



April 2016 Jump Start News



Jump Start Health and Fitness, Knoxville, TN - Visit us at website Associatedtherapeutics.com or call (865) 687 -4537



Parent Resource Center at Whittle Springs Needs Our Help

We are trying to raise funds and volunteers for our local Parent Resource Center at Whittle Springs!

The parent resource center hosts a parent night each semester where they recognize the active parents and offer food and entertainment for the parents of the students. Whittle springs would like for us to raise enough funds to cover rental of a snow cone machine, cotton candy machine and a dump tank.

All monetary donations will be accepted at the Jump Start Desk; make checks payable to *Whittle Springs Middle School.*
Thank You!

Sean's Corner

Potential Facility Enhancement Fee

Thank you all for your feedback and questions. Overall it has been a very positive response and I have received a lot of buy-in from our members. I want to give some more details on what it would look like and explain how you can voice what new equipment you would like to see.

For those that missed the last issue, we are considering doing an annual enhancement fee and we are gathering feedback from our members. An annual enhancement fee is a once a year payment that varies between 20-70 depending on the fitness center. It is earmarked and only used for what it was expressly intended for. Some examples are a new elliptical, new upright bike, new dumbbells, pool resurfacing, new jets in the pool, routine maintenance, or even expanding a fitness area, etc. It all depends on the priorities at that time but the members can make requests to be considered in what gets purchased.

We will be doing a comment box so that you can voice your thoughts and I will go through them and compile the feedback consensus in the May newsletter. At the fitness desk, pick up a *Facility Enhancement Fee Comment Slip*, fill it out and drop it in the box.

If you can't make it to the facility, please go ahead and contact me directly to get your questions answered or voice your opinion. My email is smc-call@associatedtherapeutics.com and my direct line is [865-687-4537 ext. 237](tel:865-687-4537).

I would love to hear your thoughts!

Thank you, Sean

Back Scrubs and Massage

Back scrubs are beneficial to your end-of-winter dry skin. Our back scrub is made with sea salt and an oil. Amy lightly massages the salt mixture on the back, lifting the layers of dead skin cells that have built up over the season. Then she drapes moist, hot towels over the back to remove the salt. After the salt is removed, lotion is massaged into the skin to rehydrate. Your skin is left soft, glowing, and itch free!



Schedule your back scrub today!

\$20 by itself

\$10 with a massage

Massage Days & Hours

Availability:

Monday: 10 am to 6 pm

Wednesday: 1 pm to 5 pm

Thursday: 9 am–6:30 pm

Friday: 1 pm–5:30 pm

For more information–

Please pick up a massage therapy brochure at the Jump Start Desk.

Enjoy a massage this month!

Swim Lessons Starting This Month!



Yes, we have swim lessons going on this month after a brief break during the winter.



We also have the pool available for Party Rentals! Stop by so that the Jump Start desk can help you with information on times and days, fees and other details.



Welcome to our new group fitness instructors!

Here is a brief bio about three of the new instructors:



Lynne Wright

Lynne—I have been licensed as a Zumba Instructor since 2010. I am excited to be teaching Aqua Zumba to the participants at Jump Start. I will be bringing “The POOL PARTY”! So, get ready to dance shout and scream an let it all out. I have over 15 years of Group Fitness Instruction, and Personal Training. I also have AEA Certification and Licensed in Zumba since 2010.



Jessica Jessica Lynn is one of our newest group fitness instructors. Her love for fitness began as an 8 year old running around the bases of the softball field. Jessica is married to her high school sweetheart and is Mom to four beautiful girls. She enjoys to cook, sing, and spend time with family and friends

Laurann, who will also be teaching several different water fitness classes for us. She has 20 years’ experience teaching aquatic fitness and swimming and 10 years teaching Tai Chi for Health, Laurann looks forward to meeting members of Jump Start classes and sharing the fun of exercising together. She will be teaching swimming at Jump Start as well!



Report on the New Year Confessions

The struggles mentioned on the confessions we received earlier this year included the following (in *underlined italics*) and the trainers’ responses or recommendations will be in regular print.

Exercise

Need more intense cardio and need low impact- Go high intensity in the water (faster, more explosive or larger movements; in the gym, try increasing the incline on the treadmill. Try HIIT (high intensity interval training). Ask us about HIIT if you have any questions

Need help in water jumping up & down (fat jiggles)- To achieve the results we want, we need not only strive for more physical activity, but must work on the diet aspect. Nutrition is more important for fat loss that exercising

Need to see more muscles on abs and be able to get rid of pooch after two surgeries- Surgeries can cause hindrance of our appearance and our physical performance, yet that’s not a reason to quit trying. With right diet and exercise the possibilities are endless.

Nutrition

In winter I eat too much sugar and have too many carbohydrates anyway— Sugars are the destroyers of slim stomachs. Carbs can add to the belly bulge. Stay away from sugars and eat the right carbs— complex carbohydrates from whole foods.

I am hungry in the evenings even after dinner- Perhaps you are not getting enough to eat. Try small meals throughout the day. Have meals with plenty of protein to satisfy your hunger and try drinking more water. Count your calories to get the most guaranteed way to stave hunger and get in shape!

I dream of bags of chips all around (Cheetos and Doritos) - Chips of that sort are empty calories (as you know). You can do better... than high calorie foods with low nutritional value. Dream of quinoa.

This small sample of some difficulties related to exercise and nutrition reported in the confessional box are not unusual and we may know what to do. Jump Start can help give you the support you need to win!



Sugar What are the recommendations?

Please check your food labels for sugar content. It can help to save you a lot of suffering!

For men less than

35 grams a day

For women less than

27 grams a day

Excessive sugar intake has been linked as a risk factor for various diseases. Some of them are: type 2 diabetes, excessive cavities, worsening joint pain and inflammation, the list goes on. Be careful and watch your intake of sugar.