

**Thanksgiving Day
Holiday Special
Hours-**

Closed all day on
Thurs. Nov. 24th
Open Fri. Nov. 25th
8 am to 3 pm
Reg. Hrs. Sat. 11/26



November 2016 Jump Start News

Contact us at associatedtherapeutics.com
or by phone at (865) 687-4537

Eldridge to say "Fare Well" after over 9 years at Jump Start.

Fitness class instructor and personal trainer, Kathryn Eldridge, wishes all of the members, patients, the staff, Physical Therapists, and anyone who even comes as a guest all the very best.

"Keep it up and find that camaraderie to make the workout more fun!". She will be working on her own rehab exercises, fitness training and art endeavors.

Swim Lessons:

Check at the Jump Start Desk for both private or semi private adult and child swim lessons

and for

Pool Party Rentals

to book reservations today!

Massage Updates

Be sure to ask about the new massage therapy pricing :

Member rates are LOWER than non-member rates

We will now offer member and non-member pricing and no longer have a package discount, but will be offering a Frequency Program and Seasonal Promotions:

- After you have 10 Full priced massages, your 11th will be free.
- Our referral program will increase from \$5 to \$10 off your next visit for referring family and friends.
- We will honor all current packages that were purchased at old prices.

Holiday Fall Festival Potluck a Big Hit!

Thank you to everyone who came out for the Fall Festival Potluck and brought meals!

A special thanks to Barbara, Gale, and Ann for coming early to help setup and anyone else that helped setup. We always appreciate the fellowship and spending time with you at these events.

See you all at the next one!!



Whittle Springs Middle School Angel Tree and Collection Box Needs for November

Angel Tree: We are partnering with Whittle Springs Middle School to sponsor Christmas gifts for some students. Many of the families are struggling to make ends meet and providing presents can be difficult for the parents. Here's how you can help:

We have a sign-up sheet at the Jump Start front desk. When you write your name down, you commit to providing one child with their needs list and one item from their wish list for Christmas. Estimated to about a \$50 value per child.

We would love for your commitment today!

Collection Box item for this month

November: Underwear (Male & Female) *All Sizes Needed*



Physical Therapy - Associated Therapeutics, Inc.

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 & so much more!

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



A Personal Training Tip For November By Robert Siler

Dear members,

First things first... have you seen our new equipment? Your contributions for facility enhancement have provided us with these new tools for fitness. If you don't know what is new and/or want to know how to properly use them, please stop by the desk and ask one of our fitness desk staff today.

With Thanksgiving right around the corner, there comes the high calorie-dense foods that we all love. So, here are some tips for success when it comes to holiday splurging. Try to have a **mindful** eye when it comes to your portions. Try spacing the main meal and dessert a couple of hours so you don't over-load your system. So your favorite choices are not taken away, they are just split up! If you have a hand in preparing the foods, look for new and/or healthier recipes. You might be surprised and like a new recipe more than a classic. Make it home-made instead of store-bought so you are in control what goes in it.

This holiday time only comes around once a year. Saying this, people *lose it* and then think at the first of the year they will lose all that extra weight they have gained. But, this is the wrong mind set to have. The first of the year rolls around and you find yourself overwhelmed. And it takes a lot more time to work off than minutes enjoyed. Remember that!

Above all; enjoy this special time with family and friends. Make new habits this year. Find the new you today, don't wait 'til the new year, make your mind up today. It's never too late to make a start. Setting a goal is a thought away, make your goal and stick to it. Make it a lifestyle, help those around you. Set an example for everyone around you. Be the best you can be, 'til next time....10/25/16

November 2016 Jump Start News

Jessie's Fitness Journey: Music City Muscle!

So what is Music City Muscle? Well, it is a nationally qualifying bodybuilding competition in Nashville TN. This competition is for male and female bodybuilders to not only showcase their hard work but to have the potential to become nationally qualified and become one step closer to obtaining their pro-card in the bodybuilding world.

How does this pertain to me? Well, over the last year, I have dedicated myself to transforming my body by living a healthy life-

style that focuses on disciplined—clean eating, lifting weights 5 days a week, and cardio 6-7 times a week.

But like most people, it can be hard to stay on track with my goals. Thus, I needed a goal that I could work towards to help keep me accountable and motivated. I decided that competing in an NPC bikini/bodybuilding competition was the perfect goal to chase after. My family and friends thought I was crazy, and most people thought I would

never go through with it...Yet, I proved them wrong! And more importantly, I proved to myself that I am capable of anything I put my mind to!

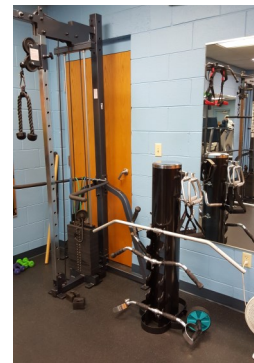
So after a year of dedication, I lost approximately 20 pounds, drastically improved my health, and completely transformed my mentality on fitness! If you would like to hear more about my competition and transformation or just need some motivation, feel free to come chat with me behind the front desk!

—Jessie

New Storage for Fitness Equipment



It is great to have a proper place to store items that we need to use every day. In the studio, we have racks for dumbbells and mats. In the gym we now have a place to store the attachments that go with the cable apparatus.



It is the Facility Enhancement funds and your suggestions that helped make this happen!

Recipe of the Month *Cauliflower Tater Tots*

Looking for a delicious and healthy snack or side dish that every family member will love? Or perhaps a new way to trick your children or grandchildren into eating their vegetables?

Well this recipe is just what you are looking for! These crispy delicious treats taste and look just like traditional tater tots, but are less in fat and overall calories!

Ingredients

- 2 Medium Cauliflower Heads, cut into florets
- 1/4 Cup Onion, diced
- 1 Large Egg
- 1/4 Cup Whole Wheat Bread Crumbs
- 1/4 Cup Parmesan Cheese, grated
- Add: Salt or Pepper to taste
- Great with Ketchup!

Directions

1. Preheat oven to 350F and grease a nonstick baking sheet with cooking spray.
2. Bring a large pot of salted water to a boil. Add cauliflower florets and cook 5 to 10 minutes. Drain florets and transfer them to a food processor. Pulse the florets for a few seconds.
3. Transfer cauliflower to large bowl. Stir in diced onion, Parmesan cheese, breadcrumbs, egg, 1 teaspoon salt and 1/4 teaspoon pepper.
4. Mold/form into tater tot shapes and bake for 20 minutes (flipping tots half way through).

