

12 Week Fitness & Nutrition Program

Did you miss the last
12 Week Program?

The next round starts in April. Fill out the interest list at the front desk to be the first to receive information about our Early-Bird Special!

Early-Bird Special if paid by March 20th

Program Starts April 3rd!

Give The Gift of Health in February!

Massage Gift

Certificates and Membership Gift

Certificates are

available at the Jump Start desk.

Next swim suit sale will be February 23rd from 11am-6pm in the fitness studio

February 2017 Jump Start News



Forgive Yourself

Put Mistakes and Missed Opportunities in the Past and Move Forward

By Bailey Dangerfield, CPT

We are about a month into the New Year and many people are working hard toward their fitness goals and resolutions.

Unfortunately, this is around the time when resolutions start to dwindle and it is yet another year when goals have not been met.

This is a constant problem, but fret no more because here is a solution to solve this defeating problem. Ready for it? **Forgive yourself!** That's right: **Forgive yourself!**

Face it, there can be a lot of pressure when trying to get fit. You may feel guilty for missing a workout, or eating that piece of cake that looked too good to pass

up. So, instead of forgiving yourself and getting back on track, you throw in the towel and go back to the unhealthy lifestyle that you were used to. Well, do not fall into that trap again. If you happen to slip up on your diet or workout don't feel bad, just refocus and get yourself back on track. Nobody is perfect in this world so you shouldn't expect to be.

Forgive yourself! Let that be the theme of this month. Remember: quality health is a lifestyle not a quick fix! Here at Jump Start we want to see you accomplish your fitness goals so do not hesitate to come to us if you have any questions or concerns. Together we can make you the fit, healthy, happy person that you deserve to be!

Physical Therapy - Associated Therapeutics, Inc.

Did you know there is another great 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

& so much more!

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



Policy Reminders

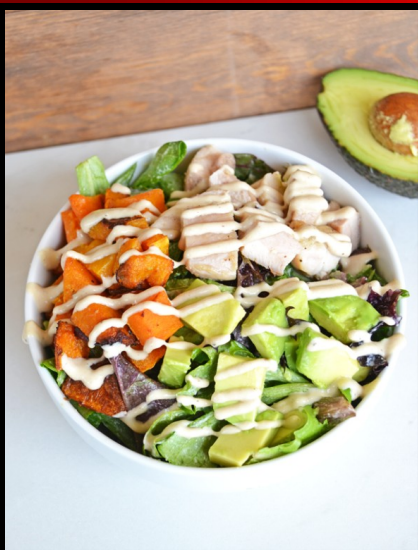
This is What Happens When We Implement Our Snow Policy:

Jump Start will attempt to remain open during inclement weather with limited hours. However, all classes will be cancelled and any appointments will be on a case-by-case basis (Swim lessons, massage therapy, personal training). Be sure you have one of these methods to receive alerts:

- Join our email campaign and make sure we have your current email on file
- "Like" us on Facebook
- Call us at 865-687-4537

Please Be Mindful of Your Surroundings

The great thing about this country is that we are all entitled to our own opinions and beliefs. The great thing about Jump Start is that we all respect each other despite our differences. Please remember that not everyone may share your strong convictions and respect the volume at which you express those beliefs.



Sean's Corner

I'm going to devote my section this month to the one of the most valuable promotions that we offer: The 12 Week Program

You can get a personal training session for as little as \$13!

Member fee for the program
\$599 per person

Early Bird (before march 20th)
=\$499

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

Early Bird (before March 20th)
= \$599

Realistic Results

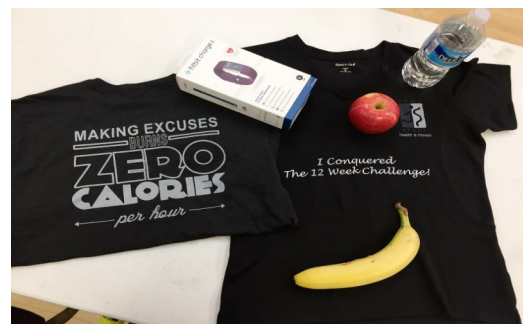
to Expect:

10-30 pounds burned

10-20 inches lost

2-5% Body Fat Burned

A Body You Love!!



Whittle Springs Middle School Collection Box Needs for February

Hand sanitizer & Lysol wipes

We are also collecting for their BBQ-themed cookout in march. Any canned foods, bags of chips, or individual beverages would be appreciated!

Best Bites: Paleo Balance Bowl

Ingredients

- 2 chicken breasts
- 12 oz chopped Butternut squash (about 2 ½ cups)
- 1 tablespoon + 2 teaspoons coconut or olive oil
- 6 cups mixed greens such as spinach
- 1 avocado, chopped
- ¼ cup tahini
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar
- 3 tablespoons water
- salt
- pepper
- garlic powder

Directions

1) Preheat oven to 425 degrees.

2) Place butternut squash on a baking sheet. Toss with 2 teaspoons of melted coconut or olive oil, ½ teaspoon salt, ¼ teaspoon pepper & ¼ teaspoon garlic powder. Roast in the oven for 25 minutes, tossing around half way through.

3) Take your chicken and sprinkle both sides with salt, pepper and garlic powder to taste. Place a large sauté pan over medium high heat. Add 1 tablespoon of coconut oil and let heat up

for about 30 seconds. Then add chicken and cook for 3-4 minutes on each side. Set chicken aside.

4) In a small bowl combine tahini, lemon juice, apple cider vinegar, water, ½ teaspoon salt, ¼ teaspoon pepper & ¼ teaspoon garlic powder. Toss a couple of tablespoons of dressing over the greens in a large bowl until evenly coated.

5) To assemble bowl add greens and top with butternut squash, chopped chicken and avocado pieces. Drizzle more tahini dressing on top and enjoy!