

elite wellness jackson michigan

Elite Wellness Jackson Michigan: Your Guide to Achieving Optimal Health

Are you searching for the ultimate wellness experience in Jackson, Michigan? Feeling overwhelmed by the sheer number of options? This comprehensive guide dives deep into Elite Wellness Jackson, Michigan, exploring what makes them stand out, the services they offer, and why they might be the perfect fit for your wellness journey. We'll cover everything from their unique approach to personalized care to the benefits of their various programs. Prepare to discover the path to your best self right here in Jackson!

Understanding Elite Wellness Jackson Michigan: More Than Just a Gym

Elite Wellness in Jackson, Michigan, is not your average gym or wellness center. It's a holistic approach to health and well-being, focusing on personalized plans that cater to individual needs and goals. They understand that a one-size-fits-all approach simply doesn't work when it comes to achieving optimal health. Their philosophy centers around creating a supportive and motivating environment where clients feel empowered to take control of their physical and mental health. This isn't just about weight loss or muscle gain; it's about cultivating a sustainable lifestyle that promotes long-term well-being.

A Deep Dive into Elite Wellness Services: What They Offer

Elite Wellness Jackson Michigan provides a diverse range of services designed to address various aspects of wellness. Let's explore some key offerings:

1. **Personalized Fitness Programs:** Forget generic workout routines. Elite Wellness crafts customized fitness plans based on individual assessments, goals, and physical limitations. Whether you're a seasoned athlete or just starting your fitness journey, their expert trainers will guide you every step of the way. They utilize a blend of strength training, cardiovascular exercises, and flexibility work, ensuring a well-rounded approach to fitness.
1. **Nutrition Counseling and Guidance:** Nutrition plays a pivotal role in overall wellness. Elite Wellness provides expert nutrition counseling to help you make informed food choices that support your fitness goals and overall health. They work with clients to create sustainable eating habits, emphasizing whole foods and mindful eating practices. This isn't about restrictive diets; it's about making lasting lifestyle changes.

1. **Mindfulness and Stress Management:** In today's fast-paced world, stress management is crucial. Elite Wellness incorporates mindfulness techniques and stress-reduction strategies into their programs. They understand that physical and mental health are interconnected and offer resources like meditation classes, yoga sessions, or personalized stress-management plans to help clients cultivate inner peace and resilience.

1. **Specialized Programs:** Depending on your specific needs, Elite Wellness might offer specialized programs focused on weight loss, muscle building, athletic performance enhancement, or rehabilitation from injury. These programs are meticulously designed and closely monitored to ensure optimal results and client safety.

The Elite Wellness Experience: What Sets Them Apart

Several factors contribute to Elite Wellness Jackson Michigan's unique position in the wellness market:

Personalized Attention: Individualized plans are at the heart of their approach. Clients receive one-on-one attention and support throughout their journey.

Experienced and Certified Professionals: Their team comprises highly qualified and experienced fitness trainers, nutritionists, and wellness experts.

Supportive Community: Elite Wellness fosters a supportive and encouraging community where clients feel motivated and inspired to achieve their goals.

State-of-the-Art Facilities: They invest in top-of-the-line equipment and facilities to ensure a comfortable and effective workout experience.

Commitment to Results: Elite Wellness is dedicated to helping clients achieve tangible and lasting results. They track progress closely and adjust plans as needed to ensure continuous improvement.

Why Choose Elite Wellness Jackson Michigan?

Choosing a wellness center is a significant decision. Elite Wellness differentiates itself through its holistic approach, personalized attention, and commitment to client success. They understand that wellness is a journey, not a destination, and they're committed to guiding you every step of the way. By investing in your health with Elite Wellness, you're investing in a brighter, healthier future.

Conclusion

Elite Wellness Jackson, Michigan, offers a comprehensive and personalized approach to wellness, addressing the physical, mental, and emotional aspects of a healthy lifestyle. Their commitment to individualized plans, experienced professionals, and supportive community sets them apart, making them a leading choice for those seeking optimal health and well-being in the Jackson area. If you're ready to embark on your wellness journey with expert guidance and support, reach out to Elite Wellness today.

