

WE
THANK
YOU.

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Jump Start Health & Fitness

May 2016 Newsletter



In honor of our
fallen soldiers,

Jump Start will
be closed for
Memorial Day

Monday,
May 30.

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

Jump Start Staff Changes For Summer

So many great Jump Start staff team members come from the Exercise Physiology, Kinesiology and related fields of study from UT Knoxville and other places. As these students graduate we are sorry to see them go, but happy that they have been with us as they gained experience as they earned a degree. Danielle Holloway has not only earned her college degree, but has gone on to become a certified Physical Therapist Assistant. She graduates this month! Derrick Yates is another student who will graduate this May with a degree in Kinesiology and will continue his education at UT for a Masters in Exercise Physiology. Nick Wilson, who is also graduating in May with a degree in Kinesiology, is currently waiting to hear from multiple graduate programs.

Join us in wishing these graduates as they pursue more education and work in their field of expertise. Best wishes Danielle, Derrick and Nick!!!

May Health Observances

May 25th is National Senior Fitness Day



2016 THEME: "Improve Your Health for a Better Self!"
National Senior Health & Fitness Day™ is always held the last Wednesday in May, and next year's event is set for **Wednesday May 25, 2016.**

May is a month packed with quite a few health observances. Some last all month long, some go for a week and some are just for one day. You can find out more at the wellness Council of America's website.

In addition to National Arthritis Awareness, Stroke Awareness, Osteoporosis Month, Older Americans Month, Mental Health Month and MUCH more; May is a time to get ready for the summer and as the theme for this year states:

*"Improve your health
for a better self"*



For this special day Jump Start will be leading an outdoor walk at 9am, followed by a special land circuit training class in the studio.



Massage for May

Spring is in session! This is the time of year we pick up brooms and mops to do our spring cleaning. We grab the garden tools and begin the duties for our summer fruits and veggies. We feel accomplished, but left sore and tired. Massage is an excellent way to help the soreness stay at a tolerable level throughout the season. It might also help your energy levels! Massage stimulates circulation of blood and lymph which may push fresh oxygen and nutrients into tissues and vital organs. Massage can also help decrease inflammation in the muscles and joints caused by strenuous exercise.

Please visit the Jumpstart staff today for details on package pricing and availability!



Whittle Springs Parent Resource Center Carnival

What? The Parent Resource Center celebrates all the parent involvement at the end of every semester. This is the spring celebration

Where? Whittle Springs Middle School Courtyard

When? Thursday, May 5th, 5:30-7:00 pm

How can I help? You can volunteer your time or donate money. The event is a large event and needs help with staffing tables, games, food, setup and breakdown. There is also a large cost to the event and The Parent Resource Center has a small grant. Any funds help!



Personal Trainer Tips for May



Planning your pre- and post- workout snacks

★ PRE-Workout

Choose something easily digested with low fat, high carbohydrates & moderate protein. Some examples include: Greek yogurt, fruit, whole grain bread or oats. Eat it 20 to 30 minutes before a workout

★ POST-Workout

Try a whey protein shake directly after your training session. It is probably the best and most convenient. The idea is to have something with protein and carbs to refuel and repair your body after a workout.



Some other snack examples are: a protein bar, peanut butter, almond butter (but watch your fat intake), Greek yogurt, cottage cheese (watch the sodium) etc. You can even mix some fruit with any of these and try to eat them as soon as possible after your workout. It's vital to start the recovery process as quickly as possible to help foster muscle growth.

- Robert Siler

Sean's Corner

Facility Enhancement Fee

Thank you everyone for your feedback and overall support for the new enhancement fee. Here is the official policy:

Facility Enhancement Fee

This fee will be paid by all contract members once a year. The funds will go towards general and specific enhancements for the facility throughout the year. This can include anything from new equipment to replacing old equipment, fixing equipment, painting, additional amenities, etc. It will not go towards any monthly bills or utilities for Jump Start Health & Fitness. We welcome suggestions for items to purchased since that will factor into the final decision of how to use the fee for that year. \$35 is the minimum payment that for every contract membership. We appreciate those who have offered to donate above and beyond that. It means a lot to us!

The timeline for the fee to be used as enhancement is a year from the year of the initial collection of payments.– June 1st. Members may begin paying May 1st– June 15th.

This policy will be effective June 1st, 2016, making that the first annual payment.

Rate- \$35

Date due- June 1st, annually

If you have any questions, please call me at 865-687-4537 ext. 237 or send an email to smccall@associatedtherapeutics.com

Thanks!
Sean

Recipe of the Month—Chicken Teriyaki Salad

This salad is for the fitness freaks who are looking to enjoy a low-carb, high protein meal.

First of all, collect the veggies; 8 cups of baby spinach, 10 cups of sliced shitake mushrooms, 1 ½ cups chopped green onions, 2 tablespoons of minced ginger and 1 tablespoon minced garlic. Heat one tablespoon of peanut oil on a skillet and add 8 ounces of skinless, boneless chicken, cut in bit sized pieces. Season the chicken with ¼ tea-spoon pepper and 1/8 teaspoon salt and cook till chicken is almost done (about 3 minutes). Remove the chicken from pan and add the mushrooms with seasoning as before. Stir fry for about 6 minutes till almost all water evaporates, then add 1 table-spoon of peanut oil, the ginger and garlic and cook for about a minute. Add the chicken, 3 tablespoons of soy sauce, 1 teaspoon of vinegar, 1 tablespoon honey and 2 table-spoon water. Remove from pan after two minutes, add in the baby spinach and green onions and enjoy a protein-packed meal!



Read more at <http://health.facty.com/food/recipe/top-10-salad-recipes/2/#SGhGZu9AAbZLJ11b.99>