

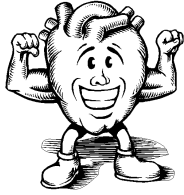


Jump Start Health & Fitness
at Associated Therapeutics, Inc.
2704 Mineral Springs Rd Knoxville, TN 37917

JUMP



START
Health & Fitness



Jump Start News

February, 2014

What's Hot In February at Jump Start

- Golf Training
- Balance Improvement Training
- Personal Fitness Training
- Aqua classes days and evenings!
- Yoga for relaxation, flexibility and strength
- Zumba Gold in the evenings on land and **Aqua Zumba in the pool**

Remember that massage is available at Jump Start—pick up the brochure at the Jump Start desk for details



Heart health this month is more important than ever!



The American Heart Association says that heart disease is the number one killer of women. It claims more lives than all forms of cancer combined. To help raise awareness, join in the National Wear Red Day on **Friday, February 7th!**



Check out the National Weight Control Registry (NWCR) on the internet for ways that people have lost weight and kept it off!

The NWCR is tracking over 10,000 individuals who have lost significant amounts

of weight and kept it off for long periods of time. Detailed questionnaires and annual follow-up surveys are used to examine the behavioral and psychological characteristics of weight maintainers, as well as the strategies they use to maintain their weight losses.

There is variety in how NWCR members keep the weight off. Most report continuing to maintain a low calorie, low fat diet and doing high levels of activity.

78% eat breakfast every day.
75% weigh themselves at least once a week.

62% watch less than 10 hours of TV per week.

90% exercise, on average, about 1 hour per day



Beginner Tai Chi on Tuesday and Thursdays at 11:15AM in the upstairs fitness room.

Park in the back lot and come in the back door if you need to avoid stairs. All are welcome!

Yang-style T'ai Chi Ch'uan

Led by Kathryn Eldridge, M.A.—34 years practice & 25 years experience teaching others.

Balance Improvement Class Series Starts February 3rd

There is still time to get into the class. We will accept participants until Friday, February 7th. All new participants still need to be pre-tested before Feb. 7th.

12 sessions in 6 weeks
Plus pre-&post tests \$67

Tips for a Healthy Heart from the American Heart Association:

- Don't smoke
- Maintain a healthy weight
- Engage in regular physical activity
- Eat a healthy diet
- Manage blood pressure
- Manage cholesterol
- Keep blood sugar in normal levels

2 Simple Ways To Become More Heart Healthy

Since February is heart month I wanted to write a little about cardiovascular health. The 2 biggest things that you can do to protect your heart are to follow a heart healthy diet and to participate in regular exercise. Another component of heart health is stress reduction. Stress reduction can come in the form of yoga, meditation, prayer, quiet time and other activities that help your body, mind and spirit to be rejuvenated.



It is recommended for heart health that you get at least 150 minutes of exercise per week where your heart rate increases to a challenging rate for 15-30 minutes. (the 150 minutes equates to five 30 minute sessions. The good news is that these 30 minute sessions can be in 10 - 15 minute increments at times. So on some days if you could do 30 minutes all at one time, that is good, but on others you may do three 10 minute sessions of walking, cycling, elliptical training, etc. So you may ask, what is the best intensity? One of the best measures is to go by how you feel. You should be able to carry on conversation with slightly labored breathing. Another way is to measure your heart rate. One of the fitness staff can calculate a recommended exercise heart rate for you sometime.

Some great ideas for exercise would be to participate in a pool aerobic class, or

zumba gold in the evening. Another suggestion is if you plan to do 30 or 40 minutes of cardiovascular training I recommend getting a mix of activities so you might consider 10 minutes on the treadmill, cycle and elliptical or stepper. Just get a similar workload on each so you have a similar intensity.

Lastly, another great way to get a very effective workout would be to mix cardio training in 2 to 10 minute intervals with resistance training mixed in. I recommend getting with a trainer and learning some routines. These can make your exercise less boring and very effective.

One thing to remember, this recommendation is for cardiovascular health only and you should also participate in exercise for strength, flexibility and some functional activities like balance and agility as well. Remember, heart health is a lifestyle and it takes practice.

Focus on health and it gets easier. Do not look at it as a diet because it is not, it becomes your routine and when you begin feeling better, the payoff is great!! Be healthy.

-Kelly Williams, Wellness Director



Visit us on Facebook. We are posting more interesting fitness tips, exercises, and videos. Invite your friends to visit our page as well so we can reach more people. We will also post things about our hours and classes in the event of bad weather. You will get the latest news from Associated Therapeutics and Jump Start.

Now for Heart Healthy Eating Habits

- Eat 4-5 cups of vegetables and fruits per day. This means 1-2 servings per meal plus as snacks. Fruits and vegetables should replace some of your current processed high calorie snack choices
- Eat two 3.5 ounce servings of fish per week. Fish with high Omega 3 fats are best. (Salmon, trout, albacore tuna, sardines)
- Eat three 1 ounce servings per day of non processed whole grains such as whole wheat pasta, barley, whole or rolled oats oatmeal, and quinoa. Note the serving size though and measure accurately.
- Consume less than 1500 mg per day of sodium. Read all labels and learn how much salt if any that you are adding to your foods from the salt shaker. (A reduction in your blood pressure not only helps your heart, it is also very good for your brain health).
- Limit soft drinks and food with added sugar. Especially if you are diabetic or trying to lose weight, make your sweets count so you can keep your surgery foods to less than 450 calories per week, that is the recommended amount.
- Consume 4 servings per week of nuts and legumes (be careful though because a serving of nuts is a small portion so read the label and measure frequently as they are high in calories. Walnuts and pecans are great choices.
- Reduce processed meat and red meat. Poultry and fish are best sources of animal proteins. Reduce red meat to no more than 18 ounces per week. Sausages, deli meats, pork, bacon, etc should be avoided or greatly reduced to no more than 2 servings per week. Again, read all nutrition labels for accurate serving sizes.
- Lastly reduce saturated fat in your diet to no more than 7% of fat and eliminate trans fats from your diet. Trans fats are in many processed foods so read the label.
- A 10 percent reduction in your weight has very positive effects on your blood pressure and heart and brain health.



ATTENTION: NEW CLASS TIME

The Monday and Wednesday 'Aqua Fit' will now start at 5:30PM and end at 6:30PM