Frequently Asked Questions (FAQs)

1. What are the membership options at Elite Wellness Jackson Michigan? Elite Wellness offers various membership options to suit different budgets and needs. Contact them directly to discuss the available packages and pricing.
1. Do I need a referral to join Elite Wellness? No, referrals are not required. Anyone interested in improving their health and well-being is welcome to join.
1. What are the hours of operation? Their hours of operation vary depending on the day of the week and the specific service. Check their website or call them directly for the most up-to-date schedule.
1. What type of equipment do they have? Elite Wellness boasts state-of-the-art equipment encompassing a wide range of cardio machines, strength training equipment, and specialized fitness tools. A full inventory is available on their website or by contacting them.
1. What is the cancellation policy? Elite Wellness has a clear cancellation policy that outlines the terms and conditions for canceling memberships or appointments. Contact them for details or consult their website for the policy information.

elite wellness jackson michigan: Winners Take All Anand Giridharadas, 2019-10-01 NEW YORK TIMES BESTSELLER • The groundbreaking investigation of how the global elite's efforts to change the world preserve the status quo and obscure their role in causing the problems they later seek to solve. An essential read for understanding some of the egregious abuses of power that dominate today's news. Impassioned.... Entertaining reading." —The Washington Post Anand Giridharadas takes us into the inner sanctums of a new gilded age, where the rich and powerful fight for equality and justice any way they can—except ways that threaten the social order and their position atop it. They rebrand themselves as saviors of the poor; they lavishly reward “thought leaders” who redefine “change” in ways that preserve the status quo; and they constantly seek to do more good, but never less harm. Giridharadas asks hard questions: Why, for example, should our gravest problems be solved by the unelected upper crust instead of the public institutions it erodes by lobbying and dodging taxes? His groundbreaking investigation has already forced a great, sorely needed reckoning among the world's wealthiest and those they hover above, and it points toward an answer: Rather than rely on scraps from the winners, we must take on the grueling democratic work of building more robust, egalitarian institutions and truly changing the world—a call to action for

elites and everyday citizens alike.

elite wellness jackson michigan: Corporate Stripper Gabriel Powell, 2020-08-18 Corporate Stripper is a coming of age story about a woman who overcame the street life to only find out the corporate world is not much better. After growing up entirely too fast, Gabriel learned how to manipulate hustlers and out smart hoodrats. Too many years in the streets lead Gabriel to change her direction, but she finds the corporate world is much more ruthless than the block. This is not just a Black American story, it is an American story about the systematic racism and prejudice that destroys communities. Corporate Stripper is a tale of pain, suffering, happiness, and determination.

elite wellness jackson michigan: Michigan State Business Directory , 2000

elite wellness jackson michigan: Everyday MAGIC Mattie James, 2023-08-22 Find the motivation you need to feel good about your life with the help of this inspiring guidebook. Today we are all stretching ourselves more than ever to live up to life's seemingly endless demands, so why do we still feel we are less than enough? Mattie James-- mother, influencer, and CEO--believes that living a beautiful life amidst the chaos and pressures is possible. All it takes is a little everyday MAGIC. In this book, Mattie shows you how, helping you to evaluate the tasks and decisions you face in your daily life to make sure everything in your life is MAGIC: Meaningful Aesthetically pleasing Goal-oriented Intentional Consistent This honest and practical guide offers tools, insights, and encouragement to help you center yourself within the minutiae of everyday life and evaluate tasks to become intentional about everything you do. Mattie shows readers how to be more efficient by making big decisions in the morning, batching household chores for maximum effectiveness, and deciding which tasks to tackle yourself and which to hire out. She also shows you how to provide healthy meals for your family with minimum hassle, eliminate clutter and stress in your home to make space for the heart, and ultimately make your life, career, home, and family a reflection of what makes you whole. The work required to change your life has been inside you all along. It's not deep, just deliberate. This book begins your journey to connect with yourself so that you can prioritize your own reasons for everything you do.

