



Jump Start News May 2013

Kelly's Smoothie

Several of you have seen my Nalgene bottle that I walk in with each morning that contains the purple beverage. It is a breakfast smoothie concoction that I have refined over the last 20 years and has become a staple in my nutrition routine and if you are interested you might want to try it sometime. I drink half for breakfast and half for a mid-morning snack. For some of you, it may have too many carbs but all you have to do is modify it for your plan. For others, you may prefer a different blend of fruits, but that is the beauty of a smoothie. You can make it anything or any color you want. I had one the other day, thanks to Hope, our aqua Zumba instructor, that made mine seem quite boring. Hers was bright green and contained a variety of green vegetables like kale and also contained ginger. It had a very distinctive grassy (but interesting and unusual) taste that I could grow to enjoy.

My breakfast smoothie recipe (blend it up for a filling nutritious meal)

Modify as needed to get the calories & nutrients (carbs, fat and protein) that you need and the taste you desire. Remove the peanut butter and the calories drop by 100 and the fat content decreases to 6 gms. Enjoy!

Almond milk	1 cup	
(you can do skim milk but calories change)		60 calories
½ to 1 cup of H2O (for consistency)		0 calories
Frozen blueberries	1 cup	83 calories
Frozen Strawberries	1 cup	49 calories
Smuckers Natural Peanut butter	1 tbsp	100 calories
Whey protein powder	25 g (1 serving)	150 calories
total calories	442	
		(52 gms carbs, 14 gms fat, 33 gms protein)

New Classes that are now available!

Zumba Gold

Monday & Wednesday

6:00 pm

Upstairs with Olga!

Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.



Silver Sneakers— Muscular Strength and Range of Motion

Monday & Wednesday

1pm Upstairs with Kathryn!

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and SilverSneakers ball, offered for resistance. A chair is used for seated and standing support.

Note: we still have the original Tues. & Thurs. morning class!

Mothers day is Coming! Time to Pamper!

Are you still looking for something special for that wonderful mother spends all year taking care

How about a Massage!

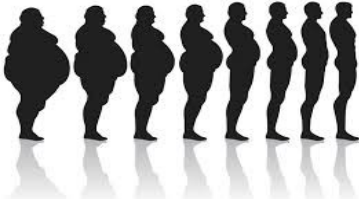
Choose packages from a 15 minutes to and hour and a half.



This year show her that you really do care!

12-WEEK **TRANSFORMATION**

If your mind and body are in need of a complete change regarding your health, the 12-Week Body Transformation is for you! It is 12-week intensely focused program where we will help guide you toward behavioral and lifestyle changes that will last long after the 12 weeks. It includes goal setting, weekly weigh-ins, eleven personal training sessions, bi-weekly health coaching follow-ups, and weekly e-mails. Please see the Jumpstart desk for cost and details!



Food For Thought

By Kelly Williams, Wellness Director



If you keep up with news about nutrition then you have certainly read about the negative effects of wheat and gluten that have been in the news more and more. Recently, wheat- and the protein “gluten” found in wheat, barley and rye, has been in the news and not in a good way. Scientists and MD’s have been seeing an increase in celiac disease and have been recommending patients with Celiac disease to avoid gluten.

However, one cardiologist, Dr. William Davis, has written a book called “Wheat Belly” and he reports based on his study of the literature, that foods containing wheat may have many negative effects that may cause a variety of illnesses and symptoms related to diabetes, obesity, poor sleep, pain and inflammation, asthma,

irritable bowel syndrome, and depression. He originally was recommending patients avoid wheat products to reduce their blood sugar but as patients began reporting improvement in many areas he began to research wheat. He has found that eliminating wheat has profound effects on cardiovascular health specifically as it pertains to improving the type of cholesterol in our bodies. See “Track your Plaque” on his website.

Also, Sebastian Noel, the author of “Paleo Diet” recommends (among other things) to eliminate wheat from your diet for many of the same reasons that Dr. Davis shares. The Paleo Diet basically recommends a diet that is based on the natural foods that were originally intended for us to eat. It is an interesting read and the diet is certainly more nutritious than the typical American diet.

Read “Wheat Belly” by Dr. William Davis and “Paleo

Wheat – Good or Bad??

Diet” by Sebastian Noel or go to their websites by googling the topics and begin your research into the health benefits of eliminating wheat (and other foods) to see if you agree or disagree. Think about this first, because if you **do agree**, then you are about to eliminate or greatly reduce most of the foods that we typically associate with flour, such as bread, cereal, biscuits, pancakes, cakes, cookies, and the list goes on and on. I have been reducing wheat (and sugar for that matter) for almost 4 months and I am still trying to decide what I think. You might start by reducing wheat (if you find the information interesting), but depending on your own experience, you might eliminate them altogether. Let me know what you think- You may just find out how to get rid of that “wheat belly” after all!

Members, please plan to attend the Monday, May 6th
Celebration of National Physical Fitness & Sports Month—

There will be two different times to come—

- from 10:00 a.m. to noon
- from 5:30 to 7:30 p.m.

