

Try Something Which  
May Be New (to you)

Fun and Fabulous

**Zumba Gold!**

Mon. & Thurs. 5:30 pm

In the Fitness Studio



*Zumba Gold Class having a  
Patriotic Celebration*



## Massage Moments

Amy Dittsworth, LMT

Hours of Availability:

Monday: 10 a.m.—6 p.m.

Wednesday: 1 p.m.—5 p.m.

Thursday: 10 a.m.—6 p.m.

Friday: 1 p.m.- 5:30 p.m.

Please stop by the Jump  
Start Desk and take one of  
our massage brochures  
information on rates and  
technique!

Amy wishes you  
all a Happy  
July 4th!



# Jump Start Health & Fitness July 2016 Newsletter



Contact us at [associatedtherapeutics.com](http://associatedtherapeutics.com)  
or by phone at (865) 687-4537

## Congratulations to the 12 Week Program Participants!



Jump Start just completed its inaugural 12 week  
training program and the results were amazing!

Participants lost a total of **70** pounds and increased  
flexibility, and balance, and strength.

Director Sean McCall said the event was such a success  
that another program will be offered starting in  
September, 2016.

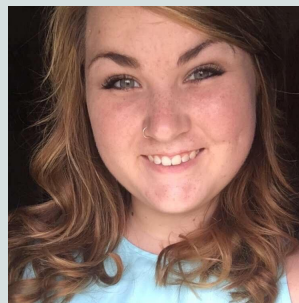
We will be sending out information for the next 12  
Week Program very soon.

*If you are interested in our Early-Bird rates, please  
contact Sean McCall at  
[smccall@associatedtherapeutics.com](mailto:smccall@associatedtherapeutics.com)*

## Meet The Newest Jump Start Teammate!

Welcome to **Whitney  
Brothers**, our new  
swim instructor!

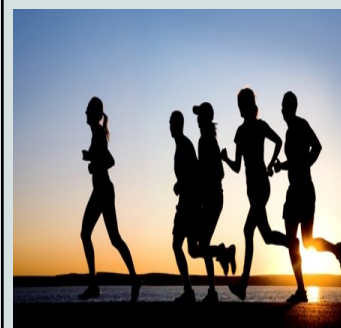
My name is Whitney Brothers,  
and I'm a sophomore at the  
University of Tennessee  
studying Public Relations and  
Business Administration. I'm  
originally from Mount Juliet,  
TN and I was a competitive  
swimmer there for four years. I have enjoyed lifeguarding  
and teaching swim lessons for the past three years in  
Lebanon, TN. Since moving to Knoxville, I've loved being  
involved on-campus and in the community. Most  
importantly, I'm super excited to join the Jump Start  
Health and Fitness team to continue giving back to the  
sport that taught me the most!



## "There is Strength In Numbers"

Surely you have heard the  
above saying. When we were  
growing up we may have  
been told to use the buddy  
system when walking in the  
forest or city streets.

That principle applies to  
several other areas as well.  
There is strength in numbers



when pursuing permanent life  
-style changes. However,  
beware of the following side  
effects of positive health  
improvements: significant  
weight loss, body fat  
reduction, decrease in  
inches, decrease in need for  
diabetes and hypertension  
medications, etc.

Come and join in our next  
12 week small group personal  
training for losing the weight  
you never want to see again!  
If you have 2-3 friends who  
will take that challenge with  
you, you can build on that  
strength in numbers! Next  
program starts in early  
September!

**You May Have Heard That Our Facility is For Sale:**

This is true but we wanted everyone to know that we are strictly looking to sell the facility (the actual building itself, not the business).

If we do sell, this will have no effect on the regular business of Physical Therapy and Jump Start.

If you have any questions, feel free to contact us at (865)-687-4537 and ask to speak with Tom Kelly or Sean McCall.



**Badu Jets**

**Both of the Badu Jets Are Currently Broken and Construction Will Begin On Them Soon.**

**You will see several maintenance staff coming by to evaluate it and work on it.**

**Unfortunately, the badu jet broke when a member pulled on it. For your safety, we ask that you do not pull on the jets and please be aware of any signs for proper use around the facility.**

**We apologize for the inconvenience and these will be repaired soon!**

**Thank you!**

**Thank You For Your Contribution To The Enhancement Service!!**

**Thank you to our members for contributing to the enhancement service. It has been an overwhelming success the first year of it's implementation. We are currently pricing out options to purchase equipment that many of you have requested. We wanted to update you on some of the equipment you will see soon:**

- ***Third elliptical***
- ***Second Upright bicycle***
- ***New lap lanes for the pool***
- ***New badu jets for the pool( the large ones)***
- ***New free weight equipment***
- ***New large pool clock***
- ***Many more upgrades to come!***

**Keep on the lookout for these new items! We are excited to be introducing them soon!**

**Recipe of the Month**

**STIR-FRIED CHICKEN AND VEGETABLES**

From: Men's Fitness (<http://www.mensfitness.com/nutrition/healthy-recipes/stir-fried-chicken-and-vegetables-1>)

- 1 tbsp peanut oil
- 2 cloves garlic, minced
- 1 tbsp minced fresh ginger
- 1 1/2 lbs boneless, skinless chicken breasts, cut into strips
- 1 medium onion, diced
- 2 cups sliced carrots
- 1 red bell pepper, seeded and sliced into thin strips
- 2 cups sugar snap peas
- 1 (15 oz) can baby corn
- 2 cups broccoli florets
- 1/4 cup reduced-sodium soy sauce
- 2 tsp cornstarch
- 1 cup reduced-sodium chicken broth

**Nutty Basmati Rice With Almonds**

- 1/2 cup slivered almonds
- 2 cups reduced-sodium chicken broth
- 1 cup basmati rice
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper

**Nutty Basmati Rice With Almonds**

- 1/2 cup slivered almonds
- 2 cups reduced-sodium chicken broth
- 1 cup basmati rice
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper

Toast almonds in a saucepan over medium heat until light brown. Shake the pan frequently to prevent burning. Add remaining ingredients, bring to a boil, reduce heat to low, cover, and simmer for 20 minutes or until liquid is absorbed. Fluff with a fork before serving.

To make the stir-fry:

- [1] Heat oil in a wok or skillet over medium-high heat.
- [2] Add garlic and ginger; cook 1 minute.
- [3] Add chicken; cook 3-4 minutes or until light brown.
- [4] Add onions, carrots, and peppers; cook 1 minute.
- [5] Add snap peas, corn, and broccoli; cook 2 minutes.
- [6] Add soy sauce; cook 2 minutes.
- [7] In small bowl, stir cornstarch in chicken broth until dissolved and add to wok.
- [8] Simmer 2 minutes or until sauce thickens. Serve over rice.

Per serving:  
473 calories, 48 g protein,  
54 g carbs, 10 g fiber, 10 g fat

Stir-Fry Tips:

