



Jump Start Health & Fitness, Knoxville, TN contact us at associatedtherapeutics.com/fithome
or by phone at (865) 687-4537



Monthly Newsletter

February 2016

The 12 Week Personal Training



Fat-Burning and Life-Altering

Program Features Include:

- 36 Training Sessions with Certified Trainer (That's 3 times a week for 12 weeks!)
- Goal-setting and strategy-planning
- Pre-, Mid-, and Post fitness evaluations
- Comprehensive participant binder with all the information, tracking forms and more!
- Consultation/Education Session with Registered Dietician or Certified Nutritionist
- A chance to win a "Fit Bit", T-Shirts & other prizes!

Member fee for the program \$599 per person

Member fee Early Bird (by or before March 25) = \$499

Non-member fee for the program \$699 per person

Non-member fee Early Bird (by or before March 25) = \$599 per person

Ask about the option for paying the fee in 3 payments - one due every 4 weeks.

Swim Lessons—Learn how to swim or brush up on your skills. Private and semi-private lessons in the Jump Start pool are available. Stop by the Jump Start Desk for details.

Pool Party Rentals— Jump Start Health and Fitness also rents out the Aquatic Center for birthday parties, swim skill practice trainings.



Therapeutic Massage for Sweethearts

Gift Certificates are available as well as are massage packages of different sizes. Come to the Jump Start Desk to inquire. Be sure to consider booking your appointments ahead since appointment spaces fill up quickly.



THE GAINZ ATTITUDE (mentality) it's an announcement to the people around you: loved ones, friends, co-workers....It's a lifestyle a choice that you make in pursuit of fitness goals.....The way you eat, the way you sleep, the way you breathe every day, consistency to insure that every gain that day is made.



Here's a hypothetical situation to bring the point home, a friend asks you to go out and eat you tell him you can't. He asks why? You answer, because it doesn't fit into my diet and it would set me back; it would hold me back from my progress ...I can't have this happen. So I end up going to the restaurant with him, I sip on a protein shake while he is eating a plate full of food at the Chinese restaurant and he's almost ready for seconds. He asks me, do you not have the money? I feel bad for you not eating. I say I have the money. That's not the issue. So we leave the restaurant. He starts feeling sick. He asks me, what do you think is wrong with me? I tell him that he over ate and he pigged out. A few weeks later, he asks why am I not making any progress and reminded him of the day at the Chinese restaurant. That might be your culprit. I ask him, how many times have you eaten out this week? He says just a few times.....so in this instance it's not all about dieting. It's not all working out, running, lifting weights, being active. It's an everyday lifestyle. Look at it as being successful. If you had a job interview and you weren't comfortable with yourself or confident, then what's the likelihood of you getting the job? I'm not saying you will never get a job or you don't have a job. Maybe a promotion or even a date, anything in life, a little more confidence or anything to make it easier wouldn't hurt. When you're healthy you can rest better, enjoy every day as a successful day after your workout. You have your satisfaction even if it was a bad day in the office or at work. Which you do you want the old you or the new and improved one you built through sweat, time, patience, and persistence? The always improving, always determined, never quitting, new you. These are some of the reasons to look at this approach. This has improved my quality of life so much that I feel like a millionaire each day. Matthew says, For what does it profit a man to gain the whole world and lose his soul? You could have the world but what good is it if you can't enjoy it? Help those around you make the great change. People will see you and ask questions. Answer them and tell them they can do the same things you have. Act the part, play the part, be a role model. Do your best every day, don't be stagnant, don't waste time, don't worry over yesterday, and waste today because you might not get a tomorrow. Let the **GAINZ** BEGIN.

Robert Siler



Sean's Corner



A Healthy Heart is the Key to a Healthy Life

February is National Heart Health Month. How healthy is your heart?

That question can be answered two ways: physically and spiritually. Each is influential on the other, for better or worse. If you don't pay attention to your physical health, your spiritual health will suffer and vice-versa. On the other side, you could be completely healthy in one area and neglect the other. Where do you fall? Personally, my spiritual health is most important to me since it will affect every area of my life- mood, attitude, personality, mentality, habits, lifestyle etc. When I am most at peace with where I am spiritually, I am the most prepared to take on the other areas of my life; it's easier to stay disciplined with my fitness and nutrition when I'm in good spirits.

Furthermore, what we fill our heart with will directly be reflected in our everyday life. That can be said for any lifestyle we have. I ask you simply to reflect this month on what we fill ourselves (our heart) with and make healthier decisions to keep your heart healthy physically and spiritually.

Reflecting and looking ahead with you,
Sean

We Will Continue To Take Confessions This Month

If you want to leave us your written anonymous confession concerning your issues with eating properly and struggling to get your fitness work-out time in, please use the yellow form, write and place your folded confession in the collection box. We will be posting recommended remedies soon.



Locker room changing bays need to be available for use when no people are in them.

Ladies locker room users—please do not place things in a changing room when you are not in the changing room changing...

Thanks!

Recipe of the month: (Hearty) Breakfast Burritos

Ingredients

2 teaspoons canola oil
1/2 small red onion, diced (1 cup)
1 red bell pepper, seeded and diced
1 cup drained, rinsed canned black beans, preferably low-sodium
1/4 teaspoon chili flakes
Salt and freshly ground black pepper
4 eggs and 4 egg whites
1/3 cup (about 1 1/2-ounce) shredded pepper Jack cheese
Cooking spray
4 (10-inch) whole-wheat tortillas (burrito-size)
1/4 cup reduced-fat sour cream
1/4 cup salsa
1 large tomato, (4 ounces) seeded and diced
1 small avocado (4 ounces), cubed
Hot sauce

Directions:

Heat the canola oil in a large nonstick skillet over a medium-high heat. Cook the onions and peppers until onions are softened and peppers are slightly charred, about 8 minutes. Add black beans and red pepper flakes and cook until warmed through, another 3 minutes. Season with salt and pepper and transfer to a dish. Whisk together the eggs and egg whites then stir in the cheese. Spray the skillet with cooking spray, and reheat the skillet over a medium heat. Reduce heat to low and add eggs, scrambling until cooked through, about 3 minutes. Spread each tortilla with 1 tablespoon each sour cream and salsa, then layer with 1/4 of the black bean mixture, 1/4 of the scrambled eggs, some diced tomato and 1/4 of the avocado. Season, to taste, with hot sauce. Roll up burrito-style and serve.

Read more at: <http://www.foodnetwork.com/recipes/ellie-krieger/breakfast-burrito-recipe.html#lightbox-recipe-video?oc=linkback>



Nutrition Facts:

Per Serving:
Calories 460; Total Fat 20 g; (Sat Fat 6 g, Mono Fat 4 g, Poly Fat 1 g); Protein 23 g; Carb 51 g; Fiber 12 g; Cholesterol 235 mg; Sodium 860 mg

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