

LIFE at LIFT

WELLNESS CENTER

August 2015

www.liftjackson.com

RIFA Backpack Snack Program: Fuel/Feed the Kids

Did you know...

- Last year, RIFA distributed more than 700 backpacks of food for children (15 local elementary schools) EACH WEEK during the school year.
- 30% of children live in poverty in Madison County
- 22% of children in Madison County live in food insecure homes
- In 2012, 84% of all students in JMCSS receive free or reduced lunch at school



Unfortunately, many school children in our community, who participate in the National School Lunch Program, go home to little or no food on the weekends. The RIFA Snack Backpack ministry works to fill this gap by providing kid-friendly, easy-to-prepare, nutritious food items for children who are at risk of going hungry on Saturdays and Sundays. The children who participate in the Snack Backpack ministry are referred to RIFA by caring teachers and staff. These children have shown signs of living in a food insecure home. The backpacks are assembled each week by volunteers and every Friday RIFA distributes to the schools.

LIFT is partnering with RIFA to help fuel/feed the kids this school year. We are giving EVERY enrollment fee to the cause for the month of August. Our goal is to feed 50 kids this school year, which is \$8,000. If you are already a member and want to help contribute, there's an opportunity for you to donate. See the front desk and make a "RIFA Backpack Snack purchase". Give as much or as little as you like... every little bit counts! Please help us reach our goal this August and help our children start this school year off full and ready to learn!

For more information visit:
www.rifajackson.org/snackbackpack.

Upcoming Events

Month of August: RIFA Promo
All enrollments go to the RIFA Backpack Snack Program

August 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	1	2	3	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
	Local Honey LIFT • 2-4 pm		Local Honey JMGH • Lower Level Classroom 2 • 11:30 am	Family Swim/Gym 4:30-7:30 pm		Family Swim/Gym 1-4 pm
17	18	19	20	21	22	23
	Eating: Ain't Nobody Got Time for That! LIFT • 6 pm		Eating: Ain't Nobody Got Time for That! JMGH • Lower Level Classroom 2 • 11:30 am	Kids Klimb 4-6 pm		Family Swim/Gym 1-4 pm
24/31	25	26	27	28	29	30
	Stay in Your Zone 6 pm 		Business After Hours 5:30-7:30 pm 	Spin-A-Thon 8-11 pm 		Family Swim/Gym 1-4 pm

For more information about our classes and events, visit us at liftjackson.com and click our Community Calendar for details.

BUSINESS After Hours

..... AUGUST 27TH
5:30 pm to 7:30 pm
at the LIFT



LIFT is hosting Business After Hours on August 27th from 5pm-7pm. This is an amazing opportunity for us to showcase our services, amenities, and members. During this time, local restaurants will be sharing healthy food options from their menu; all approved by Nicole Hancock, LIFT RD. We are excited to host this Healthy Taste of Jackson event and network with local businesses and community



What the fit?

Stay in Your Zone



MYZONE is the hottest new club technology for heart rate monitoring and it's here at LIFT! You can track your heart rate, know how hard you're working, see how many calories you are torching, and encourage others to work harder! MYZONE is set up on all of the cardio equipment and monitors around the facility. This will give you quick and easy access to see your heart rate and what zone you are working in. Also, with MZ-3 belts, there is an app that will tell you right then where you are at in your workouts; no upload needed.

How it Works:

STEP ONE: Wear your belt:

Wearing your MZ-3 Belt is easy and comfortable. Position the belt so that the center piece is directly below your chest, on top of your sternum.

STEP TWO: Exercise Anywhere:

Whether you're at the gym watching your live feed, or out on the street viewing your tile through the MYZONE app, you can rest assured you're earning MEPs and tracking your effort anywhere you go.

STEP THREE: Monitor your results:

By logging in to your MYZONE account on your computer or through the MYZONE App, you'll be able to see minute-by-minute breakdowns of your exercise effort. Track your progress over time to gain more understanding about your workout habits.

