

In This Issue

[Tailgate Chili](#)
[Go For Life](#)
[Active Aging Month](#)

LIFT Wellness Center's Culture:

Customer centered and clinically integrated approach to health and wellness services.


Welcome to LIFT!



Bria Pittman has joined the LIFT Family as the Membership Manager! Bria grew up in Jackson, TN. She graduated from Union University in 2013 with a Bachelors Degree in Psychology. Bria developed a passion for health and fitness in 2012 when she lost 80lbs through diet and exercise. She enjoys running and

Hey LIFT Family!

We're excited to announce our new partnership with a company called Sweat Angels. Sweat Angels exists to help more people experience the joy of doing good. Through this partnership, we will be able to grow our community by doing good.

Starting today, every time you check-in on our Facebook page, Sweat Angels will donate to a great cause. Each month, they will provide a new charity for you to support by checking-in. Check out our Facebook page to see who we're supporting each month. 

We need your help to be successful and make a difference! Here's what you can do:

- * Check-in on our Facebook page every time you enter the facility. If you don't know what a check-in is, here's an article from Sweat Angels that explains it all: [Click Here](#)
- * Make sure you use the monthly hashtag in your check-ins. We will tell you what hashtag to use when it changes. This Month the # is #care4animals
- * Add a photo to your check-in-perhaps a selfie.
- * Ask your friends to check-in, too.

being outdoors. She is passionate about helping people enhance their quality of life through healthy lifestyle habits. She also has a twin! Make sure to stop in and welcome Bri! We are thrilled she has joined our team!

[Quick Links](#)
[Our Website](#)
[Calendar of Events](#)
[Group Fitness Calendar](#)
[Contact Us](#)



We are thrilled to partner with Sweat Angels to help grow our community and make a difference just by checking-in on Facebook. We hope you are just as excited to work with us to do good.

[Click Here to see who you will be helping this month with your Check-In!](#)

To learn more, visit www.causely.com/sweatangels.



Tailgate Chili



- 1 lb. 95% lean ground beef (or ground white meat chicken or turkey for a healthier option)
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 1 medium jalapeño (optional, only if you like spicy chili), chopped
- 4 clove minced, fresh garlic OR
- 2 tsp. jarred, minced garlic
- 1 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 1/2 tsp. ground coriander
- 15.5 oz. canned, no-salt-added or low-sodium pinto or kidney beans, rinsed,

Go For Life

Are you 50 or older and have found yourself wanting to get back in shape but can't seem to find the motivation? Now is your chance to get back on track! During the month of September we are opening our doors to the 50+ for \$25! That gives you full access to LIFT Wellness Center for the whole month of September! And that is 1/2 the price! If you join by September 30th we will waive the joining fee! Keep your summer body this fall!

GO FOR LIFE
Ages 50+
\$25
FOR THE MONTH OF SEPTEMBER
\$0
ENROLLMENT
JOIN BY SEPT 30TH

• • • • •

September is Active Aging Month!

September 14th @ 8:30 AM

- drained
- 14.5 oz. canned, no-salt-added or low-sodium, diced tomatoes, undrained
- 3/4 cup jarred salsa (lowest sodium available)

Directions

- Total Time: 30 min
 - Cook Time: 30 min
1. Spray large saucepan with cooking spray. Cook beef and onion over medium-high heat for 5-7 minutes, stirring constantly to break up beef. Transfer to colander and rinse with water to drain excess fat. Return beef to pan.
 2. Stir in bell pepper, garlic, chili powder, and cumin, and cook for 5 minutes, stirring occasionally.
 3. Add remaining ingredients and bring to a boil. Reduce to simmer, cover and cook for 20 minutes.
 4. Optional ? serve topped with low-fat grated cheese, a dollop of fat-free sour cream, sliced avocado, snipped cilantro or chopped green onions.

Nutritional Analysis
Per serving
(recipe serves 4)

Calories Per Serving 297
Total Fat 6.0 g
Saturated Fat 2.5 g
Trans Fat 0.5 g
Polyunsaturated Fat 0.5 g
Monounsaturated Fat 2.5 g
Cholesterol 62 mg
Sodium 288 mg
Carbohydrates 29 g



Geared more for the older adult. A discussion with Exercise Specialist Jennifer Angeloni about active aging and all of the health benefits to staying active as you age. Free & Open to the Community. Please call 425.6875 to register.

Join us after the 8:30 AM Session for a fun filled day of "Young @ Heart" Group Exercise Classes. Classes start at 9 AM. [Click Here for the Full Schedule](#)

Personal Training Special



Buy 3 personal training sessions and get the 4th session FREE!!!

Available for Purchase:

September 1st-10th

Don't miss this opportunity!

Our Price: \$127

List Price: \$170

Savings of \$43

Fiber 7 g
Sugars 8 g
Protein 31 g

[View Recipe Online](#)

SAVE THE DATE!

Child HEALTH DAY

OCTOBER 6TH, 2016

2:00-3:00 PM DANCE PARTY
AGES 4-13 FOR ALL EVENTS

3:00-4:00 PM FIT KIDS PE CLASS
NEED WEAR PROPER ATHLETIC CLOES-TOE SHOES TO ALL EVENTS

4:00-6:00 PM SMOOTHIES & HEALTHY SNACKS, KID'S KLIMB, & TEDDY BEAR CHECK-UP
NEED YOUR OWNERS CARD FROM WHICH YOUR CHILD ATTEND THESE EVENTS

Parent or Guardian must be present with child at all events.

AYERS Children's Medical Center
LIFT+ WELLNESS CENTER

121 JACKSON WALK PLAZA, JACKSON, TN 38301

Join us October 6th for Child Health Day! Free & Open to the Community! Bring the kids to have a great time dancing, climbing, playing, etc!
2 PM-6 PM



MORE INFO CALL:
425.6956

2016 Neighborhood HEALTH FAIR

8am - 11am

SATURDAY, SEPTEMBER 10TH

LIFT Wellness Center Gymnasium

*HABLAMOS ESPAÑOL

Join us on Saturday September 10th for a health fair! This health fair will be located in the basketball gym @ LIFT Wellness Center. Free & Open to the Community! Screenings that will be available: AWARES, Bone Density, BMI, Blood Pressure, Grip Strength, Vision, Balance, Flexibility & Glucose & Cholesterol *(4 hour fast required for Glucose & Cholesterol lab test)






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](#)

September-Active Aging Month!

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

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2 Family gym/swim 4:30-7:30pm Kids Klimb 4pm-6pm	3

4 Family gym/swim 1-4pm	5 Labor Day LIFT is Closed! Enjoy your holiday!	6	7	8	9 Family gym/swim 4:30-7:30pm Kids Klimb 4pm-6pm	10 Neighborhood Health Fair 8am-11am 
11 Family gym/swim 1-4pm	12	13	14 Active Aging Session 8:30 AM 	15	16 Family gym/swim 4:30-7:30pm Kids Klimb 4pm-6pm	17 Tug-of-War Challenge 
18 Family gym/swim 1-4pm	19	20	21	22	23 Family gym/swim 4:30-7:30pm Kids Klimb 4pm-6pm	24 Tennessee Rhythm Run  West Tennessee Heart Walk @ Union  life is why™
25 Family gym/swim 1-4pm	26	27	28	29	30	October 1st The Dream Center Cardboard Boat Regatta 