

12 Week Fitness & Nutrition Program

Did you miss the last
12 Week Program?

The next round
starts April 3rd.

**Early-Bird
Special if paid
by March 20th
Program Starts
April 3rd!**

Massage

March is already
booked up. Stop by
the desk to
schedule your
appointment in
April before it's too
late. Also, like
Jump Start Health
and Fitness on
Facebook to be the
first to find out
about cancellations.

Tai Chi is back!

Starting March 7th
Tai Chi will be
taught every

March 2017 Jump Start News



Eye of The Tiger

Workout tricks to make cardio more enjoyable!

By Jessie Richardson

*Rising up, back on the street
Did my time, took my chances
Went the distance, now I'm back on my feet
Just a man and his will to survive*

Can you believe spring is already upon us? Have you been working hard to better your health and fitness? Or maybe you are looking for some extra motivation? Well, in order to burn fat and better your health; cardio is a must! But does anyone really enjoy cardio?

*So many times it happens too fast
You trade your passion for glory
Don't lose your grip on the dreams of the past
You must fight just to keep them alive*

For me personally, I struggle with finding the "fight" or motivation to do my daily cardio. Fortunately, I have figured out a few ticks to help get me through my workouts. One of my tricks is to listen to upbeat music. I find music can be beneficial during a workout because not only can the lyrics be motivating, but the beat of a song can distract you from the monotony of a run or the soreness from a challenging lift. The melody and/or the instrumental of a song can also subconsciously make you push harder in a workout. For example, if I know I am going to go for a challenging run, I

will create a music playlist with an intense or upbeat instrumental to help push myself and run faster.

Another trick I use for cardio motivation is to watch TV shows or movies while walking on the treadmill. For those who need to do cardio, but may have physical limitations that require less impact; incline treadmill walking is a great option. I like to put the treadmill on a level 10 incline and walk at a level 4 speed for 45 minutes to an hour. This workout allows me to reach my fat burning zone with minimal impact to my feet and knees. Unfortunately, this workout can be pretty boring . . . but watching a show on the TV or my smart phone is a total game changer!

*It's the eye of the tiger
It's the thrill of the fight
Rising up to the challenge of our rival
And the last known survivor
Stalks his prey in the night
And he's watching us all with the eye of the tiger*

Overall, the key to success and to obtaining positive health results is: 1) dedication, 2) consistency, and 3) motivation. Thus, using helpful tricks such as music and television can help you become more dedicated by providing motivation and increasing your overall consistency with working out. So experiment! Find your own workout trick or feel free to ask other Jump Start staff members for their favorite tricks and workout motivations!



Spotify

Music and TV Resources



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.



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



SWIM LESSONS



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

What did the pirate say when he turned 80?



Eye-Matey!

Sean's Corner

I'm going to devote my section this month to 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

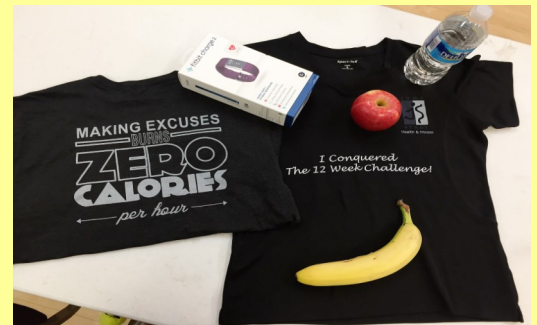
Realistic Results

to Expect:

10-30 pounds burned

10-20 inches lost

2-5% body fat burned



Whittle Springs Middle School Collection Box Needs for March

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

Banana Mango Green Smoothie with Clovers

Ingredients

- 2 bananas
- 3 large handfuls baby kale or spinach
- 1 handful of clovers
- 1 mango, peeled + cubed
- ½ cup unsweetened almond milk {or preferred milk}
- 2 -3 ice cubes



Directions

1. Add all ingredients to a blender. Save a few slices of mango and clovers for garnish
2. Blend all of the ingredients until smooth.
3. Divide the smoothie into two bowls.
4. Garnish with mango and clover
5. Top with additional garnishes like chia seeds, shredded coconut, honey, sprouts, goji berries, or your topping of choice.