friends, parents, siblings, extended family, in the workplace, or even in the streets of the city.

I certainly have been affected by it. My father struggled with alcohol for a long time and still does on occasion. I want to speak of him honorably but I don't want to condone the life-style of alcoholism in any way.

There are several ways alcohol can affect the body:

The first is the obvious organ dysfunction it can cause in your liver. The liver cleanses the blood coming from the digestive tract before passing it to the rest of the body and you cannot live without it.

The second is the physical dependence on it and the affect it can have on the rest of your body: heart, brain, veins etc.

Third and most important to me is the psychological/emotional effect. Alcohol can make you feel like you NEED it to go about your day. Alcoholism can have its roots in genetics but can also be acquired without any genetic predispositions. There is usually a root cause to alcohol abuse, some traumatic situation or issues in life that have not been reconciled yet. If this is a struggle for you, I encourage you to focus on making peace with the issue that caused you to turn to alcohol and the need for alcohol will dim as a result. Don't do it alone, community help is the best. Be honest with yourself and your friends and your family. Lastly, take it to the Lord, because He can always deliver you from any vice.

Some things to help you quit or slow down:

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Choose a day each week when you will not drink.
- Don't drink when you are upset.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

Regards,
Sean

April is also Air Quality Awareness Month



Several topics are listed in the National Health &

Wellness Observances Calendar (you can find this calendar in the website of the National Wellness Institute). In east Tennessee, air quality is a big issue for many of us!

When we couple plant allergens with the industrial pollution and exhaust emissions from cars and trucks. some of us may really find it difficult to get a good, deep breath. This is compounded when we add the factor of aging and loss of elasticity in the rib cartilage.

There is hope! We may practice deep and proper breathing while exercising. When working out in a challenging cardio-respiratory class that makes you breath more deeply, you can build up the ability to function of your lungs. In addition we can do things to help the quality of our air locally by cutting down our own auto emissions.

Finally, another excellent way to work on your breath control is to properly breath when lifting weights. Exhale on effort and inhale on the return.



Friday,
April 10th

Spring Fling

Open House for the
new Jump Start
Health & Fitness
Group Exercise Studio

For fun, fellowship &
food

come between

11:30 am-1:30 pm

Sign-up for the pot-
luck at the Jump
Start desk!

Good news!

Massage for the
Spring—Massage of
face and scalp with
your regular massage
will help to reduce si-
nus pressure and re-
lieve spring allergy
symptoms. Call or
stop by today and
make an appointment
with Amy.



Jump Start will be Open on Good Friday (April 3rd);

however, we will be closing at 6:00 pm instead of our

usual 8:00 pm. Enjoy the Holiday!





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hello
spring!

What a great time to start outdoor training!

Try some outside activities such as:

Walking

Hiking

Running

Gardening

Tai Chi Chuan

Tennis

Basketball

Volleyball

Boating

Remember safety—good shoes, sunscreen, water and a buddy!

Greek Salmon Burgers

Feta and cucumber slices add Mediterranean flair to Greek Salmon Burgers. Serve these Salmon Burgers on toasted ciabatta rolls.



- **Yield: Makes 4 burgers (serving size: 1 greek salmon burger)**
- 1 pound skinless salmon fillets, cut into 2-inch pieces
- 1/2 cup panko
- 1 large egg white
- 1 pinch kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup cucumber slices
- 1/4 cup crumbled feta cheese
- 4 (2.5-oz) ciabatta rolls, toasted

Preparation

1. In the bowl of a food processor, pulse salmon, panko, and egg white until salmon is finely chopped.
2. Form salmon into 4 (4-inch) patties; season with salt and pepper.
3. Heat grill to medium-high; cook, turning once, until burgers are just cooked through (5 -7 minutes per side). Serve with desired toppings and buns.

I heard those burgers are simply ducky

