

## Important Notes:

We have a 24-hour cancellation policy. Any appointments cancelled with that time will be charged the full amount.

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

Monday: 10am-6pm

Thursday: 10am-6pm

Friday: 9am-5:30pm

### BRIAN'S BAD JOKES



Two Drums, and a  
Cymbal fall off a cliff

Join us for our Spring  
Potluck!

June 30th!

Side dish sign ups are  
located at the front desk!

Remember to update your  
bookmarks. Calendars and  
updates are posted to our

## Benefits of a Healthy Lifestyle

By Bailey Dangerfield, AAI Certified Trainer

So, what really are the benefits of consistently living a healthy lifestyle? Well, besides looking and feeling good, there are an abundance of underlying benefits. For example, did you know that regular physical activity stimulates and protects brain tissue, reducing the risk of Dementia by up to 40%, according to [steptohealth.com](http://steptohealth.com). This is just one of many other life changing benefits that can certainly improve your quality of living. In this article, we are going to go over 5 reasons why you should consistently exercise and eat healthy. Let's dive deeper, shall we?

### Disease Prevention

One of the biggest benefits of consistent exercise and healthy eating is disease prevention. By incorporating at least 30 minutes of cardio for 2-3 days a week it will help reduce your chances of cardiovascular disease, strokes, diabetes and certain cancers. It also significantly lowers your blood pressure. Along with cardio, it's important to follow a strength training regime. Not only does following a strength training regimen build muscle, it also helps protect your bones, decreases arthritic pain, and can help you with daily errands such as carrying grocery bags, cleaning up the house, or working in the backyard.

### Improves Mood

Are you feeling down today? No worries. Exercise, and you will instantly feel positive and productive. According to the Mayo Clinic, physical activity stimulates the production of endorphins, which are brain chemicals that leave you feeling happy and relaxed. Have you ever dreaded going to the gym but ended up leaving the gym a happier person? These are the endorphins kicking in telling you that you did a great job. You will usually find yourself having more energy, especially in the morning. Along with feeling happier, you will feel more confident, have better self esteem, and you're more likely to fight depression.

### Better Sleep

If you ever have trouble falling asleep at night exercise is the perfect solution. Consistent exercise helps improve your quality of sleep. According to *Psychology Today*, regular exercise can strengthen circadian rhythms, allowing daytime alertness and helping bring sleepiness at night. Don't be surprised if sleep doesn't improve initially. Studies show that when you first start exercising your sleep will not improve very much, but after a couple of weeks you will begin to notice better quality sleep.

### Healthy Weight

Losing weight or gaining muscle are some of the reasons people begin exercising. In fact, maintaining a healthy weight will reduce your chances of the serious diseases discussed above. Improving your overall appearance is another benefit of keeping a healthy weight, which will naturally make you a more confident person!

### Longevity

Last, but definitely not least, exercise and a clean diet will increase your chances of living a longer life. The American Council of Exercise, did an 8 year study of 13,000 people. The study showed that the participants who walked at least 30 minutes a day reduced their chances of dying prematurely, compared to those who exercised infrequently. If you can't walk for 30 minutes, start with 10-15 minutes then gradually work your way up.

So you see, living a healthy lifestyle has plenty of life changing benefits. Even though life can get busy and we sometimes forget to exercise for the day, remember that even a little bit of physical activity is better than none! If you're still having trouble finding the motivation try exercising with a friend, join a group class, or sign up for a personal

# Water You Talkin' About?

## Drink plenty of water.

The recommended daily water intake for women is 91 ounces while men are recommended to intake 125 ounces per day.

## Don't wait, load up.

Thinking you can just get your water intake in later can be a big mistake. Headaches, fatigue, and even over-eating can be caused from not drinking enough water. So start early and continue to sip all throughout the day.

## Plan, schedule, succeed.

If you know you're going to be in the heat on a trip prepare for it. Hydrate before you go and bring extra water with you. Don't leave home without it. Make it a priority because a water not only protects vital organs but makes up 60% of your body. 73% of your brain and heart is water, your lungs are 83% water, and even your skin contains 64% water.

## Signs of heat exhaustion and stroke.

Dizziness, confusion, fatigue, faintness, muscle cramps, paleness, exhaustion, abdominal pains, nausea, vomiting, headache, numbness.

## Water does not only hydrate you.

Water also acts as a coolant and helps regulate body temperature. It also helps regulate blood circulation throughout your body.

We offer swim lessons for all ages!



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

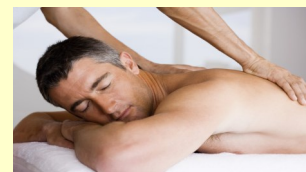
To inquire or to sign up for swim lessons stop by the Jump Start Desk today!

## Massage Moment

### 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.



Father's Day is coming up soon! - A massage gift certificate is a great gift idea!

## BBQ Chicken with Peach and Feta Slaw

- 5 tbs olive oil, divided
- 2 tbs sherry vinegar
- 1/2 tsp freshly ground black pepper, divided
- 3/8 tsp kosher salt, divided
- 1 1/2 cups sliced fresh peaches
- 12 oz broccoli slaw



- 3 (6-oz.) skinless, boneless chicken breasts
- 1/4 cup barbecue sauce
- 1 tbs chopped chives
- 1 oz crumbled feta cheese
- 2 center cut bacon slices, cooked and crumbled

- 1) Combine: 4 tbs oil and vinegar, 1/4 tsp pepper, and 1/4 tsp salt in a large bowl and stir with a whisk. Add peaches and slaw to vinegar mixture; toss gently to coat.
- 2) Sprinkle chicken evenly with remaining 1/4 tsp pepper and remaining 1/8 tsp salt. Heat remaining 1 tsp oil in a large nonstick skillet over medium-high heat. Add chicken to pan; cook 6 minutes or until done. Place chicken in a large bowl. Add and toss barbecue sauce in bowl.
- 3) Divide slaw mixture evenly among 4 plates; top evenly with chicken strips. Sprinkle with chives, feta, and bacon.