

## Swim Lessons & Pool Rental (for parties & other gatherings)

- Swim Lessons are available for both Children and Adults - Private, Buddy, and Group lessons.
- Our pool is available to rent for birthday parties, swim team practice and other events.

*Please call or stop by the Jump Start desk today for more information.*

## Whittle Springs Middle School Parent Resource Center - Angel Tree Project

It's crazy to think... but Christmas is just 11 weeks away! We are partnering with Whittle Springs Middle School to sponsor Christmas gifts for some students. Many of the families struggle to make ends meet and providing presents can be difficult for the parents. We want to step in and help them provide that for their family, but we need your help.



Here's how you can help:



We have a sign-up sheet at the 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 about a \$50 value per child.

We would love for your commitment today!



# October 2016 Jump Start News



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

## Facility Enhancement

We are excited to share some of the new equipment updates that your enhancement fees have provided for everyone to use at Jump Start!

- Dumbbell Rack for Studio
- Yoga Storage for Studio
- Hanging Elastic Band Rack for Studio
- Cable Attachment Rack for Free Weight Floor
- Kettlebell Rack for Free Weight Floor
- 3 Separate Attachments for Cable Tower
- Several Mounted Fans for Various Areas
- New Lap Lanes

### Already Purchased & Installed



- New Badu Jets
- Star Trac Elliptical
- Cybex Upright Bike
- Large Pool Clock



## Massage Services Update

### New Massage Therapy

#### Pricing:

Members	Non-members
15 min. \$15	15 min. \$20
30 min. \$30	30 min. \$40
45 min. \$45	45 min. \$55
60 min. \$60	60 min. \$70
90min. \$90	90 min. \$100

### Specialty Massages:

Thai Massage	90 min.	\$110
Pregnancy Massage	60 min.	\$80

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.

## 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!



## Welcome, Michael Weiss, Jump Start Fitness Intern

My name is Michael Weiss. I am originally from the small town of Greens Fork, Indiana. I am currently a senior at Johnson University and am pursuing degrees in Bible and Sport & Fitness Leadership. I played a variety of sports throughout high school, however my true passion has always been basketball.

Ever since I graduated high school, my personal fitness has been an integral part of my life. Because of this, I have decided to pursue this as a career in order to help others better themselves in their own health and fitness. As soon as I can, I plan to get my certification as a personal trainer.

Later on down the road, I hope to one day own my own gym or personal training facility. Lastly, at some point in my life, whether sooner or later, my goal is to partner with or start my own Sports Ministry organization, preferably in a Latin American country.

### Eggs



## Sean's Corner

Fall is Here...But Are You Healthier Than 1 Year Ago? Last newsletter, the Vols had just started their season. Now THEY'RE 5-0!! And in dramatic fashion! That Hail Mary finish will be an instant classic and an iconic moment for UT for decades. Wow. Well, I've decided to try something new this month. I felt like I was at a plateau with my health and needed to take the next step. So I started the **Whole30** diet this month.

First thing- this is not a fad diet, it's not a diet where you starve yourself every day, and it's not a diet focused on vanity. It's a holistic, lifestyle-changing reset for your body. It's tough but not impossible. You can find out all the information you need to know on **Whole30.com**. The basic principle is you just eat whole foods which are completely unprocessed and unrefined for one month straight with no cheating. So; as natural as possible. But there are a lot of restrictions to it and it takes a lot of planning. **BUT-** if you do it, you are guaranteed results one way or another.

### Some Benefits can be:

- Massive weight loss
- Body fat decrease
- Can expose allergies
- Cleanse or reset your body
- Constant natural energy levels
- No calorie counting - you just eat as much as you want!

Are you interested? I'm still learning as I go but I can help you get started—so, feel free to ask questions! If not, there are still great ways to track your nutrition and change your lifestyle pertaining to food. Hope to hear from you!

Always Forward, Forward Always,

Sean

## Personal Training Tip for October

This month, I would like to reach out to the weightlifting members. As some of you may know, I love sports, nutrition, and pretty much everything to do with fitness. But above and beyond that, I have a passion for the art and science of strength training (weightlifting). Here are some pointers for you weightlifters out there:

- 1 - **Set a goal-** even if it is as simple as picking up a heavier weight (when you know you aren't being challenged). Or your goal could be doing more reps (increasing the number of times you lift that weight). Set a goal even if that goal is too high and you may never reach it. You would have more chances to successfully progress in your fitness program when you set goals and go for them. You are more likely to end up **not** progressing when you don't set the goal. If you never set a higher ceiling you will never know what you can obtain.
- 2 - **Change it up!** It can be as easy as going through the same motions in reverse or not knowing what to do next and creating a new set of exercises. If you have done the same thing for 6 months then you have done it for way too long. Shock your body and make new goals or change up your exercise style.
- 3 - **Make your mind up right now!** Don't wait until tomorrow. You are at the perfect place to make it happen. If you are unclear about how to proceed and need help we are staffed with 5 qualified trainers who are super eager to get you **JUMPSTARTED**. Give us a call or stop by the desk today. We are looking forward to hearing from you! Thank you for letting us serve you.

-Robert Siler, ACE Personal Fitness Trainer

## Recipe of the Month : Spooky Spider Deviled Egg by Jessie

These delicious and fun protein snacks are the perfect side dish for any fall holiday celebration!

With only 20 minutes of prep time and 11 minutes of cooking time; this recipe is ideal for family bonding or a quick and impressive treat!

### Ingredients

- 6 hard-boiled eggs
- 3 tablespoons of light mayonnaise
- 1/2 teaspoon of ground mustard
- 1/8 teaspoon of salt
- 1/8 teaspoon pepper
- 30+ black olives

### Directions

1. Cut eggs in half and separate yolks for mashing.
2. Stir in light mayonnaise, mustard, salt, and pepper.
3. Cut whole olives in half.
4. Put one olive half on mashed yolk for the spiders body.
5. Thinly slice the other half for the spiders legs.

(See photo of finished eggs on the left)