



July 2015 Jump Start

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



Exercise of the Month:

Swim Lessons

Summer is the time for water activities and knowing how to swim may save your life! We offer Private, Semi Private, and Group lessons. All ages are welcome!



New Swim Instructor!

Sarah Neu

—She loves

kids and water, which is why she loves being on the Jump Start staff! She will be a senior at UTK this fall, studying Kinesiology and pursuing a career in the medical field. She enjoys spending time with family and friends at Two Rivers Church in Knoxville!

Upper Arm exercises will give you the power and strength to perform your daily activities to your fullest.

They will strengthen your upper arms to make doing daily tasks easier.

Upright Rows with Arms

- Step 1) Stand with weights in hand in front of hips. Feet are shoulder width apart.
- Step 2) Lift the weight upward toward your chin, bending your elbows. Return to the starting position and repeat 10 times.
- Step 3) Exhale during the

upward movement phase.
Inhale during the downward movement phase

Tips:

- Do not arch the back.
- Keep your shoulders down.
- Breathe out when lifting upward.

This exercise is better performed when standing.

After you feel comfortable with this, take it up a notch.



Jump Start Important Safety Issues:

1. For your safety and protection of your valuables we ask that you utilize our lockers or lock your purses and bags in your car. Thank you for your cooperation with this!

2. For the safety of others in the locker rooms, please do not wring out your clothes, swimming trunks, or towels in the locker room. Please wring them out ONLY in the shower or the sink (not on the floor). The excess water on the floor can cause people to slip on the floor and injure themselves. Also, please refrain from applying body oils or lotions in showers—some members have slipped on these substances. Thank you!

Massage Information Days & Hours

Availability:

Monday: 10 am to 6 pm

Wednesday: 1 pm to 5 pm

Thursday: 9 am—6:30 pm

Friday: 1 pm—5:30 pm

For more information—

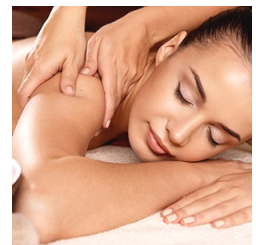
Please pick up a massage therapy brochure at the Jump Start Desk.



Dear members,
we wish you a very safe and Happy Fourth of July Holiday!

We will be closed on Saturday, July 4th

July 3rd, we are open with normal hours and classes.



Enjoy a massage today!

Personal Fitness Training

Sean's Corner

There are many great benefits to personal training such as increased strength, better balance and agility, instruction on exercise technique, motivation and accountability, improved flexibility, weight management, and maximize workout, minimize time.

The starter package is a 6 30 minute session deal for only \$108.00

Remember, we also have aquatic personal training.



Don't get too busy to relax.

I'm going on vacation this month to see my family. I don't take very many vacations; but I need them. We all need them. They help us more than we think. It doesn't make sense right? How can losing time of productivity at work help your work performance? It's one of those things that you don't appreciate until you take a truly relaxing vacation.

So my reminder this summer is to not get too caught up in the mundane tasks and responsibilities that we take on. God didn't need to rest yet he rested the 7th day of creation to show us what we need. I think that we need weekly rest (time through-

out the week to yourself) and longer rest every once in a while. That can consist of a weekend getaway or a week-long vacation; it doesn't matter, it just needs to be something restorative for you.

Shannon and I don't have a day where we just sit around and do nothing. That's lazy, not rest. We spend intentional time with family, eating, playing games, sharing thoughts, talking about the word, and laughing a lot. That's our Sabbath. That's the rest that fills me up each week and gives me the energy to push through a long tough week. I don't think there is anything mystical that happens on a Sabbath; I just think it's wise and God knew we would need it.

On the other side, we rest because we need something to rest from. When we're not resting, we should be hard at work, diligently fulfilling our duties required of us. Make yourself tired from work. Give it everything you have. Find hobbies, be active, fill up your time....and then rest because you need it. Intentional and deliberate rest is one of the healthiest decisions you will make. It's just as healthy as eating right and exercising regularly. Well balanced health is the key.

Learning to relax amid the busyness of life together,

Sean

Recipe of the Month: Shrimp Roll



Have a bag of frozen shrimp on hand? Serve it on a hot dog roll! Shrimp is a good-for-you food—low in calories and high in protein.

Ingredients:

1 pound shrimp, cooked, peeled, and deveined

1 1/2 tablespoons of reduced fat mayonnaise

1 tablespoon fresh lemon juice

2 tablespoons chopped fresh basil

Salt and pepper, to taste.

4 whole wheat hot dog buns, toasted

Tomato slices

Lettuce, and lemon wedges

Chop shrimp, and mix with mayonnaise, fresh lemon juice, chopped fresh basil, and salt and pepper, to taste. Top each hot dog bun with tomato slices and lettuce leaves. Spoon shrimp salad into buns; serve immediately, garnished with lemon wedges (if you have some).



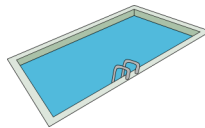
Rules to Remember

1. Lost and Found policy- Effective July 1st - At the first of the month, every month, the lost and found will be cleaned out . Items will either be donated or trashed. We are not responsible for replacing items.
2. Headphones- While members are using the fitness center they may hang head phones on the rack behind the jump start desk. All headphones left overnight will be placed in lost and found . (See lost and found policy)
3. Friendly Reminder- At this time, we do not provide sweat or bath towels to members. Members must bring their own towels daily. However, we are considering some options to better serve you in the future.
4. Friendly Reminder- The Health Department requires that everyone showers BEFORE entering the pool.

Rent the Pool for Birthday Parties



Would your child like full access to our pool and to our fitness studio to celebrate their special day? Come see the fitness desk for details.



Welcome New JS Fitness Staff!

Nick Wilson—"I am a senior at the University of Tennessee and I am majoring in kinesiology. After graduation, I plan on pursuing a career in strength and conditioning. My dream job is working for a high major Division 1 college basketball program as a strength and conditioning coach. I choose to work at Jump Start because I wanted to stay connected to fitness"