elite wellness jackson michigan: This Day In Comedy Frank Holder, Darryl Littleton, 2019-11-04 On This Day in Comedy is not just an encyclopedia, but a celebration of comedy. In humorous prose the book takes readers through the often-neglected subcultures of comedy in America, acknowledging the inclusiveness of the performers as well as shows and films that made this art form so vital to comics of all backgrounds. It's artistically criminal that a search for Native American or Asian comedy information yields a virtually blank slate. Look for Middle Eastern comics and you'll be provided information on the region's comic book revolution, and search results for Latin comedy are confined to a series of outdated articles. This encyclopedia will offer rare and in some cases never-before-seen photos and obscure facts, making it an indispensable comedy essential.

elite wellness jackson michigan: The Price of Silence William D. Cohan, 2014-04-08 An authoritative account of the Duke lacrosse team rape case illuminates the ever-widening gap between America's rich and poor, and demonstrates how far the powerful will go to protect themselves.

elite wellness jackson michigan: Beating the Breaks Rick Swaine, 2015-01-24 Few baseball fans are aware of the number of players with disabilities who have succeeded in the majors. Much of this unawareness is due to the affected players themselves who downplay weaknesses and tend to minimize their disabilities, considering them just one of the chinks in the armor that everyone must deal with. More than 20 players who have overcome their disabilities to have major league careers are profiled in this work. The book is divided by type of disability suffered: missing or partially missing limbs or extremities (Jim Abbott, Hugh One Arm Daily, Pete Gray, Monty Stratton, Bert Shepard); injured or diseased limbs (Lou Brissie, Whitey Kurowski, Eddie Kazak, Charley Gelbert, Bo Jackson, Dave Dravecky); disfigured extremities (Mordecai Three Finger Brown, Charley Red Ruffing, Hal Peck, Carlos May, Gil Coan, Jim Mecir); impaired organ function, vision, and hearing (William Dummy Hoy, George Specs Toporcer, Chick Hafey, Ron Santo, Russ Christopher, Joe

Hoerner, John Hiller, Danny Thompson, Walt Bond); and neurological and psychological disorders (Grover Cleveland Alexander, Tony Lazzeri, Jimmy Piersall, Jim Eisenreich).

elite wellness jackson michigan: *A Historical Review and Analysis of Army Physical Readiness Training and Assessment* Whitfield East, 2013-12 The Drillmaster of Valley Forge-Baron Von Steuben-correctly noted in his Blue Book how physical conditioning and health (which he found woefully missing when he joined Washington's camp) would always be directly linked to individual and unit discipline, courage in the fight, and victory on the battlefield. That remains true today. Even an amateur historian, choosing any study on the performance of units in combat, quickly discovers how the levels of conditioning and physical performance of Soldiers is directly proportional to success or failure in the field. In this monograph, Dr. Whitfield Chip East provides a pragmatic history of physical readiness training in our Army. He tells us we initially mirrored the professional Armies of Europe as they prepared their forces for war on the continent. Then he introduces us to some master trainers, and shows us how they initiated an American brand of physical conditioning when our forces were found lacking in the early wars of the last century. Finally, he shows us how we have and must incorporate science (even when there exists considerable debate!) to contribute to what we do-and how we do it-in shaping today's Army. Dr. East provides the history, the analysis, and the pragmatism, and all of it is geared to understanding how our Army has and must train Soldiers for the physical demands of combat. Our culture is becoming increasingly "unfit, due to poor nutrition, a lack of adequate and formal exercise, and too much technology. Still, the Soldiers who come to our Army from our society will be asked to fight in increasingly complex and demanding conflicts, and they must be prepared through new, unique, and scientifically based techniques. So while Dr. East's monograph is a fascinating history, it is also a required call for all leaders to better understand the science and the art of physical preparation for the battlefield. It was and is important for us to get this area of training right, because getting it right means a better chance for success in combat.

elite wellness jackson michigan: *Wellness Counseling* Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, *Wellness Counseling* offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

elite wellness jackson michigan: *The Production of Knowledge* Colin Elman, John Gerring, James Mahoney, 2020-03-19 A wide-ranging discussion of factors that impede the cumulation of knowledge in the social sciences, including problems of transparency, replication, and reliability. Rather than focusing on individual studies or methods, this book examines how collective institutions and practices have (often unintended) impacts on the production of knowledge.

