



# September News

## Jump Start Health & Fitness

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Caption describing picture or graphic.

### Time change! Yo-ga on Saturdays is now 9 A.M.



**For the four weeks of Saturday Yoga in September, the class will have a theme. See the schedule below:**

#### Weeks

- 1. Neck & and Shoulder**
- 2. Hips & ham-strings**
- 3. Back / spine**
- 4. Injury Prevention**

### **What is more important when losing weight, exercise or diet?**

If you guessed exercise, that is not the correct answer. A healthy diet, rich in fruits and vegetables, whole grains, lean meats, nuts and (some dairy as tolerated ) all in the proper portion size is the primary key to losing weight. As a matter of fact, exercise should not even be factored in to the weight loss formula.

Weight loss is really about 75% diet and 25% exercise.

The importance of exercise is to maintain flexibility, strength, and stamina so that you can do all of the activities that your lifestyle demands.

Now, don't get me wrong, exercise does use up calories. But unless the exercise sessions are high intensity and for about 30-45 min in length the

amount of calories used is not high enough to really impact the weight loss formula.

Many people, because of their health issues and joint problems are unable to exercise at high intensity and/or they cant sustain the duration needed to use up the number of calories. So for those people, exercise truly is a way to build muscle, increase stamina, keep strong bones, increase flexibility and reduce the risk for high blood pressure and diabetes.

The problem is that too much of our diet is made up of too many processed foods and foods that contribute little or no nutrition. We eat crackers, breads, little cookies, croutons, cereals, cereal bars, salad dressings laden with sodium and sugar, ice

cream, cheeses, tortilla chips, potato chips, other snack items, etc etc. Now, is it wrong to eat these things? No it isn't but if your goal is to lose weight, they just do not help your situation.

Breakfast should include a lean source of protein, a serving of fruit or vegetable, and maybe a serving of a whole grain. When the word "serving" is used in this context, it truly means a serving based on the nutrition label.

Lunch should include a lean protein, 1-2 vegetables or fruits (or one of each), a whole grain serving or two.

Dinner should be the same as lunch and snacks should be kept to 100 -200 calories and should include things like fruit, nuts (watch the serving size) and vegetables. Be healthy

### **Feeling tired ,sore, tense?**



Then getting a massage might be just the thing for YOU! Every now and then we need to hit the reset button.

The world is full of stressors and triggers that can bring people down. Things like stress, anxiety, anger, arthritis, diabetes, work, kids, spouse, life drama in general. Massage can help release that bad hormones and inflammation that so often brings us down.

When you get a massage, it helps with the release of toxins in muscles and moving the bad fluid out so that it can be filtered and cleaned. Massage can also cause endorphin release that will make you feel revitalized and ready to take on the world again!

If you are not already using massage therapy come by the desk and schedule an appointment today!

Massage Hours  
 Monday 10-6pm  
 Thursday 9-6:30pm  
 Friday 1-5:30

Gift Certificate are always available for that special someone.



## Why should we shower before Swimming?

In recent weeks a couple of members have asked how we could reinforce our pool rule to shower before entering the pool. It is a difficult thing to do because we are not staffed to monitor people as they enter the pool. So what we have decided to do is to reinforce it through signage and by reminding people at the desk and definitely making sure new members understand the importance of showering. So let's talk about the proper shower and why it is necessary.

A study was done that said that 93 percent of people would not reuse someone else's bath water yet 40 percent of the subjects did not shower before they entered in the pool. Now how can this be?

It really seems to be a no brainer but taking a shower and using soap helps to remove perspiration, body oil, cosmetics, and traces of urine and fecal matter. By taking a shower you send it down the drain instead of allowing them in the pool for others to swim through. Showering reduces the risk of waterborne illnesses, such as diarrhea, swimmer's ear and skin infections. Fecal matter, in particular, contains germs that may be ingested when swimmers



swallow contaminated water.

The good news is, properly maintained pools (in terms of chlorine and ph) kill the bacteria and keep the water clean. The bad news is, for certain bacteria, it can take a little while for the chlorine to do its job. We always get a 98 or better on the Health Department score and if you are interested, you can see our Health Dept record for the given month on the pool office door.

So, to sum it up and to get everyone on the same page, if you have not showered with soap before coming to

the pool, you should. If you have showered with soap before coming to the pool, it is still necessary to rinse off really good before getting into the pool. This removes any surface dirt, sweat, cologne, etc. Lastly if you are sick with any type of a stomach virus or if you have had diarrhea within the last 24 hours, you should stay out of the pool until it has been more than 24 hours since any diarrhea.

We know this is not the most pleasant of subjects, but we are very glad to have a pool that can help so many people. Please help us keep it this way so it continues to be safe and clean for everyone.



## Class Changes For September

We are going to try something new in September with a couple of our classes. Congratulations for Olga for completing her Aqua Zumba certification. As many of you know, Olga has been teaching Zumba Gold in our upstairs group fitness room for some time. That class is very popular and with the popularity and energy associated with Zumba, we wanted to offer this as an evening feature as well. So, beginning Wed, Sept 10th, the evening Aquatic Class will be Aqua Zumba and this will be a demonstration class so bring a guest if you desire. The time will also change to 5:45 pm.

This change will also affect our evening Wed Zumba Gold class as this will move to Thurs evening and it will be at the same time 5:30 pm.

See the class schedules for additional clarification

Aqua Zumba is perfect for those looking to make a splash by adding a low impact, high energy aquatic exercise to their routine. It is a blend of Zumba philosophy with water resistance for a big pool party. The benefits include less impact so you can really let loose.

## Heart Walk team and donations

Remember, the Heart Walk is Sept 28.

If you want to join the Associated Therapeutics team, this is how you join:

1. Go [greaterknoxvilleheartwalk.org](http://greaterknoxvilleheartwalk.org)
2. Under the "Top Companies" tab on the right hand side, click on "View All Groups". Find "Associated Therapeutics".
3. Once on the Associated Therapeutics company page, click the red tab on the right labeled "GIVE NOW".
4. Select an amount to donate and click "Donate"
5. Fill out donor, payment, and billing information. Click "Submit"

## Heart Walk.



*My Heart. My Life.*

If you donate \$25, you will receive a Free Fitness Evaluation

If you donate \$50, You will receive a free fitness evaluation and a 30 min. personal training session.