



June 2014 Jump Start News

American Heart Association's "Heart Walk"

Heart Disease is the number one killer of US adults and stroke is the number 4 killer. In 2010, more than 787,000 people died in the US from heart disease, stroke or other cardiovascular diseases. In the United States, a heart attack occurs every 34 seconds. Tennessee is one of the worst states in the country for hypertension with an alarming rate of over 30% of adults over the age of 20 having high blood pressure.

Associated Therapeutics and Jump Start Health and Fitness will be participating in the Heart Walk this year for the American Heart Association. We want to invite all of our members to join us on our team and walk in the event or participate by

donating to our team fund raising efforts.

Train with us all summer to get ready for this year's American Heart Association's "Heart Walk" in September. Training will not only be fun and healthy, it is an opportunity to help the Heart Association raise money for education and research. This year's walk is on Sunday, Sept 28th and it is an afternoon full of fun activities and educational opportunities. If you are a survivor of a heart attack, heart bypass, or stroke- or if someone close to you is a survivor, this event is an opportunity for you to celebrate your health or for you to walk for or in honor of someone. Participation in the Heart Walk is an oppor-

tunity to spread the word about heart health.

We will be putting together a training plan to get ready for the 3 mile event and will have more information on that this month and until the event. If you want to join our team and walk in the event that will be great or if you would rather donate to our fundraising efforts, that is fine as well. Our Team goal is to raise \$1500.00 and I am sure we will be able to accomplish that.

We look forward to raising awareness about heart health and helping you get and stay healthy this summer.

Did you know...

- By losing just 10% of your bodyweight you can:
- lower your cholesterol
 - reduce your blood pressure
 - lower your risk for type 2 diabetes
 - Increase feelings of vigor and vitality
 - Improve sleep apnea or other sleeping problems
- ...plus many more positives!**

Fresh Food Fast!

Try this fresh summer salad recipe with only 5 simple ingredients!

The açai berry is considered to be a superfood high in antioxidants, amino acids, and essential fatty acids. Some even say that the berry—the fruit of a palm tree native to tropical parts of Central and South America—is one of the most nutritious foods in the world.

Ingredients (for 4)

- 8 cups mixed salad greens
- 2 cups chopped cooked chicken
- 1/2 cup sliced red onion
- 1/4 cup chopped pecans
- 3/4 cup Acai Dressing

Preparation

- 1.) Arrange 2 cups salad greens on each of 4 plates.
- 2.) Top each evenly with chicken, onion slices, and pecans.
- 3.) Drizzle 3 tablespoons dressing over each salad.
- 4.) Enjoy!



Summer is here & so are Swim Lessons!



Now that summer is here, our swimming lessons are in full swing! We offer group and private lessons for all age groups. Stop by the desk for information on times and pricing, but hurry because classes are filling up fast!

Non-Jumpstart members can also receive the same rate so spread the word to friends and family! ☺

Land based class changes for June



For the month of June, Jumpstart will be offering the evening Zumba Gold class from 6 pm to 7 pm on Monday and Wednesdays only.

The Tuesday and Thursday Vinyasa Yoga classes in the evenings will be on “hold” for the month of June. Jumpstart will continue to offer the day yoga classes on Tuesdays and Thursdays at 10 in the mornings.

The Saturday morning yoga class at 8:45 a.m. will also be continuing as usual.



Men's Health Month



The 5 most important health issues for men are cardiovascular disease, lung cancer, prostate cancer, depression and diabetes. Women on average outlive men by 5 years. The reasons why men do not live as long are partly due to biology, but is also related to the way men view their health. Men typically go to the doctor less frequently and usually only go when it is something serious. So let's look at the issues and recommendations. Heart disease (heart attacks, stroke, high blood pressure, high cholesterol, etc) is the number one killer of men and women worldwide. While both genders develop plaque, for some reason men develop plaque sooner than women. If the plaque in the arteries becomes unstable, a clot will form in the artery and can block the blood flow which will result in a heart attack or stroke depending on whether the clot is in the heart or the brain. Heart health has a genetic component but is definitely related to diet and other behaviors as well. Men should check their cholesterol every 5 years after the age of 25. They should exercise at a moderate to vigorous intensity 4-5 days per week for 30 min. Also, if they smoke, quitting is a must. A diet consisting of more fruits and vegetables and whole grains and less red meat, saturated fat and processed foods should be consumed.



Smoking not only puts a man at a higher risk for heart disease, but it also greatly increases the chances of lung cancer. Tobacco smoke is the cause of more than 90% of lung cancers and while smoking is decreasing, lung cancer is still the leading cause of cancer deaths in men.