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Junes's Member of the Month: Nancy Smith



Congratulations to Nancy Smith for being our June Member of the Month! June is Nancy's 1 year LIFT anniversary, and she is a prime example of someone who has put in the time and effort to make the positive changes she wanted. Nancy began her LIFT journey as an Exercise is Medicine client, but stayed on as a full member once the initial 60 days were up. Since then, Nancy has been working with a personal trainer 3 days a week, and is constantly on the move when she is not in a training session. One of Nancy's goals was to be able to do a standard pushup on the ground, and now she can do sets of pushups (sometimes with a weighted vest on!). Nancy has met and exceeded

LIFT Wellness Center's Mission:

The LIFT Wellness Center, a department of Jackson-Madison County General Hospital and integral part of the healthcare continuum, exists to prevent disease and promote healthier lifestyles using education, physical activity and nutrition to improve the overall health and wellness of its members and the West Tennessee community.

[A Letter from Our Director](#)

Dear LIFT Member,

Calling all men and the ladies that love them! Did you know that June is Men's Health Month? It is a month dedicated to Men's Health Awareness and hopefully turning that awareness into action. For many men, the following scenario may sound familiar. When you were in high school and college, you played a sport or maybe two and led a pretty active lifestyle. Despite a young man's diet of beer and pizza, you were strong, lean, and athletic. You actually enjoyed playing sports or even enjoyed going to the gym to work out. Then a new phase of life happened... the pressures of marriage, children, a demanding job and taking care of the yard became top priority and your own health and well-being fell to the bottom of the to-do list. You may have convinced yourself that you are still in pretty good shape, not too bad for a 40 year old. You are few pounds heavier, but that's normal, right? You might hit the beach once a year, and a t-shirt is pretty cool way to camouflage... especially if it boasts your favorite rock band or sports team.

Sadly, that is what so many men in America have come to accept as their fate. Unless you have been to see your doctor, you might not know that the extra 20 pounds that you are carrying comes along with higher blood pressure, higher cholesterol, less muscle mass, lower lung capacity, and slower reflexes. These changes can start to happen to all men as early as the 3rd decade of life. No man is invincible. No man can stop the clock, but every man can slow down the effects of aging. Steps to take:

1. 1. See your doctor! Get a baseline. Know your numbers. Make sure you are healthy enough for exercise
2. 2. Start a balanced exercise program. Endurance training, weight training, and flexibility exercises should comprise your plan.
3. 3. Avoid tobacco and limit alcohol to no more than 2 drinks

her weight loss goals for this year, all while increasing her strength and endurance. We love you Nancy and all of your fitness gadgets - thank you for being such an inspiring member!

LIFT Performance: Performance for Life



Try LIFT Performance!
For more information
contact liftcenter@wth.org
or call 425.68.75
for availability

Quick Links

[Our Website](#)

[Calendar of Events](#)

[Group Fitness Calendar](#)

[Contact Us](#)



Know Your Numbers: InBody Testing

**FREE INBODY TESTING
JUNE 13TH!**

Normal Pricing:
Members: \$30
Nonmembers: \$40

Summer Student Special

- per day.
4. 4. Eat properly. By all means, steer clear of fast food and processed foods. If it walks around or grows from the ground, then it is probably a good choice. Fruits, veggies, lean protein and healthy fats.

Take advantage of all of the special men's health month classes and activities that LIFT has to offer this month. As always, LIFT has knowledgeable exercise specialists, a dietitian, equipment, and classes so that you can just say no to the excuses and say YES to improving your health today!

Miki Martin, PT, MBA, COMT
Director LIFT Wellness Center



June is National Men's Health Month!

We all have a special man in our lives...father, brother, husband, uncle, cousin, best friend. This is the month to show them you really care by getting them the education and screenings they need. Men are the absolute worse at taking care of themselves (but that yard is healthy and thriving no doubt). Help them help themselves!

Join us

June 15th for Dr. Tim Davenport's educational class on Early Detection of prostate cancer.



School's out and your college student is BORED out of their mind!! No worries! They can join LIFT for the summer!

- Basketball
- Group Classes
- Pool

June and July
\$66

PRONUTS!

June 3rd is National Donut Day! To celebrate here is a



healthy alternative to the traditional donuts and it packs a protein punch!

Dry Ingredients:

- 1/2 cup oat flour
- 1/4 cup Almond flour
- 3/4tsp Baking Powder
- 3Tbs Stevia/Splenda
- 1 scoop of Protein powder of your choice (I like Vanilla for fruit flavored Pronuts)

Wet Ingredients:

- 1/2 cup Egg Whites
- 3Tbs Sugar Free Syrup
- 1/4 cup greek yogurt (choose a flavor that will mesh well with your protein)
- Mix wet ingredients with dry
- place in a donut pan (found at BBB)
- Cook @ 350 for 9-11 minutes
- Let Cool Completely

Glaze (optional):

- 1/4 scoop of protein
- 3Tbs greek yogurt
- Splash of Almond/Soy milk until glaze consistency
- Dip Pronut in glaze

The Dirty Dozen

Worried about your prostate?



