



Jump Start News January 2016

Fitness & Nutrition

Confessions Welcome

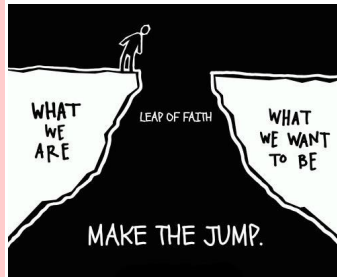
Jump Start Trainers will be taking member's "confessions" during the month of January.

To "confess" your problem concerning either unhealthy food consumption or fitness activity aversion (not performing the workouts you want to). We will provide a form where you can submit your problem anonymously. We will then post the problem and solution in a general way in the newsletter next month. The forms will be available by January 4th near the Jump Start Desk.

We look forward to hearing from you!

Make Your New Year Plan for Permanent Healthy Lifestyle Change

In the coming year you will be able to take the leap and accomplish what you have wanted for yourself—a lasting positive health-enhancing lifestyle change. Let Jump Start be one of the primary partners you need to make this happen.



We are here to assist you with the various aspects of your lifestyle including physical fitness, relaxation, social support, support for healthy eating habits, mental

stimulation and best of all, good humor and fun!

We Offer the Following for Our Members and the Community at Large:

Massage-

The season is a great time to enjoy a therapeutic massage. The oils and aromas are great for calming and soothing. Come in for a session or purchase a package for 150 minutes or more and receive a 10% discount. Please come by the Jump Start desk and pick up a massage therapy brochure for more information.

Personal Training-

We offer private and small group personal training. For general information about sessions and rates pick up a brochure at the jump start desk. For details about the upcoming small group coordinated movement personal training, please take one of Kathryn's business cards. They are also located on the Jump Start desk counter.

Swim Lessons-

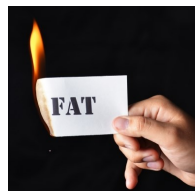
Swim lessons start again in

Fat Burning Program Coming in April 2016!



We will be starting a 12 week strength training for fat loss program. Look out for an interest list (sign up) in early

January!



Inclement Weather Policy & We May Need Your Updated E-Mail Address

Due to the possibility of inclement weather at this time of year, we would like to remind you of our policy. If Knox County schools are closed, please call us to make sure we are open before you start out. Jump Start rarely closes, but in case of early closure, we recommend you call us.

The class cancellations could vary, depending upon if the class instructor can travel safely to and from class or if someone can substitute when the regular teacher is snowed in.

When driving is dangerous and it is recommended by public safety officials to avoid going out if at all possible

we support you staying home.

Finally, if you have an email account, we would appreciate having it (or your most up-to-date email address) to send you a group email "blast". This will enable us to provide you an update on the status of our opening and closing schedule during the



The Potluck Was A Huge Success!



Some potluck setup volunteers:
Barbara Edwards, Sue Walker, Barbara Donahue and Sharon Wilson

Close to 75 attendees came together on Friday, December 18th to share a meal and friendly conversation. For more pictures of the event, please see the bulletin board above the display case by the Jump Start desk.

Soap Dispenser Use Etiquette in Locker Rooms

Please help us keep the locker rooms dry & safe by not leaving the shower to get the soap from the sink dispenser. We ask that you bring your own soap if you choose to shower.

Thank you for your cooperation!

Sean's Corner

A Time for Reflection and Planning

We always come to this point in the year and it draws us to naturally think about "new beginnings". I hope 2015 has been a joyful and fruitful year for you and your family. Something I have learned though is that the joyful moments and most fruitful moments can come sometimes surrounded by the darkest and most tumultuous moments. I'm as certain as the sun is bright that we all have had some moments of sorrow this year. I ask you to partner with me to embrace the sorrowful moments and find joy throughout them...not around or after they happen. I hope the healthy environment we provide can be one of the constant and unchanging elements in your life throughout the years past and years to come. As we continue to try to serve you better, help us do that by letting us know what Jump Start has meant to you over the years. You have meant so much to us this past year and we are thankful you choose us as your fitness center!

Reflecting and looking ahead with you,
Sean



Jump Start is Hiring!

Qualified, top notch individuals are needed to fill positions for the Jump Start desk as well as for land & aquatic group class instructor.

The group fitness instructors will need up-to-date certifications with a nationally recognized organization for the classes they wish to teach & current CPR certification.

Contact Jump Start by e-mail at smccall@associatedtherapeutics.com or stop by the Jump Start desk and request an application.



The Whittle Springs Middle School Parent Resource Center Continues to Receive Winter Clothing and Other Items

* Please place your donations in the collection bins located in the front lobby and by the Jump Start desk.

Thank you for giving!

Savory Granola—Our Recipe of the Month— from www.myrecipes.com/recipe/savory-granola

This recipe has two-thirds less sugar than most store-bought varieties. Stir into yogurt, sprinkle over fresh fruit, or toss into salads.

Ingredients:

1 1/4 cups of old fashioned rolled oats
1/2 cup pecan halves
1/2 cup walnut halves
2 tablespoons of uncooked quinoa

2 tablespoons olive oil
2 tablespoons honey
1 teaspoon fresh thyme
1 teaspoon salt
3/8 teaspoons ground red pepper
1/4 teaspoon cinnamon
1 large egg white
Cooking spray
1/2 cup of dried sunflower seeds

Directions:

1. Preheat oven to 325
2. Combine sunflower seeds, pecans, walnuts, oats, and quinoa.
3. Combine olive oil and next 6 ingredients stirring with a whisk. Pour olive oil mixture over oat mixture; toss to coat. Spread mixture on a jelly-roll pan coated with cooking spray.

Bake at 325 for 20 minutes, or until brown. Stir occasionally.. Cool completely.

