

## Important

### Notes:

**Paying members will be billed \$35 on June 1st for the annual enhancement fee**

**We will be closed May 29th in observance of Memorial Day**

**Aqua Blast classes will no longer be held on Saturdays**

### BRIAN'S BAD JOKES

Why did the bicycle need to rest after riding up the hill?



**Because it was "two tired"!**

## **WHAT IS TAI CHI? WHY SHOULD I TRY IT?**

**By: Laurann Whetham, Jump Start Tai Chi and Swim Instructor**

Tai Chi is known as one of the most effective exercises for physical and mental well-being. Not only does Tai Chi place emphasis on breathing, mental development, and relaxation, but it is particularly effective for healing and repairing cartilage, inflamed joints, and tendons. Tai Chi consists of fluid, gentle, graceful, and circular movements that are relaxed and slow in tempo. Breathing is deepened and slowed, aiding visual and mental concentration. The body relaxes, allowing the life force or "Chi" to flow, integrating mind and body into a harmonious inner and outer self. A person living in harmony is more likely to be happy, fulfilled, and healthy.

### **Scientifically proven results of practicing Tai Chi:**

- **Strengthens and mobilizes joints and muscles,**
- **Develops more energy and endurance, more vitality**
- **Improves posture, balance, and flexibility as it strengthens the deep stabilizer muscles of the body**
- **Aids in preventing falls and getting better sleep**
- **Helps to relieve pain as it improves the circulation of blood throughout the body**
- **Relieves stress as the students focus on following the movements of the instructor**
- **Helps with management of blood sugar**
- **Improves mental awareness, memory, and focus**

As we are living longer than our ancestors, chronic diseases such as arthritis affect more of us, diminishing the quality of our lives as the amount of medications we take grows. Increasing scientific and epidemiological evidence indicates that exercise is essential for prevention and management of these chronic diseases. Tai Chi goes a long way toward promoting enjoyable and effective exercise. The popularity of Tai Chi is rapidly increasing as more people are experiencing its physical and mental benefits.

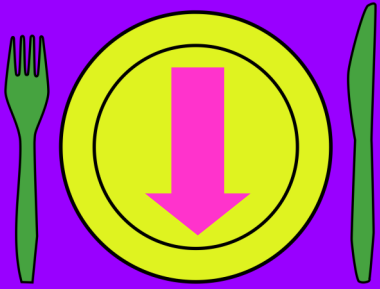
*Laurann is Internationally certified in Tai Chi for Arthritis, Tai Chi for Diabetes, Tai Chi for Fall Prevention, and Seated Tai Chi with 11 years experience. She also teaches swimming lessons for all ages and experience levels.*

Whittle Springs Middle School

Donations and volunteers are needed for Spring BBQ on May 18th from 5:30pm to 7:30pm. Volunteers, grilling supplies, and food items are needed to make this event successful.

Thank You!

5 MUST KNOW MEAL PREP TIPS



# Sean's Corner

## Hey Jump Start Family,

I wanted to thank you all for the opportunity to serve as your Wellness Director for the better part of the last three years. God opened a new door for me, and when He does that, you have to walk through it. With that said, I've accepted a position with Gold's Gym to be their General Manager in Oak Ridge.

It has been an opportunity of a lifetime to get to know you all and establish the relationships that I have with you. I'm thankful for every conversation, piece of encouragement, and feedback that you've given. Each of those have made me a better person and taught me lessons that I won't forget.

Every potluck you all showed up to, every moment you supported Jump Start, and indirectly me, has meant the world to me. All the homemade biscuits, the surprise gifts, and the books that you have given me have brought a lot of smiles and gratitude to my life.

I consider this place my home, where my roots are, and I will never forget the joy that you, the members, have given me in my time here. You are the reason why I will continue striving to be the best fitness professional I can be and I will always call you family.

*In much love and appreciation,  
Sean McCall*

1) GET EQUIPPED.

Equip yourself with the right tools: glass containers with lids, a digital scale, measuring cups and measuring spoons. All this will help you portion food correctly and store it for easy grab-and-go later.



2) HAVE A PLAN.

Write down your plan (or if you're a lucky IgniteGirls+ member, print out the meal plan I created for you!). Having it all in front of you makes it more like a checklist you can run through.



3) SPICE IT UP!

Diversity is key. You will absolutely get sick of eating the same foods over and over if you don't inject a little creativity. Chicken is a great staple, but cook it differently every week! Bake it, throw it in the crock pot with salsa or grill it.



4) GET STIMULATED.

Check your food inspiration resources for ideas: magazines, Pinterest, cookbooks and healthy eating blogs (we post a new fun recipe every week!).



5) PREPARE TO SUCCEED.

Set aside time every week. Sundays can get a little crazy with errands and chores you put off all weekend. If you know that 3-5pm is always meal prep time, you won't forget or let it slide.