Get it Checked.

Get It Checked
www.GetItChecked.com
Prostate Health Guide
www.ProstateHealthGuide.com
Men's Health Resource Center
www.MensHealthResourceCenter.com

MN Men's Health Network
www.menshealthnetwork.org

June 16th we will be offering a fitness class dedicated to Men! From the Lazy Boy to the LIFT. Blake Butler, our Lead Exercise Specialist, will teach and remind men how to lift properly! Call to register!

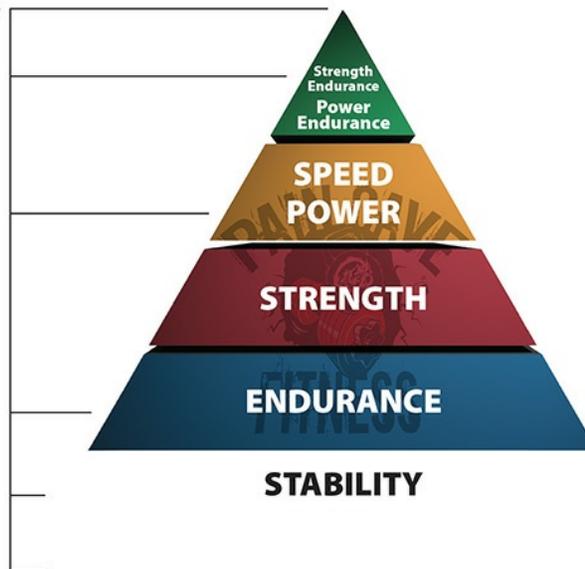
Race/Compete

Peak

Build

Base

Prep



June 21st we will have Chris from Grubb's Grocery discuss the protein options available "Man Eat Meat". This is a free event to the community.

Dirty Dozen

Our little Johnna is turning 30! If you have been around the past couple of years, she likes to celebrate her birthday with her two favorite things: exercising and donuts! In the past, it has been what we've called the "Donut Dash". This year she has taken it to a whole new level: "The Dirty Dozen".

Imagine this:

A dozen miles and a dozen donuts...dirty huh?!?

For every mile ran/rowed/climbed/jumped/rode you will eat 1 donut. The event will take place in the cardio section of LIFT. You are allowed to choose

On June 25th, Johnna and her entourage will be running the Dirty Dozen at LIFT. This is something that is free and ANYONE can participate in! It's just a fun way to celebrate and absolutely torch some calories! If you would like to celebrate email johnna.shackelford@wth.org for more info!



Pump Up the Blue on June 17th!

In honor of Men's Health month, we will be launching our Wear Blue on Friday, June 17th.

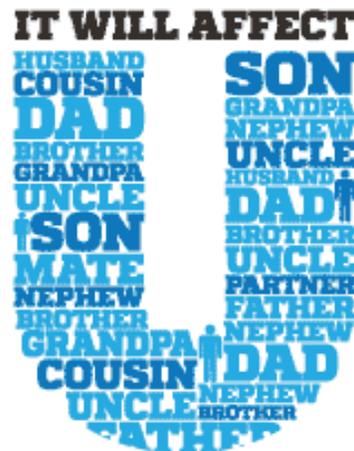
This is a great way to raise awareness and to support our men! Don't forget to wear your Blue!



[Click here to read more about Go Blue Campaign](#)

How to Keep Your Man Around

Take action to be healthy and safe and encourage men and boys in your life to make their health a priority. Learn about steps men can take each day to improve health. [Click here](#)



A PA Research Foundation Men's Health Initiative



For more information about our Exercise is Medicine program, please contact [Hilary Keen](#), Clinical Integration Coordinator, on how you can get yourself or a loved one started on the way to a healthier lifestyle. [Click here to download the brochure](#)

June-chasing lightening bugs

For information- click on the event below or [click here](#) to view all events

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2 Family Swim 2pm-4pm	3 Family gym/swim 4:30-7:30pm	4
5 Family gym/swim 1-4pm	6	7 Family Swim 2pm-4pm	8	9 Family Swim 2pm-4pm	10 Family gym/swim 4:30-7:30pm Kids Klimb 4pm-6pm	11
12 Family gym/swim 1-4pm	13 Mens	14 Family Swim 2pm-4pm Health	15 Early Detection is Key with Dr. Davenport Week	16 Family Swim 2pm-4pm From the Lazy Boy to the LIFT 5:45pm (men only) ----->	17 Wear Blue Day Family gym/swim 4:30-7:30pm Kids Klimb 4pm-6pm ----->	18
19 Family gym/swim 1-4pm Father's Day	20	21 Luau Day Blood Drive Protein Talk 6pm 	22	23 Family Swim 2pm-4pm	24 Family gym/swim 4:30-7:30pm Kids Klimb 4pm-6pm	25 

26 Family gym/swim 1-4pm	27	28 Family Swim 2pm-4pm	29	30 Family Swim 2pm-4pm		
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