elite wellness jackson michigan: *The 71F Advantage* National Defense University Press, 2010-09 Includes a foreword by Major General David A. Rubenstein. From the editor: 71F, or 71 Foxtrot, is the AOC (area of concentration) code assigned by the U.S. Army to the specialty of Research Psychology. Qualifying as an Army research psychologist requires, first of all, a Ph.D. from

a research (not clinical) intensive graduate psychology program. Due to their advanced education, research psychologists receive a direct commission as Army officers in the Medical Service Corps at the rank of captain. In terms of numbers, the 71F AOC is a small one, with only 25 to 30 officers serving in any given year. However, the 71F impact is much bigger than this small cadre suggests. Army research psychologists apply their extensive training and expertise in the science of psychology and social behavior toward understanding, preserving, and enhancing the health, well being, morale, and performance of Soldiers and military families. As is clear throughout the pages of this book, they do this in many ways and in many areas, but always with a scientific approach. This is the 71F advantage: applying the science of psychology to understand the human dimension, and developing programs, policies, and products to benefit the person in military operations. This book grew out of the April 2008 biennial conference of U.S. Army Research Psychologists, held in Bethesda, Maryland. This meeting was to be my last as Consultant to the Surgeon General for Research Psychology, and I thought it would be a good idea to publish proceedings, which had not been done before. As Consultant, I'd often wished for such a document to help explain to people what it is that Army Research Psychologists do for a living. In addition to our core group of 71Fs, at the Bethesda 2008 meeting we had several brand-new members, and a number of distinguished retirees, the grey-beards of the 71F clan. Together with longtime 71F colleagues Ross Pastel and Mark Vaitkus, I also saw an unusual opportunity to capture some of the history of the Army Research Psychology specialty while providing a representative sample of current 71F research and activities. It seemed to us especially important to do this at a time when the operational demands on the Army and the total force were reaching unprecedented levels, with no sign of easing, and with the Army in turn relying more heavily on research psychology to inform its programs for protecting the health, well being, and performance of Soldiers and their families.

elite wellness jackson michigan: The Charming Life of Izzy Malone Jenny Lundquist, 2017-09-19 Izzy Malone is challenged to participate in unconventional manners-themed exercises after being enrolled in a home-study etiquette school. Each time she performs one of the assigned tasks, she will earn a charm for a charm bracelet. But when a task goes seriously wrong, can Izzy find some friends to help her make things right?

elite wellness jackson michigan: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954 , 2004

elite wellness jackson michigan: *The Black Kids* Christina Hammonds Reed, 2020-08-04 A New York Times bestseller "Should be required reading in every classroom." —Nic Stone, #1 New York Times bestselling author of *Dear Martin* "A true love letter to Los Angeles." —Brandy Colbert, award-winning author of *Little & Lion* "A brilliantly poetic take on one of the most defining moments in Black American history." —Tiffany D. Jackson, author of *Grown* and *Monday's Not Coming Perfect* for fans of *The Hate U Give*, this unforgettable coming-of-age debut novel explores issues of race, class, and violence through the eyes of a wealthy black teenager whose family gets caught in the vortex of the 1992 Rodney King Riots. Los Angeles, 1992 Ashley Bennett and her friends are living the charmed life. It's the end of senior year and they're spending more time at the beach than in the classroom. They can already feel the sunny days and endless possibilities of summer. Everything changes one afternoon in April, when four LAPD officers are acquitted after beating a black man named Rodney King half to death. Suddenly, Ashley's not just one of the girls. She's one of the black kids. As violent protests engulf LA and the city burns, Ashley tries to continue on as if life were normal. Even as her self-destructive sister gets dangerously involved in the riots. Even as the model black family façade her wealthy and prominent parents have built starts to crumble. Even as her best friends help spread a rumor that could completely derail the future of her classmate and fellow black kid, LaShawn Johnson. With her world splintering around her, Ashley, along with the rest of LA, is left to question who is the us? And who is the them?

