



Check out our latest WITHIN YOUR LIFESTYLE newsletter with articles and information featuring:

- Susan G. Komen Race for the Cure breast cancer event!
- Our JAM Fitness Feature: Core Training at Home, Part 2.
- TOPS Fall Rally!
- Our JAM Wellness Feature: Sprained Ankles & Sciatica by Dr. David Wolf.
- St. Patrick's School in Elkhorn Health and Nutrition presentation.
- Tennis Fitness Book coming soon!

FEATURE STORIES



Me, Kris Owens, Jenny Vitale, Mary & Todd Sheetz



David & Donna Galik

KOMEN RUN

A fun and healthy time was had by all at this fall's Susan G. Komen Race for the Cure Breast Cancer Fundraiser. Several friends and clients of JAM Pro Fitness were there (sorry we did not get photos of everyone) to celebrate the lives of those we've lost and those who have survived breast cancer. The views from Veteran's Park were beautiful, and the positive energy was something that makes you want to stay in shape for next year's event. Stay tuned, as we will organize a team for next year. A great fitness goal for many would be to participate in a (3.1) mile event like this. You can do it.

IN HOME TRAINING - THE CORE, Part 2!

Be sure to click on our "instruction" link on the JAM Pro Fitness website (www.jamprofitfitness.com) for our second of two articles demonstrating exercises and stretches that will help strengthen and increase your range of motion in your midsection and lower back. These are all movements that can be performed at home with minimal equipment. These are some basic movements that we use with our fitness clients. If you would like more information on our in-home fitness programs or would like to schedule a free, face-to-face consultation, click on the contact button at jamprofitfitness.com to send us a note. We offer discounted rates for multi-session packages and multiple participants.





TOPS FALL RALLY

I was honored by having the opportunity to speak at the TOPS (Take Off Pounds Sensibly) Fall Rally. The audience had to endure me for 40 minutes as I spoke about the benefits of resistance training. Nobody fell asleep, and apparently someone liked it enough to invite me to speak at their convention in April. If you want more information on the TOPS weight loss and support group, click on www.tops.org. If you would like a PDF version of the Exercise and Strength routine that I presented (no equipment required) please e-mail me at jeff@jamprofitfitness.com and I will e-mail a copy to you at no charge.

JAM WELLNESS FEATURE



Our Fall/Winter 2007 Wellness Feature is an article entitled: **Sprained Ankles & Sciatica; A Chiropractic Approach by Dr. David Wolf**. Dr. Wolf is a chiropractor that fixes people. I often kid him that he fixes people so well they don't need to come back! You will find his article intriguing, and I highly recommend anyone interested in treatment through chiropractic medicine to utilize his services. Check out the article by going to www.jamprofitfitness.com and click on the "instruction" tab.

Dr. Wolf treating a patient.

NUTRITION AND EXERCISE AT ST. PATRICK'S



We put the 7th graders of St. Patrick's in Elkhorn to work performing exercises on stability and Bosu balls. We also discussed nutrition, healthy food choices, and making the most of the body that God gave us. Thanks to Mrs. Downs for her hospitality and to the great group of students in her classroom. If you would like ideas on speaking with youth about health and fitness, please send me an e-mail at jeff@jamprofitfitness.com

Jessica completes a ball pushup.

BOOK FEATURE

Our tennis book entitled "**On Court Tennis Fitness and Performance Program**" will be available soon to download via the internet. This book is a culmination of my six years of coaching at Marquette University high School, my twenty-five years of playing tennis, and my drive to have a physical advantage over my competition. The best thing about this book is that it requires no special fitness equipment! For more information, please contact us at books@jamprofitfitness.com.