

# December 2015 Jump Start News



Jump Start Health and Fitness at  
[Associatedtherapeutics.com/fithome](http://Associatedtherapeutics.com/fithome) or (865) 687 - 4537




## The Parent Resource Center Needs Our Help for Collecting Winter Clothing & Other Supplies

Jump Start Health & Fitness will be supporting the Whittle Springs Middle School Parent Resource Center again this year for the winter needs of the families for the months of December and January. The resource center gives away food, clothing, and supplies to parents for the children attending the school and for their siblings as well.

There are collection boxes in the front lobby of the building and the back area (near the Jump Start desk).

Donations may include:

- Winter coats, toboggans, gloves, etc.
- Shoes/Shirts 
- School supplies
- Toothbrush/toilet paper/soap and any other hygiene products

ANYTHING HELPS!

Thank you for your generous participation in helping our partner and close neighbor, the Whittle Springs Middle School Parent Resource Center.



Escape to a Peak Experience!

Gift Certificates for the  
 Loved Ones In Your Life



Massage  
 Therapy

The massage therapy hours and scheduled days will be as usual for most of the month of December.

Massage will not be available from Dec. 30th - Jan. 1st

Stop by or call the Jump Start desk for appointments.

## Special Holiday Hours

December 2015

Christmas Eve

6 am - 3 pm

Closed Christmas Day

New Years Eve

6 am - 3 pm

Closed New Years Day

## Personal Fitness Training

If you need a brief "jump start" for the new year, or on-going fitness training to reach goals such as lower risk for heart disease, falling, depression, and more... we can help. Sometimes it takes the help of a caring professional to make a lasting change.

Inquire at the Jump Start Desk for rates and appointments.

## Trainer's Words of Wisdom by Robert Siler, ACE Certified Personal Fitness Trainer

It is that time of the year! High calorie drinks and foods are tempting with New Year's resolutions right around the corner. Remember, before going to get seconds, where that is going to put you next month. Let's take a second and set ourselves up for success. With all the shopping, cooking, and gathering



together we usually forget or abandon exercise. As we probably know, it is more crucial this time of year compared to other months to exercise before and after eating "splurge" meals. We also need to watch consumption of eggnog and other high calorie drinks. One to two servings of that could be at least a quarter to a half of one's daily caloric allowance. Add in the food and one could really over-do it easily! This is the time to prepare foods

in as healthy a manner as possible and really watch the portion size. Think of where you are now, where you want to be, and where you will be after what you are doing right now! Make a schedule on Sunday and keep yourself accountable to it. Stick to it all week and make small victories into large triumphs!



## More Ways We can Serve You

- Swim Lessons will begin in the New Year! Inquire about them at the Jump Start Desk Today!
- The Aquatic Facility is Available for Parties Check at the Desk for Rental

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## Sean's Corner

### A Time for Cheer and Giving

I want to thank those who helped us make the Thanksgiving drive with the Whittle Springs Parent Resource Center so special. Whittle Springs was able to donate thanksgiving dinners to over 26 families, which Jump Start and Associated Therapeutics combined for 5 of those. Several of you gave monetary donations, many donated canned foods, sides and baskets, and some even gave full turkeys! As a small local business I always want Jump Start to serve the community and make a positive difference in people's lives. Thanks to your gracious hearts we were able to do that once again. Looking forward to the winter clothing drive!

Supporting health & cheerful giving,  
Sean



## Jump Start Holiday Potluck

Come join us on  
**Friday, December 18<sup>th</sup> at  
noon.**

Please stop by to sign up for the event at the Jump Start desk so we can get a head count. We will be providing the hamburgers & hot dogs, paper products.

**The free weight area of the gym will be used for the buffet and will be closed until after the festivities**



### A few words about members conversing during fitness classes:

We all enjoy the companionship of fellow class members and a word or two in greeting is fine. If a conversation goes on and on it does some harm including:

- Disturbs other members who are serious about the fitness part of the class and cannot hear the cues from the instructor
- Prevents the conversing members from getting a good workout themselves (instructors can clearly see how the quality and focus is diminished when the participants are engaging in lengthy and high-volume conversations)
- Shows a great lack of consideration to the instructor who is trying to be a great teacher and motivate participants to move their bodies and have some fun.

## Balsamic Collard Greens

Recipe from Myrecipes.com/Oxmoor House

Slow Cooker Recipes Under 300 Calories



**Yield:** 5 servings (serving size: 1/2 cup collard greens and 2 1/2 teaspoons bacon)

### Ingredients

- 3 bacon slices
- 1 cup chopped onion
- 1 (16-ounce) package chopped fresh collard greens

- 1/4 teaspoon salt
- 2 garlic cloves, minced
- 1 bay leaf
- 1 (14.5-ounce) can fat-free, lower-sodium chicken broth
- 3 tablespoons balsamic vinegar
- 1 tablespoon honey

### Preparation

1. Cook bacon in a large Dutch oven over medium heat until crisp. Remove bacon from pan; crumble. Add onion to drippings in pan; sauté 5 minutes or until tender. Add collard greens, and cook 2 to 3 minutes or until greens begin to wilt, stirring occasionally.

2. Place collard green mixture, salt, and next 3 ingredients (through broth) in a 3-quart electric slow cooker. Cover and cook on LOW for 3 1/2 to 4 hours.

3. Combine balsamic vinegar and honey in a small bowl. Stir vinegar mixture into collard greens just before serving. Sprinkle with bacon.

Serve these greens with pork tenderloin and garlic mashed potatoes.

**Nutritional Information:** (for a serving which is one fifth of the recipe)

Calories 82  
Calories from fat 0.0 %  
Fat 1.8 g  
Sat fat 0.8 g  
Protein 5 g  
Carbohydrate 13.6 g  
Fiber 3.8 g  
Cholesterol 6 mg  
Sodium 260 mg  
Calcium 144 mg

### Suggestions for Old Time New Year Tradition

- Prosperity - Collard greens for more Paper Money
- Hog Jowl for Good Health
- Black-eye Peas for Good Luck
- Slaw to pull it all together
- Add your sides to your heart's desire

Vegetarian? No problem! You may always find some alternatives—vegetable broth instead of chicken broth, vegetarian bacon instead of pork. Be creative and enjoy finding ways to enhance flavors even if you have food sensitivities. Except what can you substitute for a hog jowl?