

LIFE *at* LIFT

WELLNESS CENTER

July 2015 www.liftjackson.com



Running Club

LEVEL ONE Couch to 5k

7 am Tuesday and Thursday Mornings
 \$39/month for LIFT members
 \$59/month for non-LIFT members

This training is designed for non-runners who are looking to complete a 5k for the first time (or maybe the first time in a while). No prior running experience is required. This training will begin with sessions that incorporate both walking and running and will steadily build over 9 weeks until runners can accomplish a 5k.

LEVEL TWO Run Group for Intermediate to Advanced Runners

6 am Tuesday and Thursday, plus 2 Saturday Mornings
 \$79/month for LIFT members
 \$99/month for non-LIFT members

This training is designed for people who run with regularity but are looking to improve their fitness, pace, or time. The training will focus on strength elements that many runners often neglect; things like hills, interval training, fartleks (not a typo), and tempo running. These speed and strength components are essential in a runner's training regimen and will be essential to improving overall fitness. I would suggest runners need to be able to run for 20-30 minutes at a time in order to experience the full benefit of this class.

LEVEL THREE Personal Coaching

\$119/month for LIFT members
 \$139/month for non-LIFT members

Lastly is the personal coaching option which I am just so excited about! This is a customized day to day training schedule I would build for you depending on your specific running goals. I will get you ready to run anything from a PR in the 5K or qualify for the Boston Marathon.

The coaching would offer an initial assessment and then a 2 week training block with specific daily workouts built around customized paces. The coaching would offer feedback on your daily workouts as well as attending one of your workout sessions in a 2 week block. Because this program is tailored to your specific training goals, all levels are welcome.

If you have any questions, please feel free to contact Beth Wilson at bethannewilson@gmail.com!



July's Challenge: PUSH-UPS

★ How many can you do? ★

Grab a fitness staff to count your reps & try to beat your personal goal.

You can take the challenge as many times as you like.

Upcoming Events



Month of July:
 Rockabilly Riot Urban Challenge
 Early Registration \$30

July 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 Family Swim 2-4 pm	1	2	3 Family Swim/Gym 4:30-7:30 pm	4 Independence Day Facility CLOSED	5 Family Swim/Gym 1-4 pm
6	7 Family Swim 2-4 pm	8	9 Benefits of Massage Therapy 11:30 am - JMC GH	10 Family Swim/Gym 4:30-7:30 pm	11	12 Family Swim/Gym 1-4 pm
13	14 Family Swim 2-4 pm Benefits of Massage Therapy 6 pm	15	16 Public CPR 10 am - 2 pm \$55	17 Family Swim/Gym 4:30-7:30 pm	18	19 Family Swim/Gym 1-4 pm
20	21 Family Swim 2-4 pm Spice Up Your Taste buds 6 pm	22	23 Cooking Demo 5:30 pm	24 Family Swim/Gym 4:30-7:30 pm	25	26 Family Swim/Gym 1-4 pm
27	28 Family Swim 2-4 pm	29	30	31 Family Swim/Gym 4:30-7:30 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.

What the fit? >>>>

Summer Shape up

In the warmer, longer, lazier days of summer, the living may not be easy, but your life probably feels less chaotic. Even adults tend to adopt a "school's out!" attitude in summer. That's why this is a perfect time to improve your health in a fashion so seasonally laid back you'll barely notice the effort.

To get you started, WebMD went to eight health experts in fields such as **diet, fitness, stress, vision, and oral health**. We asked them this: *If you could only suggest one simple change this season to boost personal health, what would it be?*

Here are their top eight tips:

1. Give Your Diet a Berry Boost

If you do one thing this summer to improve your diet, have a cup of mixed fresh berries -- blackberries, blueberries, or strawberries -- every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich.

A big bonus: Berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers.

2. Get Dirty -- and Stress Less

To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots -- indoors or out.

Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.

3. Floss Daily

You know you need to, now it's time to start: floss every single day. Do it at the beach (in a secluded spot), while reading on your patio, or when watching TV -- and the task will breeze by.

Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you're doing better than at least 85% of people.

4. Get Outside to Exercise

Pick one outdoor activity -- going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading, or swimming -- to shed that cooped-up feeling of gym workouts.

And remember, the family that plays together not only gets fit together -- it's also a great way to create bonding time.