elite wellness jackson michigan: *Fight for the Forgotten* Justin Wren, 2016-07-05 From notable mixed martial artist and UFC fighter, Justin Wren, comes a personal account of faith, redemption, empowerment, and overwhelming love as one man sets out on an international mission

to fight for those who can't fight for themselves. Justin Wren knows what it's like to feel like the world is against you. Like many kids, Justin was bullied as a child, but had a dream that kept him going. Fueled by the anger he felt toward his tormenters, Justin trained hard and propelled his dream of becoming a UFC fighter into reality. But the pain from his childhood didn't dissipate and Justin fell into a spiral of depression and addiction, leading him on a path toward destruction. After getting kicked out of his training community, his career was in shambles and he had nowhere else to go, so Justin attended a men's retreat, and it was there he found God. As Justin began piecing his life back together, he joined several international mission trips that opened his eyes and his heart to a world filled with suffering deep in the jungle of the Democratic Republic of Congo. There he came across the Mbuti Pygmy tribe, a group of people persecuted by neighboring tribes and forced into slavery. His encounter with the Pygmy tribe left him wondering who was there to help them and in that moment Justin stepped out of the ring and into a fight for the forgotten. From cage fighter to freedom fighter, Justin's story is a deeply personal memoir with a bigger message about a quest, justice, and the amazing things that can happen when we relinquish our lives to God--

elite wellness jackson michigan: Handbook of Sports Medicine and Science Jonathan C. Reeser, Roald Bahr, 2008-04-15 This addition to the Handbook series is presented in five sections. The first sections covers basic and applied science, including biomechanics, the physiologic demands of volleyball, conditioning and nutrition. The second section looks at the role of the medical professional in volleyball, covering team physicians, pre-participation examination, medical equipment at courtside and emergency planning. The third section looks at injuries - including prevention, epidemiology, upper and lower limb injuries and rehabilitation. The next section looks at those volleyball players who require special consideration: the young, the disabled, and the elite, as well as gender issues. Finally, section five looks at performance enhancement.

elite wellness jackson michigan: Negroland Margo Jefferson, 2015-09-08 NATIONAL BOOK CRITICS CIRCLE WINNER • NATIONAL BESTSELLER • An extraordinary look at privilege, discrimination, and the fallacy of post-racial America by the renowned Pulitzer Prize-winning cultural critic Jefferson takes us into an insular and discerning society: "I call it Negroland," she writes, "because I still find 'Negro' a word of wonders, glorious and terrible." Margo Jefferson was born in 1947 into upper-crust black Chicago. Her father was head of pediatrics at Provident Hospital, while her mother was a socialite. Negroland's pedigree dates back generations, having originated with antebellum free blacks who made their fortunes among the plantations of the South. It evolved into a world of exclusive sororities, fraternities, networks, and clubs—a world in which skin color and hair texture were relentlessly evaluated alongside scholarly and professional achievements, where the Talented Tenth positioned themselves as a third race between whites and "the masses of Negroes," and where the motto was "Achievement. Invulnerability. Comportment." Jefferson brilliantly charts the twists and turns of a life informed by psychological and moral contradictions, while reckoning with the strictures and demands of Negroland at crucial historical moments—the civil rights movement, the dawn of feminism, the falsehood of post-racial America.

elite wellness jackson michigan: Vocational & Technical Schools - East Peterson's, 2009-12-10 More than 2,200 vocational schools east of the Mississippi River--Cover.

elite wellness jackson michigan: The Science of Gymnastics Monèm Jemni, 2013-03 The Science of Gymnastics is a comprehensive and accessible introduction to the fundamental physiological, biomechanical and psychological principles underpinning this most demanding of sports. Drawing on cutting edge scientific research, and including contributions from leading international sport scientists and experienced coaches, the book represents an important link between theory and performance. With useful summaries, data and review questions included throughout, the book examines every key aspect of gymnastic training and performance, including: energetic, physical and physiological assessment training principles diet, nutrition and supplementation growth and development issues kinetics and kinematics angular and linear motion angular momentum stress, anxiety and coping motivation and goal setting mental skills training for practice and competition the psychology of learning and performance. In a concluding section the

authors reflect on how fundamental scientific components (physiology, biomechanics and psychology) interact to enhance gymnastic performance, helping students to develop a better understanding of the relationship between sport science and sporting performance. The Science of Gymnastics is essential reading for all students, coaches and researchers with an interest in gymnastics or applied sport science.

