



August 2015 Jump Start Newsletter



Jump Start Health and Fitness at
website Associatedtherapeutics.com/fithome or (865) 687 - 4537

Exercise Program of the Month

Why Choose

Water Workouts?

- Water adds more resistance, 12 to 14 % more than when you exercise on land
- Water regulates your body temperature, protecting you from overheating. You do not feel hot and sweaty from your workout
- Water helps protect you from bone loss that can lead to osteoporosis
- You can burn up to 525 calories per hour by water walking compared with 240 calories on land, without getting hot & with less risk of injury
- A deep water study showed that participants burned an average of 9.8 calories per minute during deep water exercise, which is equivalent to walking or running at a pace of 10-11 minutes per mile
- Aquatic exercise improves the health of pregnant women and has a positive effect on their mental health
- One study found that participants with fibromyalgia experienced " significant decreases in pain and depression"

Join in on the fun and many benefits of water aerobics! See the Jump Start desk for class schedules !



See you in the water!

References: IDEA Fitness Journal, July-Aug., 2015, "Top Reasons to Train in the Pool", by Joy Keller & Judy Meyer. Additional references from *Fantastic Water Workouts, 2nd edition*

Welcome to New Staff!

Robert Siler-

Robert is an ACE-certified personal fitness trainer. He has been doing weight training since the age of 13. He is excited to be part of this team and contribute in his own way.



Stephen Kasper-

Stephen is married to Rebekah and they have one kid together, his name is Luke. He is a six year army veteran and he graduates from UT in December with a degree in Communication Studies.



Josh Hodges—

Josh is a freshman at Pellissippi State Community College. He speaks Korean and wants to teach English in Korea as a career.



Whittle Springs School Supply Drive



We are entering the new school year! Knox County schools begin Monday August 10th. This will be a perfect time for the staff and patrons here at Jump Start to make donations to the parent resource center.

You may consider the following items to donate

- White plastic hangers
- Digital alarm clocks
- Glue sticks
- Colored pencils
- Markers
- Colored pencils
- # 2 pencils
- Mini hand sanitizers
- Lap top computers
- Thank you cards
- Gently used clothing
- Jackets (male & female)
- Sanitary products
- Beauty / Hygiene Products (deodorant , lotions, toothpaste, soap etc.)
- Socks & shoes (male & female)
- Family games
- Calculators
- Notebook paper

Thank you for your consideration and for your generous donations.





Massage Therapy

August brings a new season as the summer comes to an end. This is a perfect time to have a deeply relaxing therapeutic massage with Amy, our licensed massage therapist. Come by or call the Jump Start desk to schedule a massage. For more information on rates and hours please obtain one of Amy's brochures.

Personal Training for Coordinated Movement

How would you like to learn a way of moving that is like dance and may be helpful in many ways such as developing better balance, flexibility, personal safety and coordination? Coming soon, there will be an opportunity to do so through the Jump Start Health & Fitness small group and one-to-one private training with a certified personal fitness trainer on land or in the water. Inquire at the Jump Start desk and sign up for such skilled and complex movements as yoga, tai chi and karate. Coming in the fall we will be offering this type of training.



Isshinryu Karate, Hatha Yoga and Yang-Style T'ai Chi Ch'uan



Sean's Corner

Work Smarter Not Harder

"You can't outwork a bad diet." This is a pretty simple concept but it's hard to apply. If you see your food as fuel for your body, it would give you hesitation before putting in something unhealthy. Losing weight and getting healthy isn't just about exercising a couple days a week. It's not just about counting calories. It's a lifestyle change. Here is an analogy to bring the point home. If you put in regular 87 unleaded gas in a Ferrari, it will run okay for a couple years but the performance will drop off eventually and the engine will start breaking down early. If you use high octane fuel, the appropriate fuel for a Ferrari, you can go longer, maintain performance and the engine will run great. It just takes doing something differently. Friends, work smarter not harder by eating the high octane foods and put that food to work by burning it off in the gym. You'll feel better in days and it will save you a world of pain and bills down the road. Striving for a healthier us every day,

Sean



Pineapple Black Bean Salsa

INGREDIENTS

- 2 cans black beans, drained and rinsed
- 1 pineapple, cored, peeled, and diced
- 1 large bunch cilantro, coarsely chopped (to taste)
- 1 small red onion, diced
- 3 cloves garlic, minced

- 3 limes, juiced
- 1 jalapeno, minced
- sea salt and freshly ground black pepper, to taste

DIRECTIONS

1. In a large bowl, toss to combine black beans, pineapple, onion, garlic, lime

juice, and jalapeno. Stir in cilantro and season with sea salt and freshly ground black pepper to taste. Refrigerate until ready to serve.

Serves 8.

(Adapted from

[The Nourishing Gourmet](#))

Have you lost an item?

Jump Start maintains items which have been lost or misplaced at the facility for a period of time and we hope that you will come and claim your item.



Attention—

All aquatic Aqua 3 daytime class participants...



The Monday, Wednesday and Friday classes will all start at 8:30 a.m. for the month of August!

