

# Branch & Center News

## *JXT at the Tucson JCC*

*By Lloyd Lewis, JXT Coach, A.C.E. Sports Conditioning Specialist, TRX White Rank Trainer*

“Insanity: doing the same thing over and over again and expecting different results.”  
– Albert Einstein

I’m sure when Albert Einstein gave us his definition of insanity, he wasn’t talking about exercise. However, look around your gym. How many of those people have you seen doing the *SAME* workouts for years, lifting the same exact weight? They have gone through the motions so much that you know their entire routine. That sounds like insanity to me. We wanted to do something different here at the Tucson J, and that is when we came up with JXT.

**What is JXT?** JXT is our small-group cross-training program that we launched in January of 2016. We partnered up with TRX Senior Master Trainer and TriggerPoint Master Trainer Brandon Wagner to put together this eight-week program. We created a program unlike anything else being offered here in Tucson, Arizona. When you sign



up for JXT, you are taking the first step in making a commitment to yourself to improve your overall health. We also cap our classes to eight (8) participants, so you still receive that individualized attention of a one-on-one personal training session. The smaller groups also allow you to bond with your teammates,

giving you the support you need to reach your goals.

**What makes JXT different?** The first day is your initial assessment day. Our coaches will take your body fat measurements to see what changes you need to make with



lean mass (muscle) gains and body fat loss. We also take you through six proficiency exercises to test your strength, power, endurance, and mobility. On the final day of the program, we reassess everything to see how much you have improved over the eight weeks.

The entire eight-week program of JXT is laid out to get progressively harder. We use a variety of equipment in this program, everything from barbells, dumbbells and kettlebells, to TRX suspension trainers, TRX RIP trainers, battle ropes and medicine balls. We start off each class with ten minutes of TriggerPoint for the warm-up, and finish with ten minutes of TriggerPoint for our cooldown. Our goal is to have you become stronger and move better, all while staying safe. Our coaches will push you past your comfort zone, and you'll do things you've never done before. You'll be surprised at what you can accomplish.

Being a part of JXT from the beginning and seeing how the program has grown over the first year has been amazing. As a coach, I've loved the relationships I've built with my teams and seeing their progress along the way. We have fun each class, but that doesn't get in the way of the hard work each participant puts in. Seeing their results have been the most

rewarding aspect of it all.

Sure, seeing them lose 4-5% body fat while increasing their lean mass

feels great, but nothing feels better than seeing someone accomplish something they never thought they would be able to do. We've had participants complete a pull-up (or more!) by the end of the eight weeks when they couldn't get one at the beginning of the program. We've had others come into JXT not being able to do a complete lunge, to

completing a TRX suspended lunge with weight!

With JXT, we've been able to create a program that will constantly challenge you to be a better version of yourself. Most participants continue with JXT after their first eight weeks. They get excited about their progress and what they've accomplished, leading to the creation of new goals that they want to achieve. With the positive outcome of JXT during year one, year two for us is already kicking off in a big way. We've been able to add more classes to accommodate the growing demand for JXT. So why do the same thing over and over again with little to no results? Add JXT into your fitness program and see some amazing results



# Oshman Family JCC

## Moon River and Me

By Andrea Longini

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On any given week day, splashes and voices reverberate across the walls of the Bernard and Barbro Osher Indoor Pool at the Oshman Family JCC (OFJCC) in Palo Alto. But once a week, you may hear voices you would not expect. A young man croons “Moon River” softly at the water’s edge, speaking about his father’s recent passing and his love of playing guitar.

*Moon river, wider than a mile*

*I'm crossing you in style someday*

*Oh, dream maker, you heart breaker Wherever you're goin', I'm goin' your way*

Patrick Tweedie, 46, has been using the pool at the OFJCC every week as part of a unique partnership with Abilities United, a Palo Alto-based nonprofit organization serving people with disabilities.



“The health benefits of being in the water for those with disabilities cannot be underestimated,” says Roger Young, Manager of Adult Day Activities and Community Connections at Abilities United. “Many people assume that the indoor pool is for children but because of the

therapeutic aspects, it is great for adults, too,” says Young.

The indoor pool at the Oshman Family JCC is heated to 86 degrees Fahrenheit and hosts several interactive water play features.

Founded in 1963, Abilities United offers people of all ages and abilities educational, therapeutic, recreational and vocational experiences. Until three and a half years ago, the organization had maintained a robust aquatics program in their Middlefield pool. After 45 years of repairs and constant upkeep; however, the pool gave out, and participants were left without easy access to warm-water pools. Recently, the Oshman Family JCC offered its pool for Abilities United Adult Day Activities participants. OFJCC lifeguards keep watch too.

“Partnerships with organizations like the OFJCC and the City of Palo Alto make it possible for us to continue to provide the warm-water exercise that participants need,” says Young. “The lifeguard staff here is fantastic.”

For their part, the OFJCC appreciates the opportunity to welcome diverse aquatics participants of all abilities. “It is so great to watch them swim because they are so happy. They are such a wonderful group,” says Todd Milton, Director of Fitness and Wellness at the

Oshman Family JCC. “This is a valuable partnership for us because we are grateful to be able to give back to the community.”

Patrick Tweedie enjoys coming to the pool as part of the community partnership. “It’s nice,” he says, adding that it helps him process his feelings for the loss of his father. Meanwhile, other participants in his cohort stretch and splash. Those in wheelchairs utilize muscle groups that do not often get used. The water brings a sense of tranquility and well-being to participants of many backgrounds.

*Two drifters, off to see the world  
There's such a lot of world to see  
We're after that same rainbow's end,  
waitin' 'round the bend My  
huckleberry friend, Moon River, and  
me*

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# Mandell JCC

## 2<sup>nd</sup> annual High Tea Goes Pink – Breast Cancer Awareness

Each year the focus has been women's health, in particular, breast cancer. The event started a couple years ago to help bring awareness to breast cancer for women and men. The JCC partnered with Bethesda Health – a local health care organization,

Myriad Genetics, Inc and Haddassah and had eight other vendors and sponsors providing women's health information and or screenings to round out the event.



The highlights were of the High Tea Goes Pink – Breast Cancer Awareness.

Speaker Panel of experts – physician, registered nurse, registered dietician, genetic counselor and one breast cancer patient.

Screenings for genetic testing, vein and leg thrombosis, skin, eyebrow consults and brain health.

Many enjoyed organic food samples and chair massage as well.

It really was an event that engaged participants, created a learning experience,



built community and had great purpose.

The JCC had over 100 women and a few men attend this year's event.



# JCC of Greater Baltimore

## Girls' Night Out! Healthy, Heart Healthy Soul

The event was held  
on February 2, 2017,  
at the Rosenbloom  
Owings Mills JCC.

The event was held  
in the lobby of the

Gordon Center with 110 women in attendance. This special program, Every Beat Counts, is sponsored by Hadassah of Greater Baltimore, LifeBridge Health and the JCC of Greater Baltimore to bring more awareness to women about the risk for developing heart disease. Bridgette Provost, M.D. discussed symptoms, treatments and ways to reduce risk for developing coronary artery disease. The event also included seated massage, paint your

martini glass, a  
photo booth,  
shopping with  
local vendors,  
and raffles.