elite wellness jackson michigan: Sport Psychiatry: Maximizing Performance, An Issue of Psychiatric Clinics of North America, E-Book Silvana Riggio, Andy Jagoda, 2021-08-11 In this issue of Psychiatric Clinics, Guest Editors Silvana Riggio and Andy Jagoda bring their considerable expertise to the topic of Sport Psychiatry: Maximizing Performance. Top experts in the field cover key topics such as defining the role of the sport psychiatrist, achieving peak performance, the pathophysiology of brain injury and behavior, and more. - Provides in-depth, clinical reviews on maximizing performance from a Sports Psychiatry perspective, providing actionable insights for clinical practice. - Presents the latest information on this timely, focused topic under the leadership of experienced editors in the field; Authors synthesize and distill the latest research and practice guidelines to create these timely topic-based reviews. - Contains 13 relevant, practice-oriented topics including motivation and burnout in sports; nutrition, eating disorders, and behavior; sleep disturbances; selection and interview criteria for drafting players; and more.

elite wellness jackson michigan: *Roll Models* Richard Holicky, 2004 I thought life was pretty much over. Paul Herman I was afraid people wouldn't see me for who I still was. Cathy Green I didn't need this to be a better person. Susan Douglas I wasn't sure I wanted to live "this way." Kevin Wolitzky The above four people and 49 more just like them went on to find high levels of success and lead satisfying lives. Together they tell 53 stories of moving forward to meet all the challenges, fears, obstacles, and problems common to the life-altering circumstances after spinal cord injury, and doing it without benefit of wealth, large settlements or solid health coverage. Ranging in age from 21 to 67, disabled from three to 48 years they share 931 years of disability experience. Roll Models is a valuable new resource for recently injured people and their families, and for nurses, therapists, psychologists and all other professionals who treat, work with and care for people with spinal cord injury. Straight from the horse's mouth, survivors explore their experiences with disability and answer many questions those in rehab are asking: Early Thoughts What were your thoughts immediately following injury? What were your initial thoughts and reactions regarding SCI and the future? The First Years What were your biggest fears during that first year or so? How did you get past those early fears? Changes, Obstacles and Solutions How much different are you now, compared to how you were before injury? What's been the biggest obstacle? How did you address these obstacles? Finding What Works What have been the most difficult things for you to deal with since injury? What's the worst thing about having an SCI and using a chair? What's been your biggest loss due to injury? Is SCI the worst thing that ever happened to you? Tell me something about your problem solving skills. How do you deal with stress? What do you do to relieve stress? Salvations, Turning Points and More Was there any one thing that was your salvation or key to your success? Was there a turning point for you when you began to feel things were going to get better? What personal factors, habits and beliefs have helped you the most? SCI and Meaning Do you find any meaning, purpose or lessons in your disability? Did any positive opportunities come your way because of your injury? What's your greatest accomplishment? What are you most proud of? A wonderful roadmap with many alternate routes to living and thriving with SCI. Minna Hong, SCI survivor and Peer Support Coordinator/Vocational Liaison, Shepherd Center Avoids the trap of providing a "one size fits all mentality" and provides solutions as varied as the individuals used as examples. Accentuates the positives while not sugar coating the difficulties. Essential reading. Jeff Cressy SCI survivor and Director of Consumer and Community Affairs, SCI Project, Rancho Los Amigos A great resource for people as they venture out into the world, or search for meaning and a deeper, richer life. Filled with examples of real people and their real experiences. Terry Chase, ND, RN; SCI survivor; Patient & Family Education Program Coordinator, Craig Hospital A wonderful tool for the newly spinal cord injured individual, as well as the therapists and

counselors working with them. This certainly hits the mark in capturing important survival strategies. Jack Dahlberg, SCI survivor, Past President of the National Spinal Cord Injury Association Artfully crafted and organized, Roll Models sensitively portrays life following spinal cord injury. Informative, creative, sensitive, as well as infused with humor and a kind heart. Recommended with my highest accolades. Lester Butt, Ph.D., ABPP, Director of the Department of Psychology, Craig Hospital

