

## 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!

- Cybex Upright Bike
- Star Trac Elliptical
- 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
- Large Pool Clock
- New Badu Jets (Installation TBA)

## Policies Reminder

**Parking lot overflow**— During busy times, please park behind the facilities if you are able to use the stairs safely. This allows disabled members the best parking possible! Valet parking is also available for those in need. Please ask for assistance or help when arriving on busy days.

**Fragrance use in the gym and locker room.** Please remember the restriction of fragrance use in the facility due to allergic reactions by members.

## Massage

Changes are coming in October for non-member massages & more! More details to follow. Massage days & times with Amy are still:

Mon. 10 am - 6 pm

Wed. 1 - 5 pm

Thurs. 10 am - 6 pm

Fri. 1 pm - 5:30 pm

# September 2016 Jump Start News



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

## Whittle Springs Middle School Parent Resource Center Is Back In Session!

Jump Start will again be collecting items for the families in need.

**Below is the Master List for the school year:**

**September: Coats & Jackets**

**October: Bars of Soap & Deodorant**

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

**December: Toothbrushes, Toothpaste, & Floss**

**January: Lotions & Sanitary Products**

**February: Hand sanitizer & Lysol wipes**

**March: Sneakers & Flip Flops (Male & Female) \*All Sizes Needed\***

**April: Pens & Pencils**

**May: Bottle Waters & Can Sodas (or Power aide or Gatorade)**



This year Jump Start Members also have an opportunity to adopt a child for Christmas! They would love for 200 students to be sponsored for Christmas gifts this year as it is a community wide effort.

## 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.

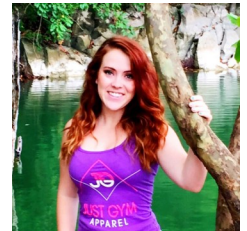
Some of the services include: Vestibular Rehab, Industrial Services, Manual Therapy, Aquatic Therapy & so much more!

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

## Welcome New Jump Start Employees

My name is Jessie

Richardson. I am originally from Central Florida, but moved to Knoxville when I was



recruited to be a coxswain for the Lady Vol Rowing Team at the University of Tennessee. As a coxswain, I developed strong leadership skills and helped to build my teammates into exceptional athletes. It was the sport of rowing that helped me find my passion for health and nutrition which has led me to pursue a career in personal training. My goal is to exemplify a healthy lifestyle that inspires others to live a fulfilling and healthy life!



My name is Rose C. Porter. Originally from the small and sweet diamond state of

Wilmington, Delaware! As a new Knoxvillean, I came down to the volunteer state with my best friend to do non-profit work and never turned back. I am all about community and promoting healthy practices. I enjoy yoga, Zumba, and will soon be a certified Zumba instructor! I aspire to become a yoga instructor and engage my community with the activities I love most. I'm happy to be a part of the Jump Start Health & Fitness family!

...more about new staff on pg..2

## 12 Week Special Training Starts September 12th!

- 36 personal fitness training sessions
- nutritional education with a registered dietician
- Lose weight & body fat
- Gain strength, muscular endurance, cardio-respiratory fitness & feel great!

*There is still room in some of the small groups - please come by the Jump Start desk to inquire and sign up now.*

Our Staffer Josh Hodges is visiting South Korea!



He will return in November. Good Luck Joshie & come back safe and sound (mind & body).

### Welcome New Jump Start Staff!

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April Wright— I have a BA in Physical Education, specializing in Exercise and Sport Science, from UNC Chapel Hill. After graduating, I got married and moved back to Knoxville. We had 2 boys, who are now 15 & 18. I started taking PiYo classes and loved them! I decided I could teach that, and it would make me be more consistent with my workouts. So, I started teaching PiYo in 2013, and have also taught yoga, Pilates, all sorts of aqua classes, weight lifting and cardio classes. I also got my Personal Training Certification a couple years ago. I love seeing people make progress, and sharing with them the excitement they feel! (She is now teaching Aqua 1 on Wed. at 10:30 a.m.)

## Sean's Corner

### It's Never Too Late to Change Your Life

September is here and the Vols start their season this month! Time flies.

I want to talk about the journey I have had with my nutrition. During the last 6 months, I have lost 21lbs and 6% body fat. It all really started with the realization that I was 190lbs (the most I've ever weighed and the highest body fat I've ever had). I remember looking in the mirror and being disappointed with what I saw. It hit me like a bag of bricks. I knew I needed to make some changes—not just small changes—I had to make lifestyle changes.

From that day on, I started scrupulously recording the food I ate. I realized I was taking in well over 3000 calories on any given day. The

problem is I wanted to lose weight and to do that, I had to change my daily caloric intake. To maintain my weight, I would need to take in 2850 calories a day; and to lose 1 pound a week, I would need 2350 calories a day. I plugged in my data into MyFitnessPal and let it do all the work. I started keeping my food under 2350 and saw a pound or two come off each week.

Little by little, I starting being more health-conscious with what those calories consisted of. In other words, at first I just worried about the **total # of calories**. After a month or so, I started paying attention to the **actual composition of the calories**. They both matter. ALL calories are composed of Carbs, Fats, Proteins, or Alcohol. There is nothing in the world that should

be eaten that doesn't have one of those in it. So after a couple months I hit 175 and dropped several pounds of body fat (12%-13%). I reached my goals and thus made new ones! I started shooting for 170lbs and 11% body fat. Step by step, I made small changes to my diet, continued to educate myself on different food items, and was exercising consistently. I hit those goals by month 6!

Now, I am in the best shape of my life and it has been so rewarding. I can honestly say that my lifestyle has changed. It doesn't happen overnight, but if you make the decision to change your lifestyle, Jump Start is here to help you meet those goals.

On the Never-Ending Health Journey Together, ---Sean

### CREAM CHEESE PANCAKES (LOW CARB AND GLUTEN FREE)

from *I Breathe I'm Hungry* (<http://www.ibreathemhungry.com/?s=cream+cheese+pancakes>)

#### Ingredients:

- 2oz cream cheese, softened
- 2 eggs
- 1 tsp granulated sugar substitute
- ½ tsp cinnamon (optional)

1. Put all ingredients in a blender. Blend until smooth. Let rest for 2 minutes so the bubbles can settle.
2. Pour ¼ of the batter into a hot pan greased with butter or pam spray. Cook for 2 minutes or until golden, flip and cook 1 minute on the other side. Repeat with the rest of the batter.
3. Serve with sugar free syrup (or any syrup of your choice) and fresh berries.



## Personal training tip of the month ...

### Take Control of Your Life

Taking Control is the subject for this month. Your health is your life. Perhaps you agree. With bad health you would not be able to enjoy even the simplest of things in life. Quality of life is important— not just for you but for your family, your friends, and anyone around you. You can change your life with one step in the right direction or fall down the same old path in the wrong direction.

If you need a fresh start or have never exercised before or need guidance you have come to the right place. Jumpstart Health and Fitness is about to launch our 2<sup>nd</sup> 12 week program. This program includes 36 personal training sessions, pre-, midterm, and post- fitness evaluations combined with nutritional education and support. Let us serve you and help steer you in the right direction. The 12 week program starts Sept 12<sup>th</sup>.

Robert Siler ACE—Certified Personal Fitness Trainer