

JUMP START NEWS

January 2013



Wishing you a Happy New Year!

12 Months of Jump Start: A Fitness Resolution Plan for 2013



Join us in a New Year's Resolution fitness plan designed to keep you motivated for the whole year! 12 months of Health & Fitness Goals for a stronger, fitter, and healthier you! Check our newsletters each month for the new fitness focus for the month.

Fitness Plan: Month 1

Complete 15 minutes of vigorous cardiovascular exercise 5 days a week. Then add an additional 5 minutes of exercise each new week.

Week 1: 15 Min. **Week 3:** 25 Min.

Week 2: 20 Min. **Week 4:** 30 Min.

Plan is designed for beginners. Add 10 minutes to previous program if already advanced beyond 30 minutes, 5 days a week

New Evening Class Schedule!!

A slight time change in the New Year!

5:30	Deep Water
6:15	Aqua Blast
7:15	Lap Lanes

Holiday Hours

Jump Start & Associated Therapeutics will be Closed on January 1, 2013 for New Years



January 2013 Special

TWO CAN ENROLL for the price of one

Restrictions apply. See Staff for Details.

Recipe Corner: Megan's Granola

<http://allrecipes.com/recipe/megans-aranola/>

Ingredients

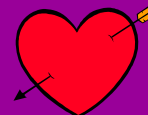
- 8 cups rolled oats
- 1 1/2 cups wheat germ
- 1 1/2 cups oat bran
- 1 cup sunflower seeds
- 1 cup finely chopped almonds
- 1 cup finely chopped pecans
- 1 cup finely chopped walnuts
- 1 1/2 teaspoons salt
- 1/2 cup brown sugar
- 1/4 cup maple syrup
- 3/4 cup honey
- 1 cup vegetable oil
- 1 tablespoon ground cinnamon
- 1 tablespoon vanilla extract
- 2 cups raisins or sweetened dried cranberries



Directions - Prep: 20 min, Cook: 20 min.

1. Preheat the oven to 325 degrees F (165 degrees C). Line two large baking sheets with parchment or aluminum foil.
2. Combine the oats, wheat germ, oat bran, sunflower seeds, almonds, pecans, and walnuts in a large bowl. Stir together the salt, brown sugar, maple syrup, honey, oil, cinnamon, and vanilla in a saucepan. Bring to a boil over medium heat, then pour over the dry ingredients, and stir to coat. Spread the mixture out evenly on the baking sheets.
3. Bake in the preheated oven until crispy and toasted, about 20 minutes. Stir once halfway through. Cool, then stir in the raisins or cranberries before storing in an airtight container.

Don't forget, Valentine's Day is coming soon!



Give your special someone the gift of relaxation and better health with a Massage Gift Certificate!

Massage Hours:

Monday: 10 am – 6 pm

Thursday: 9 am – 6:30 pm

Friday: 1 pm – 6:30 pm

Other days by appointment only!