

Important Notes:

- Reminder: The annual \$35 Enhancement fees are due for all paying members on June 1st.
- Remember we have a loyalty program for massages. Use 10 sessions and get the 11th one free. This does not apply to specialty massages. Massages must have been purchased after October 1, 2016.
- Join us Tuesday at 11:30 for Tai Chi if you want to:
 - Strengthen joints
 - Develop endurance
 - Improve posture, balance, and flexibility
 - Aid in preventing falls
 - Help to relieve pain
 - Relieve stress
 - Manage blood sugar levels
 - Or improve memory

April 2017 Jump Start News



One week left to register!!!

Get 36 personal training sessions

for as little as \$13/session!

Member fee for the program: \$599 per person

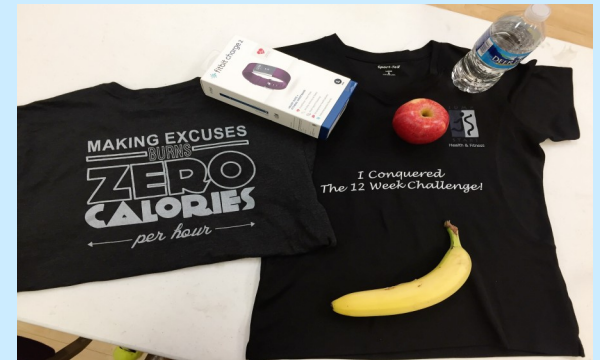
Non-member fee for the program: \$699 per person

Realistic Results

to Expect:

10-30 pounds burned

10-20 inches lost



Whittle Springs Middle School Collection Box Needs for April:

Pens and Pencils

Also, donations and volunteers are needed for their Spring BBQ on May 18th from 5:30pm to 7:30pm. Volunteers, grilling supplies, and food items are needed to make this event successful. Thank You!

Aquatic Therapy: Associated Therapeutics, Inc.

Have you ever heard of the health and healing benefits of aquatic therapy?

Aquatic therapy allows for low impact treatment intended to relieve or heal



pain, injuries, and/or various disorders.





Swim Lessons

Spring is on its way and Summer is just around the corner. Stop by our Fitness Desk to sign-up for your swim lessons today!

BRIAN'S BAD JOKES

If April showers bring May flowers, what do May flowers bring?



Pilgrims!

Age or Disease Can Be Your Excuse or Your Motivation

By Alex Snorton

As people age, the common thought is that they aren't able to do as much as they used to. While that is true in some cases, it's important to remember that you can still do something, no matter what age you are or the circumstances. That being said, this month I wanted to write something that informs you and hopefully encourages you to do what you can and inspire others.

Don't let heart disease, high blood pressure, diabetes, or arthritis stop you from exercise. It has been proven by many studies that exercise can assist with quality of life after being diagnosed with a chronic condition. The key is to do what you can when you can. So when the weather is bad or you're just not up to making the commute, you can still exercise at home.

Stretch: First and possibly the most important aspect of all this is stretching. Stretching is vital for everyone and the easiest thing we can do to stay active. It could be as simple as a shoulder shrug or ankle circles, but whatever you do will go a long way in gaining flexibility and

decrease your risk of injury when you move on to other exercises.

Squats: These are a quick exercise that promotes balance and mobility. It doesn't require any weights or machines. All you have to do is stand with your feet shoulder-width apart while slowly bending your knees up and down without letting your knees go past your toes. A few reps per day can help your posture as well.

Lunges: An additional quick, at-home exercise you could try is lunges. Lunges help with toning and shaping the lower body. This can be done in any room, but probably serves best in your living room. Lunge wall to wall and make sure your knee almost touches the ground with each step. Also, remember to keep your back as straight as possible. If you ever want to increase the intensity of this exercise, feel free to hold a light-weighted object as you're doing your lunges.

Leg raises: These are a great to do at home because it helps with balance, posture, and gait. If you need assistance when trying to do this exercise, use a chair. Start by standing on one foot and slowly raise the other leg while keeping your heel and hip in line. 6-8 reps per leg is a good target for this exercise. Try this when you first get out of bed, and you will see a drastic improvement as you go along.

Monthly Recipe: Roast Beef Aioli Bundles

Ingredients

- 16 fresh asparagus spears, trimmed
- 1/3 cup mayonnaise
- 1 garlic clove, minced
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon juice
- 1/8 teaspoon ground cumin
- 8 thin slices deli roast beef, cut in half lengthwise
- 1 medium sweet yellow pepper, sliced
- 1 medium sweet orange pepper, sliced
- 1 medium sweet red pepper, sliced
- 16 whole chives



Directions

1. In a large skillet, bring 1 in. of water to a boil. Add asparagus; cover and cook for 3 minutes. Drain and immediately place in ice water. Drain and pat dry.
2. In a small bowl, combine the mayonnaise, garlic, mustard, lemon juice and cumin. Place roast beef slices on a work surface; spread each slice with 1 teaspoon aioli. Top each with an asparagus spear and pepper strips. Roll up tightly; tie bundles with chives.