STEP FOUR: Challenge, Share, Compare:

With built-in leaderboards, status rankings, and social integration, we've made it easier than ever to show off your progress. Meet World Health Organization standards every month to rank up and pass your friends.

STEP FIVE: Achieve Your Goals:

By using the MZ-3, you'll have access to relevant effort-based data to help you push your limits and reach new heights.

AquaStretch

Mitzi Warren, PTA, has a new massage therapy service that she is doing in the water. It's called AquaStretch. It is an hour one-on-one session that will apply gentle pressure to the connective tissue, which will accentuate the client's intuitive movement. AquaStretch restores flexibility that has been lost due to surgeries, injuries, and accidents. It has demonstrated the ability to reduce chronic pain, decrease muscle tension, decrease anxiety in people and improve sleep.



Schedule your session
with Mitzi today at the front!

\$60 for members

\$65 for non-members

Appointments can be made for:
Mondays: 5:30pm - 6:30pm • 6:30pm - 7:30pm



Employee
Spotlight

Jennifer Hale

Jennifer Hale is this month's employee spotlight. Jennifer is LIFT's Billing Coordinator. She handles all member finances, drafting and status changes. Since here, she has implemented a new collections process, built a solid working relationship with our members, and has given excellent customer service, while upholding LIFT's policies, procedures, and mission.

Jennifer makes sure to put all of our members first and makes it her top priority to take care of any issue that they are having. We are so glad to have Jennifer as our Billing Coordinator and know our members are getting all the help and guidance they need and deserve.

Nutrition

Helpful Feeding Information for Your School-age Child

School-age children (ages 6 to 12) need healthy foods and nutritious snacks. They have a consistent but slow rate of growth and usually eat 4 to 5 times a day (including snacks). Many food habits, likes, and dislikes are set during this time. Family, friends, and the media (especially TV) influence their food choices and eating habits. School-age children are often willing to eat a wider variety of foods than their younger siblings. Eating healthy after-school snacks is important, too, as these snacks may contribute up to one-fourth of the total calorie intake for the day. School-age children have developed more advanced feeding skills and are able to help with meal preparation.



Helpful Mealtime Hints for School-age Children



- **Always serve breakfast, even if it has to be "on the run."**
Some ideas for a quick, healthy breakfast include:
Fruit • Milk • Bagel • Cheese toast • Cereal • Peanut butter sandwich
- **Take advantage of big appetites after school by serving healthy snacks, such as:**
Fruit • Vegetables and dip • Yogurt • Turkey or chicken sandwich
Cheese and crackers • Milk and cereal
- **Set good examples for eating habits.**
- **Allow children to help with meal planning and preparation.**
- **Serve meals at the table, instead of in front of the television, to avoid distractions.**

Healthy Food Choices



The My Plate icon is a guideline to help you and your child eat a healthy diet. My Plate can help you and your child eat a variety of foods while encouraging the right amount of calories and fat.

The USDA and the U.S. Department of Health and Human Services have prepared the plate to guide parents in selecting foods for children age 2 and older.

The My Plate icon is divided into 5 food group categories, emphasizing the nutritional intake of the following:

GRAINS. Foods that are made from wheat, rice, oats, cornmeal, barley, or another cereal grain are grain products. Examples include whole wheat, brown rice, and oatmeal.

VEGETABLES. Vary your vegetables. Choose a variety of colorful vegetables, including dark green, red, and orange vegetables, legumes (peas and beans), and starchy vegetables.

FRUITS. Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut up, or pureed.

DAIRY. Milk products and many foods made from milk are considered part of this food group. Focus on fat-free or low-fat products, as well as those that are high in calcium.

PROTEIN. Go lean on protein. Choose low-fat or lean meats and poultry. Vary your protein routine. Choose more fish, nuts, seeds, peas, and beans.

Oils are not a food group, yet some, like nut oils, contain essential nutrients and can be included in the diet. Animal fats are solid fats and should be avoided.

Exercise and everyday physical activity should also be included with a healthy dietary plan.