



# Jump Start Health & Fitness

## March 2016 Newsletter



SWIM LESSONS WILL BEGIN IN MID-MARCH! COME BY THE JUMP START DESK FOR INFO.



**MASSAGE THERAPY**

**RELAX AND RENEW!**

**COME TO THE JUMP START DESK TODAY TO SET YOUR APPOINTMENT**



**CONTACT US AT ASSOCIATEDTHERAPEUTICS.COM  
OR BY PHONE AT (865) 687 -4537**

### Would You Like To Make A Lasting Change?

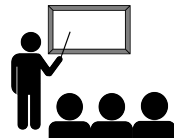
## The 12 Week Personal Training May Be For You

Our 12 Week Personal Training Program offers the extra support you may need to make the changes you need. Here is everything the 12 Week program will provide:

- **36 Sessions with Personal Trainer**
- **Three group sessions with a Registered Dietician**
- **Fitness Evaluations (pre, mid-term and post)**
  - **Work-out logs**
  - **Food Tracking Logs**
  - **Event Schedule**
  - **Running Weight Chart**
- **A chance to win a "Fit Bit", T-Shirts and other Prizes**

Member fee for the program \$599 per person  
Early Bird (by or before March 25<sup>th</sup>) = \$499  
Non-member fee for the program \$699 per person  
Early Bird (by or before March 25<sup>th</sup>) = \$599

Ask about the option for paying the fee in 3 payments- one due every 4 weeks.



COME FOR AN INFORMATIONAL SESSION ON  
THE 12 WEEK PROGRAM

**MONDAY, MARCH 7TH - 8 AM, NOON OR 5 PM**

**OR THURSDAY, MARCH 10TH - 8 AM, 12:30 OR 5 PM**

**EARLY REGISTRATION BEGINS ON MARCH 1ST AND WE WILL BE ABLE TO EARLY REGISTER PARTICIPANTS FOLLOWING THE INFORMATIONAL SESSION**

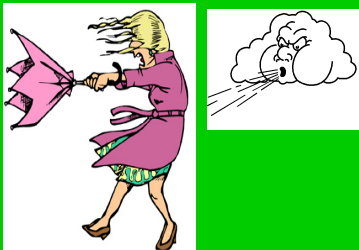
### March is sleep awareness month... So, let's talk about some "pros" of sleep. Sleep is important;

maybe more important than you know. We benefit from 7 -8 hrs. of sleep at night. It can improve mood, heart health and help control weight help. It may help prevent obesity (sleep and metabolism are controlled by the same sector of the brain). Getting the proper amount of sleep is associated with improved memory, increased lifespan, help with improving quality of life, and lead to a decrease in inflammation (inflammation is linked to heart disease, stroke, arthritis, and premature aging). Sleep boosts athletic performance, improves learning capabilities, lowers stress and can decrease chances of depression. It helps relieve irritability and leads to better overall awareness (in driving, working, cooking , etc. ). So if you can see just one reason above to make sleep a habit (a consistent habit) make the change to shut the TV off, turn your phone off, put that caffeine drink off until the morning . Wake up bright-eyed and bushy-tailed this morning make sure everyone knows your secret. Give your best, treat everyone kindly, make your day better than yesterday and strive for even better results tomorrow . Robert Siler



The Jump Start website is being upgraded. To access our newsletter and class schedules, follow these steps:

- go to [associatedtherapeutics.com](http://associatedtherapeutics.com)
- Click "Jump Start" (on right top area)
- For classes, scroll down to the bottom, where



ASSOCIATEDTHERAPEUTICS.COM/FITHOME OR BY PHONE AT (865) 687-4537

### Annual Enhancement Fee Forum

We are looking to offer a new service this year. We want to host a forum and hear your thoughts on what equipment you would like to see updated at the facility and which equipment you think is most important to you. We are considering offering an annual enhancement fee for our members. If you are unaware of what that is, I'll explain. Annual enhancement fees are a small amount of money (i.e. \$30) paid by members once a year to go towards enhancing our equipment or services we provide. You would essentially be allowing us to better serve you!

We will be hosting two information sessions to hear your thoughts. The first two sessions are to gauge interest and see what type of enhancements people would like to see. The second set of dates will be to present the results and give more details on what the program would actually look like. We would love for you to join us!

#### The dates are as follows:

March 14<sup>th</sup> at 10am and March 15<sup>th</sup> at 5pm  
March 28<sup>th</sup> at 10am and March 29<sup>th</sup> at 5pm

If you can't make it to the forum, let us know your thoughts beforehand! Email me at [smccall@associatedtherapeutics.com](mailto:smccall@associatedtherapeutics.com) if you have any questions.

-Sean

### Parent Resource Center Token Night Fundraiser

We are trying to raise funds and volunteers for our local Parent Resource Center at Whittle Springs!

The parent resource center hosts a parent night each semester where they recognize the active parents and offer food and entertainment for the parents of the students. Whittle springs would like for us to raise enough funds to cover rental of a snow cone machine, cotton candy machine and a dump tank. All monetary donations will be accepted at the Jump Start Desk; make checks payable to *Whittle Springs Middle School*.

This event is a lot of fun and we would love for you to partner with us in supporting Whittle Springs one way or another!

