

ATTENTION

Jump Start and Associated Therapeutics will be closed for the 4th of July!



Try Something Which May Be New (to you)

CHAIR YOGA

Every last Thursday of each month!

Starting Thursday July 27th at 10:30am!

Massage Announcement

Starting July 19th, these will be the new massage hours for Amy Dittsworth:

Monday: 10am-6pm

Thursday: 10am-6pm

Friday: 9am-5:30pm



Jump Start Health & Fitness July 2017 Newsletter



Robert's "Battle at the River" Experience

I would like to thank you all for the great support and prayers for my competition. It was an experience of a life time. It was my first competition and I was nervous, but all the members here at Jump Start helped keep me focused. From Jessie and Brian being there for me all day, to all the members wishing me luck. I'm so grateful to have each and every one of you, and am so lucky and fortunate to have this great network of people. I want to also say thank you to Jump Start member Mark Franklin who drove all the way to watch me compete. God is good win or lose! My wife and dad made it clear to me that even though I lost the competition it was great to have that level of support. I know that I gave it my all and I should be proud. I made a lot of friends backstage at the event, both competitors and staff personnel. Everyone was very nice and helpful from giving tips to just telling jokes to break the awkwardness.

On May the 5th I will be suiting up again to compete here in Knoxville at the NPC: Knox Classic. (<http://knoxclassic.com/>). The Knox Classic will be my last competition for the 2017 bodybuilding season, but I plan to compete



again next year! If you can make it out on the 5th I'd love to see some of you all there that day

I am excited and ready to continue training, but also ready for a break and a more balanced lifestyle. The preparations and sacrifices made for my competition have made me miss experiences and time with my

friends and family, and has been taxing on others just as much as it has been on myself. Nevertheless, I am going continue training so I can bring a better level of competition in August as well as next year. I cannot wait to put on a great show for everyone, and plan to represent Jumpstart Health and Fitness the best of my ability!

Love, Robert Siler, ACE Certified Personal Trainer

New Staff Member: Allison McBath



I am currently a senior at the University of Tennessee. I am majoring in Kinesiology, which is the study of the movement of the human body. I am excited to be working at Jumpstart because it is an environment that allows me to learn more about health and fitness.

When I was young, my family introduced various activities that allowed for physical exercise. Some of my favorite include hiking, nature walks, and basketball. I believe this is what initiated my interest in exercise.

I am happy to be a part of the Jump Start team and look forward to learning and helping in any way I can. I also just married my boyfriend of 2 years this past month so I am excited to begin these new life experiences!

Congratulations to the 12 Week Program Participants!

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

We can't wait to share the results and photos next month.

If you, or someone you know, is interested in making a commitment to health, please ask to speak with the Wellness Director today!

Facility Enhancement Fee

Thank you to our members for contributing to the Facility Enhancement Fee. We are currently pricing out options to purchase equipment that many of you have requested. Here is a consolidated list of ideas gathered from the suggestion box:

- Classical music or WUOT piped into the pool area
- Nu-Step machine (or similar recumbent cross-trainer)
- Hot tub
- Free wi-fi for members
- Wider shower curtains in ladies locker room
- Touchless restrooms
- Ankle straps for cable tower to be able to do cable kicks and donkey kicks.
- Another treadmill(s)
- Replace the oldest elliptical/another elliptical
- New white boards behind reception desk
- Spin dryer for bathing suits

Stay tuned for more information! A decision will be made shortly!

Recipe of the Month

Low Calorie Peach Cobbler Recipe to Round out your Fourth of July BBQ



Directions

1. Preheat oven to 350 degrees and spray an 8" square baking dish with nonstick, butter flavored spray.
2. In a large bowl, combine peaches, 1/4 cup of the sugar and the nutmeg. Toss well to coat. Set aside for about 30 minutes to let the peaches soak up the sugar.
3. In another large bowl, combine the flour, baking powder, salt and remaining sugar.
4. In a separate bowl, mix together the milk, liquid egg substitute, vanilla, lemon rind and butter.
5. Slowly blend the milk mixture into the flour mixture until the batter is smooth.
6. Pour the peaches into the baking dish. Evenly spread the batter over top of the peaches and bake until the batter becomes brown - about 30 - 35 minutes.
7. Remove from oven and let dessert rest for half an hour before serving. Cut into 6 equally sized pieces and serve at room temp or warm if desired (each serving equals roughly 110 calories).

Pro Tip: top with 1/2 cup of Vanilla Frozen Yogurt per serving (adds about 100 calories).

Ingredients

- 3 cups fresh peaches (about 4), peeled and pitted
- 1/2 cup brown sugar
- 3/4 cup whole wheat all-purpose flour
- 1/2 cup fat free milk
- 1/4 cup liquid egg substitute
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1 tbsp light butter, melted (I used Brummel & Brown)
- 1/4 tsp salt
- 1/4 tsp ground nutmeg
- 1 tsp fresh grated lemon rind