elite wellness jackson michigan: Making Healthy Places Andrew L. Dannenberg, Howard Frumkin, Richard J. Jackson, 2012-09-18 The environment that we construct affects both humans and our natural world in myriad ways. There is a pressing need to create healthy places and to reduce the health threats inherent in places already built. However, there has been little awareness of the adverse effects of what we have constructed-or the positive benefits of well designed built environments. This book provides a far-reaching follow-up to the pathbreaking Urban Sprawl and Public Health, published in 2004. That book sparked a range of inquiries into the connections between constructed environments, particularly cities and suburbs, and the health of residents, especially humans. Since then, numerous studies have extended and refined the book's research and reporting. Making Healthy Places offers a fresh and comprehensive look at this vital subject today. There is no other book with the depth, breadth, vision, and accessibility that this book offers. In addition to being of particular interest to undergraduate and graduate students in public health and urban planning, it will be essential reading for public health officials, planners, architects, landscape architects, environmentalists, and all those who care about the design of their communities. Like a well-trained doctor, Making Healthy Places presents a diagnosis of--and offers treatment for--problems related to the built environment. Drawing on the latest scientific evidence, with contributions from experts in a range of fields, it imparts a wealth of practical information, with an emphasis on demonstrated and promising solutions to commonly occurring problems.

elite wellness jackson michigan: Mindfulness and Performance Amy L. Baltzell, 2016-01-19 Incorporating the theoretical conceptualizations of Jon Kabat-Zinn and Ellen Langer, this volume illustrates how performers from a variety of disciplines - including sport, dance and music - can use mindfulness to achieve peak performance and improve personal well-being. Leading scholars in the field present cutting-edge research and outline their unique approach to mindfulness that is supported by both theory and practice. They provide an overview of current mindfulness-based manuals and programs used around the globe in countries such as the United States, China and Australia, exploring their effectiveness across cultures. Mindfulness and Performance will be a beneficial reference for practitioners, social and sport psychologists, coaches, athletes, teachers and students.

elite wellness jackson michigan: We Speak for Ourselves D. Watkins, 2020-02-04 From the row houses of Baltimore to the stoops of Brooklyn, the New York Times bestselling author of The Cook Up lays bare the voices of the most vulnerable and allows their stories to uncover the systematic injustice threaded within our society. Honest and eye-opening, the pages of We Speak for Ourselves "are abundant with wisdom and wit; integrity and love, not to mention enough laughs for a stand-up comedy routine" (Mitchell S. Jackson, author of Survival Math). Watkins introduces you to Down Bottom, the storied community of East Baltimore that holds a mirror to America's poor black neighborhoods—"hoods" that could just as easily be in Chicago, Detroit, Oakland, or Atlanta. As Watkins sees it, the perspective of people who live in economically disadvantaged black communities is largely absent from the commentary of many top intellectuals who speak and write about race. Unapologetic and sharp-witted, D. Watkins is here to tell the truth as he has seen it. We Speak for Ourselves offers an in-depth analysis of inner-city hurdles and honors the stories therein. We sit in underfunded schools, walk the blocks burdened with police corruption, stand within an audience of Make America Great Again hats, journey from trap house to university lecture, and rally in neglected streets. And we listen. "Watkins has come to remind us, everyone deserves the opportunity to speak for themselves" (Jason Reynolds, New York Times bestselling author) and serves hope to fellow Americans who are too often ignored and calling on others to examine what it

means to be a model activist in today's world. *We Speak for Ourselves* is a must-read for all who are committed to social change.

elite wellness jackson michigan: Economic Security: Neglected Dimension of National Security ? National Defense University (U S), National Defense University (U.S.), Institute for National Strategic Studies (U S, Sheila R. Ronis, 2011-12-27 On August 24-25, 2010, the National Defense University held a conference titled "Economic Security: Neglected Dimension of National Security?" to explore the economic element of national power. This special collection of selected papers from the conference represents the view of several keynote speakers and participants in six panel discussions. It explores the complexity surrounding this subject and examines the major elements that, interacting as a system, define the economic component of national security.

