

Membership: Add-Ons

Ask the Jump Start staff about our membership Add-Ons!

Available to ALL member:
SilverSneakers, Blue Fit, Silver and Fit, Prime Network, paid members and more!

- Assigned Lockers
- Bring a Guest
- Free Massage
- Free Personal Training
- More!

**Robert's:
"Back at
One!"**



September 2017 Jump Start News



Contact us at (865) 687-4537

Robert's Competition Recap:

By. Robert Siler ACE -CPT

I am happy to say that my competitions are over for this year and even though it has been a long, tough road, the hardships were worth the challenge. If there is anything I have learned



through my training journey it's that it's not impossible to obtain a goal you set out for yourself. Get motivated, get up, and go do what inspires you. I did not reach some of the numbers I wanted to and I had to sacrifice some things I loved about my physique such as performance. But with that being said, I wouldn't change a thing about the journey. I met a ton of new people and learned a lot about myself and the bodybuilding world. I got up on stage at the Knox Classic and presented the best body I could. I am so glad I took on the challenge for myself, friends, and family. It's an experience I will never forget and can't wait for the next one. Thank you to my Jump Start Family for all the love and support this year for my shows.

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Attention members! Jump Start Trainer: Robert Siler will be starting a new discussion based seminar class that discusses how to begin your fitness journey and or how to get back on track.

This seminar will be an hour long, every other Thursday starting at 8:00am, and will begin September 21st. The first class is FREE for members and non-members.

Not only will this seminar be motivational, instructional, with a question and answer segment at the end; it will also give you a 'jump start' towards starting your fitness journey.



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Check out our websites:
jumpstartknoxville.com
associatedtherapeutics.com

Welcoming New Personal Trainer: Steven Gower!

As the newest member of our Jump Start Fitness team, Steven has always had a passion for fitness from a young age. At the age of six he started studying martial arts, earning a black belt in karate and brown belt in Judo.

His passion for fitness continued to grow as he continued playing sports throughout school. As an adult, Steven’s focus shifted towards the gym, which lead him to take up endurance sports (running, cycling) and rock climbing. He has completed numerous races distance 5k through half marathon. Along with his passion for fitness, Steven also has a degree in psychology and has vast culinary knowledge that was acquired through his work as a former sous chef and pastry chef. In addition to practical food knowledge, he also obtained a certificate in advanced nutrition. Steven’s passion for fitness and helping other he brings a well-rounded fitness approach that will help clients reach all of their health, fitness and nutritional goals.



Cauliflower Stuffing Recipe

- 4 tbsp. butter
- 1 onion, chopped
- 2 large carrots, chopped
- 2 celery stalks, chopped
- 1 small head cauliflower, chopped
- 1 c. chopped mushrooms
- kosher salt
- Freshly ground black pepper
- 1/4 c. chopped fresh parsley
- 2 tbsp. chopped fresh rosemary
- 1 tsp. ground sage
- 1/2 c. vegetable or chicken broth

1. In a large skillet over medium heat, melt butter. Add onion, carrot, and celery and sauté until soft, 7 to 8 minutes.
2. Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 8 to 10 minutes more.
3. Add parsley, rosemary, and sage and stir until combined, then pour over vegetable broth and cover with a lid. Cover until totally tender and liquid is absorbed, 15 minutes. Serve.



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