



Jump Start Health and Fitness at Associated Therapeutics, Inc.
2704 Mineral Spring Ave. Knoxville, TN 37917 (865)-687-4537



Jump Start News

May 2014



Changes in the Jump Start Group Class Schedules and the Saturday Hours

*The following changes
have been made:*

- Vinyasa Yoga will be on Tuesday/Thursday at 5:30 p.m.
- Deep Water will be on Thursdays at 5:15 p.m.

***This month beginning Saturday, May the 10th, our Saturday hours for the summer are 8 am—2 pm.**

Thank You!

Jump Start Your Health In May

Taking care of yourself should be one of your top concerns. Almost every aspect of your daily life depends on your health. Your ability to perform activities such as your daily routines, travel, participate in family activities, work, play, hobbies, exercise, etc all depend on your health. Stamina, energy, depression, strength, heart disease, diabetes, hypertension and cholesterol, can all be linked in some part to nutrition, exercise and sleep habits.

More information is coming out regularly related to the importance of healthy foods. One major hurdle we have in our area is a history of eating Southern style comfort foods which taste great but sometimes are high in fat and calories. In addition, we as a nation are eating more processed foods as well. These two aspects plus the fact that we are getting less active are contributing to the rise in obesity. Therefore, it is my opinion that the first steps to better health involve our nutrition and exercise. Our goal is to help you learn how to make better choices when you eat and how to get the most out of your exercise programs.

Our focus at Jump Start and Associated Therapeutics has always been related to providing you with an opportunity to improve your health and quality of life and our programming is going to continue to reflect that goal. This month we are going to be offer a Program called the “6 week Weight Loss Challenge “ that is going to focus on nutrition and exercise. You can get information at the fitness desk and you can begin signing up now because the first class will be Tuesday, May the 13th.

I hope you take part and that you benefit from the Weight Loss Challenge.



Swimming Lessons Start in May!

Starting in May, swimming lessons will be available at Associated Therapeutics! Classes will be held on Mondays and Thursdays, and will be available for group or private sessions. All ages are welcome.

Stop by the Jump Start desk for more information and pricing!



Zesty Quinoa Salad

Prep 20min / Cook 10min / Ready in 30min

Recipe makes 6 servings / 270 calories per serving



- 1 cup quinoa
- 2 cups water
- 1/4 cup extra-virgin olive oil
- 2 limes, juiced
- 2 teaspoons ground cumin
- 1 teaspoon salt
- 1/2 teaspoon red pepper flakes, or more to taste
- 1 1/2 cups halved cherry tomatoes
- 1 (15 ounce) can black beans, drained and rinsed
- 5 green onions, finely chopped
- 1/4 cup chopped fresh cilantro
- salt and ground black pepper to taste

Directions

1-Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool.

2-Whisk olive oil, lime juice, cumin, 1 teaspoon salt, and red pepper flakes together in a bowl.

3-Combine quinoa, tomatoes, black beans, and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator.



*We will be closed for
the Memorial Day Hol-
iday Monday May
26th*

Special Closeout Sale!

Remaining Jump Start T
-Shirts **\$10** Medium sizes,
While Supplies Last!

The Heart Walk



On September the 28th the American Heart Association will be having the Annual Heart Walk. This walk is one of the premier fund raising and heart health awareness events of the American Heart Association. The event has no fee but participants and teams are encouraged to raise money.

This year, Associated Therapeutics and Jump Start Health and Fitness will be having a team. You can join our team and participate in all of the activities in September. We will be having training walks, events to promote heart health, and other activities from now until September to bring more awareness and education related to the most recent information on heart health. Many of our members, friends and family have been effected by heart disease in some form or fashion. If you are a survivor or if you are passionate about reducing your risks this event would be great for you. I will be looking for a few people interested in helping with the effort to promote and help us build a big team and reach our fund raising goal so if you have an interest, please contact me at your convenience.

Sincerely, Kelly Williams, Wellness Coordinator, Jump Start Health & Fitness

Mark the date- Sunday, September 28.



Price Change for Nonmember Family Swim: All Kids 1-17 now \$5