



SEPTEMBER 2015 JUMP START NEWS

JUMP START HEALTH & FITNESS

ASSOCIATEDTHERAPEUTICS.COM/FITHOME (865) 687-4537



Swim Lessons Available

In addition to being a great form of fitness exercise, learning how to swim can save your life! We have private and semi-private lessons for children and adults. Come by the Jump Start Desk or call for more information and sign up today.

NATIONAL HEALTH OBSERVANCES FOR SEPTEMBER

There are many national health observances this month. A few are listed below.

- Cholesterol Education Month
- Healthy Aging Month
- Pain Awareness Month
- Prostate Health Awareness Month
- Sports Eye Safety Month
- September 26—Family Health & Fitness Day
- September 30—Women's Health & Fitness Day

Check the website for more info! Healthfinder.gov/nho/

WHITTLE SPRINGS SCHOOL PARENT RESOURCE CENTER DRIVE

We are partnering with Whittle Springs to do a Thanksgiving food drive! You will have the opportunity to sponsor a family by providing them with a thanksgiving meal! You can choose from 1 main item: ham/turkey; 3-4 side items: vegetables, casseroles, stuffing, cranberry sauce, rolls etc.; and 1 dessert



item. Nothing has to be cooked; each family is responsible for preparing their own meal.

You can sign up as a group or an individual to sponsor the family. If you are interested in sponsoring a family, please sign-up at the fitness desk today. We will have a collection day close to Thanksgiving. That day is TBA.

Thank you for helping provide a true Thanksgiving!

Fitness Recommendation of the Month—

Be sure to perform stretching after your work-outs.



Stretch upper extremities, body core, and lower extremities. To learn more, try attending a class in the pool or in the group fitness studio. A personal training session may also be key to helping you find

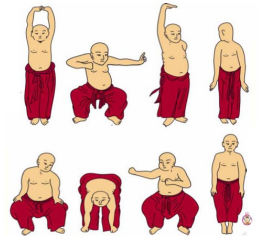


the most effective stretching routine for you.



Personal Fitness Training Available for Individuals and Small Groups

Here is an option Just in time for the Fall Season Personal Training Karate Boot Camp and a specialized Balance Training which draws from both Tai Chi and Yoga. Both will begin in October. Sign-ups will begin the week after Labor Day. Other options also available. Come by the Jump Start Desk or call for more information and sign up today.



Aquatic Facility Equipment Care Reminder

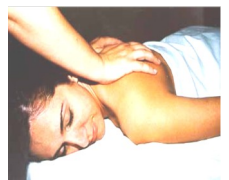
Attention members:

Please help Jump Start keep equipment such as aquatic dumbbells, flotation belts and noodles in the best possible condition. Please use with care and put items away when finished.

Thank You!

Give yourself or Your Loved Ones a Massage for Relaxation and Pain Relief

Labor Day marks the beginning of the new season of laboring through holiday and winter season preparations. Be sure to treat yourself well at the start of the season. Massage can help boost your immune system as well as ease tension and stress. Pick up a brochure at the Jump Start Desk and make an appointment with Amy, our massage therapist today!



SEAN'S CORNER

What motivates you?

There are a lot of motivations to stay active. What are yours?

Mine are the following:

- I always want to be healthy enough to provide and leave a legacy for my family.
- I want my wife to find me attractive. Seriously! She is the only one that has to be around me all the time. I never want to be a "sight for sore eyes" to her. Her opinion matters above all.
- I want to feel great as I age.
- I want to be able to live a long life and die healthy.
- I want to be able to play sports/exercise whenever I want without fear of injury or inability.

The right motivation doesn't wear off. It doesn't fade or go away. They last. Maybe some would call that an inspiration. Temporary goals are good but they can be achieved and moved on from. Lifelong goals are what I want for myself. Will you consider your lifelong motivations and goals for your health?

Fighting to stay motivated together,

Sean



Black Beans are such a great food—try Black Beans & Rice with Stewed Tomatoes as a satisfying winter meal—One of our Personal Fitness Trainers, Robert, says the above combo is the best!!

To the left is a recipe of the month—a Labor Day idea if you are not grilling and enjoy!

Source—Myrecipes.com

**BLACK BEAN AND CORN QUESADILLAS—
A VEGETARIAN OPTION FOR LABOR DAY**

Ingredients—

- 2 teaspoons olive oil
- 3 tablespoons finely chopped onion
- 1 (15.5 ounce) can black beans, drained and rinsed
- 1 (10 ounce) can whole kernel corn, drained
- 1 tablespoon brown sugar
- 1/4 cup salsa
- 1/4 teaspoon red pepper flakes
- 2 tablespoons butter, divided
- 8 (8 inch) flour tortillas

- 1 1/2 cups shredded Monterey Jack cheese, divided

Directions -

1. Heat oil in a large saucepan over medium heat. Stir in onion, and cook until softened, about 2 minutes. Stir in beans and corn, then add sugar, salsa, and pepper flakes; mix well. Cook until heated through, about 3 minutes.

2. Melt 2 teaspoons of the butter in a large skillet over medium

heat. Place a tortilla in the skillet, sprinkle evenly with cheese, then top with some of the bean mixture. Place another tortilla on top, cook until golden, then flip and cook on the other side. Melt more butter as needed, and repeat with remaining tortillas and filling.

Prep 10 m Cook 30 m

Ready In 40 m

40 m

8 servings 363 cals



How many calories do adults over 50 need?

A woman over 50 who is:

- Not physically active needs about 1600 calories a day
- Somewhat physically active needs about 1800 calories a day
- Very active needs about 2000 calories a day



A man over 50 who is:

- Not physically active needs about 2000 calories a day
- Somewhat physically active needs about 2200-2400 calories a day
- Very active needs about 2400-2800 calories a day

Source: National Institute of Aging