5. Be Good to Your Eyes

To protect your **vision** at work and at play, wear protective eyewear. When outdoors, wear **sunglasses** that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent **cataracts**, as well as **wrinkles** around the **eyes**.

And when playing sports or doing tasks such as mowing the lawn, wear protective eyewear. Ask your eye doctor about the best type; some are sport-specific.

6. Vacation Time!

Improve your **heart health**: take advantage of summer's slower schedule by using your vacation time to unwind.

Vacations have multiple benefits: They can help lower your **blood pressure, heart rate**, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.

7. Alcohol: Go Lite

Summer's a great time to skip drinks with hard alcohol and choose a light, chilled **alcoholic** beverage (unless you are **pregnant** or should not drink for health or other reasons).

A sangria (table wine diluted with juice), a cold beer, or a wine spritzer are all refreshing but light. In moderation -- defined as one to two drinks daily -- alcohol can protect against **heart disease**.

8. Sleep Well

Resist the urge to stay up later during long summer days. Instead pay attention to good **sleep** hygiene by keeping the same **bedtime** and wake-up schedule and not drinking alcohol within three hours of **bedtime**.

It's also a good idea to avoid naps during the day unless you take them every day at the same time, for the same amount of time.

There they are: Eight super simple ways to boost your health this summer. Try one or try them all. They're so easy you won't even know they're -- shhhh -- good for you.

<http://www.webmd.com/women/features/8-summer-steps-for-healthy-living?page=2>



eat right
LIVE WELL

WHO DETERMINES WHICH FOODS ARE HEALTHY?

If news that the FDA recently asked KIND to stop referring to their bars as "healthy" has you confused, you are not alone. With ingredients like nuts and fruit that nutrition experts consistently encourage, it may seem odd that they wouldn't be healthy. So, what is the FDA saying?



Why is the FDA involved?

The FDA, or Food and Drug Administration, is responsible for protecting the public health by assuring that foods (except for meat from livestock, poultry and some egg products which are regulated by the USDA) are safe, wholesome, sanitary and properly labeled. Under its role to ensure that foods are properly labeled, FDA regulates the use of health claims on foods, including the term "healthy."



What does "healthy" mean to the FDA?

Most nutrition experts will tell you that being healthy is about eating a variety of good foods. Defining one food as healthy or not within the context of an overall diet can be complicated. To make sure that the term is applied to foods consistently, the FDA has a very specific definition of "healthy" that includes limits on total fat, saturated fat, cholesterol and sodium as well as a requirement that a certain amount of beneficial nutrients like vitamins, minerals or fiber be present. If a food does not meet these requirements, it is not legally allowed to be called "healthy."



Bottom Line

In the case of KIND, the FDA determined that some of their bars did not meet the requirements for use of the term "healthy." They also found additional misbranding issues as they relate to nutrient content and other health claims. KIND has stated that they will correct their labeling issues and stands behind the quality and safety of their products. Does any of this mean that KIND bars, or other foods that don't meet the FDA definition of "healthy" cannot be part of a healthful diet? Absolutely not. Consistency in labeling is important, but so is eating a variety of nutrient rich foods, including fruit and nuts.

REFERENCES:

1. U.S. Food and Drug Administration. <http://www.fda.gov>.
2. FDA Warning letter to KIND, LLC 3/17/15. <http://www.fda.gov/ICEQ/EnforcementActions/WarningLetters/ucm440942.htm>
3. KIND Blog: A note to our community. <https://www.kindsnacks.com/blog/post/a-note-to-our-kind-community-2/>

Written by Jennifer M. Ignacio, MS, RD.

July 2015

balanceittakesyou.com



Employee
of the Month

Page Allen

Congratulations to Page for being our Employee of the Month! She has been a wonderful asset to the LIFT family! Page has helped grow our Yoga classes and has even taken on Beach Body Blast and Tabata. On the fitness floor, she is always so helpful and knowledgeable. She is always willing to help wherever and whenever needed!



Member of the Month: Christina King

Congratulations to Christina King, our July Member of the Month. Christina has just graduated from one of our Exercise is Medicine Programs, Cancer Fitness. She and Hilary worked side by side gaining strength both physically and emotionally. LIFT has been a wonderful stress-reliever for her. She is in here 2 to 3 hours a day focusing on her health and overall well-being. She has been an amazing advocate for LIFT. She is always promoting and uplifting our facility and it's benefits! Thank you, Christina, for your dedication to us and yourself!