



November 2014 News

Jump Start Health & Fitness



Associated Therapeutics, Inc., 2704 Mineral Springs Rd., Knoxville, TN 37917

(865) 687-4537

Our new manager—Sean

Hi everyone!
I'm really excited to join the Jump Start family. If I haven't met you, please stop by my office or give me a shout in passing. I'm here to serve you, so let me know what suggestions you have to make Jump Start the best fitness center in Knoxville. I would love to get know all of you more and learn about your time here.

To help you get to know me a little better, here are some facts about me:

- I'm from Miami, FL
- I love to exercise
- The only show I currently watch is Once Upon a Time
- I graduated with my Master Degree from UT in Sport Management
- I have been married for 62 days
- My honeymoon was

my first time out of the U.S.

- I love everything Italian

I find joy in helping people reach their health goals. As I teach others, I am constantly growing and learning as well. Let me know how we can help you meet your fitness goals. *Sean McCall*

Special points of interest:

Safety First!

Attention—for all who use the showers—soap (as well as body oils or lotions)



spilled in shower stalls are serious fall hazards.

Please be careful to avoid spilling substances and if there is a spill, please alert staff. We can provide cleaning towels for those who have a spill to remove the slick substance.

Availability of Massage Hours will change this month



**Amy will be
unavailable**

Nov 14th & 17th

But will be available

**Wednesday Nov 12th
& 19th**

From 1-5:30pm

Please check out the Pool Schedule for all changes of class times and Instructors.

Some of the changes include:

Land Classes—

Tai Chi will begin at 11:30 am

Pool Classes:

Aqua 3 at 8:30 am Mon. & Wed. only

Aqua 1 at 10:30 am all 3 days (M,W,F)

Peaceful Waters at 10:30 am (T., Th.)

“Get Fit, Have Fun and Make Friends!” —The Silver Sneakers Saying about why we are working out.

Holiday Hours

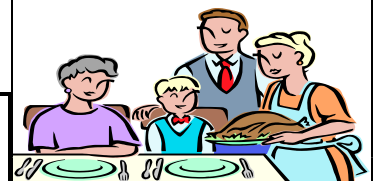
**Jump Start will be
CLOSED all day**

Thanksgiving Day

Thurs. 27th—Closed

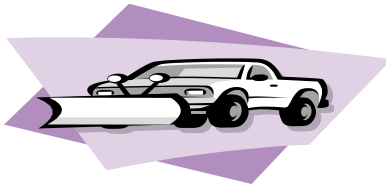
Fri. 28th— 7am-2pm

Sat. 29— 8am-2pm



Attention all Jump Start Members :

Please stop by the Jump Start desk at your convenience and give us your phone number and email address. This will allow us to better serve you in the event of severe weather conditions, class changes/cancellations, changes in policies and etc.



Exercise of the Month – Ball Hamstring Curl

1. Begin on the floor laying on your back with your feet on top of the ball.
2. Position the ball so that when your legs are extended your ankles are on top of the ball. This will be your starting position.
3. Raise your hips off of the ground, keeping your weight on the shoulder blades and your feet.
4. Flex the knees, pulling the ball as close to you as you can, contracting the hamstrings.



Recipe for a “Harvest Time” Super Salad

Ingredients

- 4 cups organic kale, chopped and "massaged"
- 1 cup butternut squash, roasted and diced
- 1 cup quinoa, cooked
- ½ cup red cabbage, diced
- ¼ cup red onion, diced
- ¼ cup fuji apple, diced
- ¼ cup walnuts
- ¼ cup pumpkin seeds
- ¼ cup goji berries
- 1 juice of a fresh lemon
- 1 tablespoon olive oil, to drizzle
- ½ teaspoon of sea salt (to taste)

Instructions:

1. Prepare the Kale as follows:

De-stem the kale leaves from the stem by simply placing your index finger and middle finger (in the shape of a claw), and claw down the center of the leaf to de-stem while simultaneously pulling the leaf away from you with your other hand.

2. In a large bowl, combine the de-stemmed kale leaves with sea salt, lemon juice, and olive oil (1 tablespoon).

3. Lightly coat your hands in olive oil by mixing the kale with your hands.

4. Using a massaging action, (similar to kneading dough), start to tear the leaves apart and massage.

5. Continue massaging for about 2-5 minutes or until the leaves are softened, the leaves will also turn a more vibrant green.

7. Kale is now finished, set off to the side.

8. Cook quinoa to package directions.

9. Roast butternut squash at 450° F for 40 minutes or until soft.

10. Pan toast walnuts on a skillet- no added oils. Simply toss around for about 2-5 minutes and keep a close eye on them as they tend to burn quickly.

ASSEMBLY:

- Simply mix all the remaining ingredients together in a large bowl.
- Serve warm, room temperature, or chilled.

Enjoy!



Come Blast That Turkey Fat!

**Aqua Blast with Cindy
November 28th
9:00am**

Sign up at the Jump Start Desk

