



Jump Start Health & Fitness



June, 2016 Newsletter



We do swim lessons of all ages!

Summer is here and now is the time to learn how to swim or improve on your swimming skills.

To inquire or to sign up for swim lessons stop by the Jump Start Desk today!

Massage

Moments...



Summer Soreness

Spring brings sore and achy muscles from being overworked in the yard. The beginning of summer brings more soreness with extra play time.

Massage is excellent for helping overworked and fatigued muscles. Try a 30 minute session with Amy today! Our wonderful Jump Start staff can help you with your scheduling needs. Stop by the desk to check availability.

Remember—Father's Day is coming up soon! - A massage Certificate is a great gift!

Jump Start Health and Fitness, Knoxville, TN - Visit us at [website- Associatedtherapeutics.com](http://www.associatedtherapeutics.com) or call (865) 687 -4537

Summer is Here! Welcome new members and Jump Start Staff and Instructors

Meet Sandra Lynch, Zumba Gold Instructor

Sandra is a mother of 4 and a nana to 10! Since she began teaching Zumba, it has changed her life. Her overall health has improved and she is more active than she has ever been. The best part is she can now share her passion with you.

Sandra decided to get licensed to teach Zumba Gold after going to many Zumba classes and finding that the steps were too fast and too intense for someone like herself. She is excited to be a part of a program that encourages active older adults a chance to have some fitness fun with Zumba using lower intensity dance moves. In Zumba Gold, participants use easy -to-follow Zumba choreography that focuses on balance, range of motion, and coordination. So come ready to sweat, and prepare to leave empowered and feeling strong.



See you on the dance floor!

Meet Brian Hayes,

New Jump Start Staff!

Personal Trainer, Fitness Attendant

Brian was born and raised in Miami, Florida. He received his Bachelor's Degree from the University of Florida and Master's from the University of Tennessee. He moved to Knoxville, TN in 2012 after serving 17 years in the United States Army.

Brian is also a proud father to his 5-year-old son, Kody. Together, they enjoy fishing, camping, and making S'mores! Brian believes that everyone can benefit from a healthier lifestyle and is excited to help them achieve their fitness goals.



Physical Therapy - Associated Therapeutics, Inc.



Did you know there is another great company and service available at the front of the facility? Jump Start offers so much within their fitness umbrella but Associated Therapeutics runs a Physical Therapy Clinic that can help you recover from many injuries or surgeries! No referral needed! Ask about direct access.

Some of the services include: Vestibular Rehab, Industrial Services, Manual Therapy, Aquatic Therapy & so much more!

Stop by the glass window in the front lobby if you have any questions!

Recipe of the Month

Healthy Spaghetti

Meal prep for success

Ingredients:

1 Box of Ronzoni Spaghetti -2 oz = 180 Cal, 6g Pro, 40g carbs (Fiber 5g), 0.5g fat) 6 servings/box

Hunt's Garlic & Herb Spaghetti Sauce (1/2 cup = 40 cal, 1g fat, 8g carbs (fiber 3g), 1g pro) 5 serve/can

Cooked Perfect Turkey Meatballs (56grams = 140 cal, 9g fat, 5g carbs (Fiber 2g), 14g pro) 8serv/bag

1lb 96%/4% extra lean ground beef (150 cal, 4.5g fat, 0 carb, 24g pro) 4 servings

Directions:

Fill a 10 quart pot 2/3 full of water, cover and bring to a boil. Remove lid and add entire box of spaghetti. Let cook for 20 minutes uncovered. In a separate 8 quart pot combine the can of spaghetti sauce and meatballs. Heat on medium heat. Brown the beef, drain, and add to the spaghetti sauce. Let sauce cook for the remaining time while spaghetti is boiling. Once the spaghetti is done, drain and add the sauce. Let sauce and spaghetti cook for 5 minutes to combine flavors. This makes 6 servings.

Nutritional info per serving: 490 Calories, 40 grams protein, 53 grams carbohydrates, 14.5 grams fat). Also a great source of fiber: 10 grams.

From the kitchen of

Brian Hayes

(New Jump Start Staff)

Sean's Corner

The Facility Enhancement Service has begun!

The date is finally here! I'm excited to execute all of the upgrades and thankful for your contribution. If you have questions about the process, please contact Sean McCall at smccall@associatedtherapeutics.com or **865-687-4537 ext. 237**.

We will post a list of the updates as soon as possible. Based off your feedback, you will see several upgrades on the cardio floor, free-weight area, and pool area. Please continue to give us your suggestions for improvements on how we can serve you better. I hope and believe you will find them well worth the small investment.

Thank you to our Jump Start family for making this a reality!
Sean

Social Media Promotion

This year has been an awesome one for us with our social media campaigns. We have introduced email campaigns for our members to receive all class schedules and newsletters each month.

We are currently re-creating our new Jump Start website. That will be available soon and we are really excited about it! In the meantime, feel free to visit our temporary website below:

<http://www.associatedtherapeutics.com/jump-start-health-fitness/>

We will update you all on more improvements soon!

Mention email campaign

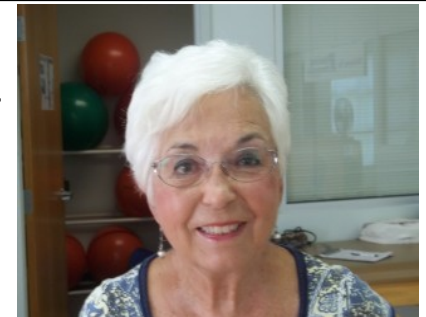
Testimonials on Balance

Carolyn Housley (pictured on right) first came to the Silver Sneakers® Muscular Strength and Range of Motion class several years ago with her husband, Bill.

She said she was interested in the balance improvement. Since then, she has been through loss of her husband and having a catastrophic illness herself.

She continues to attend the classes and work on her balance and over-all conditioning. Her testimony is her commitment to her health and her continued efforts (with a great smile)!

See more about Carolyn and read her interview see the bulletin board by the Jump Start desk!



The 15 Day Written Notice

Jump Start members have questions about freezing, cancelling their memberships, or making other changes in the billing cycle.

Here are some key facts:

- Month-to-month memberships can be cancelled rather than frozen. We reserve the freeze option as a benefit of 12 month and 18 month contracts. If you want to cancel your account, only a 15 day notice is required for doing that.
- For 12 month or 18 month memberships we need to have your written notice 15 days prior to the day of the month the membership payment is due for freezing, renewing or discontinuing memberships.
- We have an (easy to complete) form at the Jump Start Desk that you can use to make changes to your account. If you have any questions, stop by the desk and we would love to assist you.

Thanks! -Jump Start Management