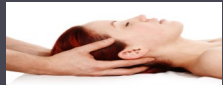




Feeling hot outside??

Have your next party in our indoor pool!

Stop by our front desk for more information.



## Massage Therapy Enhancements!

We want to thank you for your continued dedication and support of the massage therapy program. We are excited to let you know about some new features we are implementing to better serve you:

- \* We will be bringing on additional massage therapists to accommodate the growing need for more hours and days.
- \* Beginning Oct. 1st, we will introduce member and non-member pricing. Member pricing will stay the same. There has not been a rate increase since the price was set over 10 years ago. In order to reflect industry and regional pricing, we will restructure our prices for non-members. This will give an added benefit to those who are part of the Jump Start Family!
- \* The way our massage packages are setup will be changing as well. Sessions will no longer be able to be broken up into smaller massages i.e. one 60 minute massage into two 30 minute massages. The 10% discount will also be omitted to allow individual massage purchases. You will be able to purchase as much as you want between now and Oct. 1st at the current rate with the 10% discount.

*We appreciate your patience while we make these transitions over the next couple of months. If you have any questions, please contact Sean or Amy. Sean can be reached at 865-687-4537 ext. 237. Messages can be left at the desk if you would like to reach Amy.*

# August 2016 Jump Start News



Contact us at [associatedtherapeutics.com](http://associatedtherapeutics.com)  
or by phone at (865) 687-4537

## Meet the New Jump Start Staff



Meet Haley Osborn who is a doctoral candidate of the Spanish Program in the Modern Foreign

Languages and Literature Department at the University of Tennessee and an instructor of undergraduate Spanish courses. She holds a Master's degree from Loyola University in Chicago and a Bachelor's degree from Hanover College. Haley's favorite part about teaching Spanish is getting to explore Hispanic culture -- especially Latin music and dance-- and sharing it with her students. Is it any wonder, then, that she loves teaching Zumba? Come and join the fiesta where you will dance to Caribbean rhythms and maybe even learn some Spanish! She hopes to see **you** there!

Say "Fare Thee Well" to the staff graduating - as Danielle left earlier this summer following completion of her clinical for the post graduate program she has been in for physical therapy assistant certification.



Derrick and Nick (not pictured) both graduated last month and have left to pursue their Masters Degrees.



We will miss them but we are proud of the new opportunities they have laid before them. We wish them the best of luck in their careers and life!

## Associated Therapeutics, Inc. Physical Therapy

Did you know there is another great company and service available at the front of the facility?

Jump Start offers so much within their fitness umbrella but Associated Therapeutics runs a Physical Therapy Clinic that can

help you recover from many injuries or surgeries! No referral needed! Ask about direct access.

Some of the services include: Vestibular Rehab, Industrial Services, Manual Therapy, Aquatic

Therapy and so much more!

Stop by the glass window in the front lobby if you have any questions!



## 12 Week Special Training Starts in September

*Come for an informational session*

*on the*

*12 week program*

**Monday,**

**August 8<sup>th</sup>**

**8 am, 12pm,  
or 5 pm**

-or-

**Thursday,**

**August 11<sup>th</sup>**

**- 8 am, 12:30pm,  
or 5 pm**

*Early registration continues until August 26th*

**Coming Next Month!**



**Jump Start will be closed on Monday, September 5th to observe Labor Day!**

## Sean's Corner

I'm happy to be able to write a corner again! It's been a while since I've written one due to the need for the space to be used to promote other services on the newsletter. I want to sum up some things during my sabbatical from writing:

\* Our inaugural 12 Week Program was a huge success with 3 wonderful women changing their lifestyles for the better. Total weight lost was 70 lbs.

\* I've been teaching the Tu/Th classes at 9am. I've thoroughly enjoyed making new friends and helping them

progress on their fitness journey. You don't know the joy it brings me to be a part of your story and help share advice and tips to help you all live healthier lives. Thank you!

\* We have brought on many new employees and seen several move on to new seasons of their life. I'm thankful For the great teammates I have here at Jump Start. People will come and go but the impact they leave makes a difference. We hope that each staff member at Jump Start makes your day and your fitness experience is more than just a workout.

\* Lastly, I wanted to share what I've been asked about a lot lately. Through the first 6 months of the year I've lost 21 lbs and nearly 6% body fat. I attribute that accomplishment to prayer, community, and a conviction that drove me to start this lifestyle change back in January. I will write more about my experience throughout the process over the next couple months so stay tuned!

*Pursuing a healthy lifestyle is a daily choice. Let's go on the journey together.*

-Sean

## Nutritional "Tid Bits" for this Month: Fermented Cabbage as a Pro-Biotic

From excerpts in a article on probiotic foods by Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM Published on January 21, 2011, Last Updated on January 13, 2015

What do Sour Kraut and Kimchi have in common? Both are made with cabbage, are fermented and have "... Probiotics which are beneficial forms of gut bacteria that help stimulate the natural digestive juices and enzymes that keep our digestive organs functioning properly. In addition to taking a [probiotic supplement](#), you can also eat probiotic foods that are a host to these live bacterium.

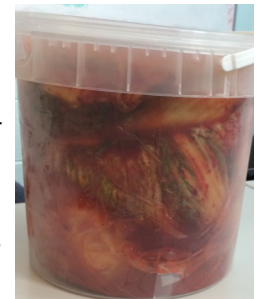
### Sauerkraut

Made from fermented cabbage (and sometimes other vegetables), sauerkraut is not only extremely rich in healthy live cultures, but might also help with reducing allergy symptoms. Sauerkraut is also rich in vitamins B, A, E and C.

### Kimchi

An Asian form of pickled sauerkraut, kimchi is an extremely spicy and sour fermented cabbage, typically served alongside meals in Korea. Besides beneficial bacteria, Kimchi is also a great source of beta-carotene, [calcium](#), iron and vitamins A, C, B1 and B2. Kimchi is one of the best probiotic foods you can add to your diet, assuming you can handle the spice, of course!"

For more information, visit <http://www.globalhealingcenter.com/natural-health/probiotic-foods/>



**Kimchi**