elite wellness jackson michigan: Life Force Tony Robbins, Peter H. Diamandis, 2022-02-08
INSTANT #1 NEW YORK TIMES BESTSELLER Transform your life or the life of someone you love with *Life Force*—the newest breakthroughs in health technology to help maximize your energy and strength, prevent disease, and extend your health span—from Tony Robbins, author of the #1 New York Times bestseller *Money: Master the Game*. What if there were scientific solutions that could wipe out your deepest fears of falling ill, receiving a life-threatening diagnosis, or feeling the effects of aging? What if you had access to the same cutting-edge tools and technology used by peak performers and the world's greatest athletes? In a world full of fear and uncertainty about our health, it can be difficult to know where to turn for actionable advice you can trust. Today, leading scientists and doctors in the field of regenerative medicine are developing diagnostic tools and safe and effective therapies that can free you from fear. In this book, Tony Robbins, the world's #1 life and business strategist who has coached more than fifty million people, brings you more than 100 of the world's top medical minds and the latest research, inspiring comeback stories, and amazing advancements in precision medicine that you can apply today to help extend the length and quality of your life. This book is the result of Robbins going on his own life-changing journey. After being told that his health challenges were irreversible, he experienced firsthand how new regenerative technology not only helped him heal but made him stronger than ever before. *Life Force* will show you how you can wake up every day with increased energy, a more bulletproof immune system, and the know-how to help turn back your biological clock. This is a book for everyone, from peak performance athletes, to the average person who wants to increase their energy and strength, to those looking for healing. *Life Force* provides answers that can transform and even save your life, or that of someone you love.

elite wellness jackson michigan: Evaluating the Effectiveness of Correctional Education Lois M. Davis, 2013-08-21 After conducting a comprehensive literature search, the authors undertook a meta-analysis to examine the association between correctional education and reductions in recidivism, improvements in employment after release from prison, and other outcomes. The study finds that receiving correctional education while incarcerated reduces inmates' risk of recidivating and may improve their odds of obtaining employment after release from prison.

elite wellness jackson michigan: *The 9.9 Percent* Matthew Stewart, 2021-10-12 A "brilliant" (The Washington Post), "clear-eyed and incisive" (The New Republic) analysis of how the wealthiest group in American society is making life miserable for everyone—including themselves. In 21st-century America, the top 0.1% of the wealth distribution have walked away with the big prizes even while the bottom 90% have lost ground. What's left of the American Dream has taken refuge in the 9.9% that lies just below the tip of extreme wealth. Collectively, the members of this group control more than half of the wealth in the country—and they are doing whatever it takes to hang on to their piece of the action in an increasingly unjust system. They log insane hours at the office and then turn their leisure time into an excuse for more career-building, even as they rely on an underpaid servant class to power their economic success and satisfy their personal needs. They have segregated themselves into zip codes designed to exclude as many people as possible. They have made fitness a national obsession even as swaths of the population lose healthcare and grow sicker. They have created an unprecedented demand for admission to elite schools and helped to fuel the

dramatic cost of higher education. They channel their political energy into symbolic conflicts over identity in order to avoid acknowledging the economic roots of their privilege. And they have created an ethos of “merit” to justify their advantages. They are all around us. In fact, they are us—or what we are supposed to want to be. In this “captivating account” (Robert D. Putnam, author of *Bowling Alone*), Matthew Stewart argues that a new aristocracy is emerging in American society and it is repeating the mistakes of history. It is entrenching inequality, warping our culture, eroding democracy, and transforming an abundant economy into a source of misery. He calls for a regrounding of American culture and politics on a foundation closer to the original promise of America.

elite wellness jackson michigan: Black Feminist Writing Stephanie Y. Evans, 2024-09-01 Writing scholarly books is stressful, and academic publishing can be intimidating—especially for women, queer folks, and scholars of color. *Black Feminist Writing* shows scholars how to prioritize their mental health while completing a book in race and gender studies. Drawing on Black women's writing traditions, as well as her own experience as the author and editor of nine university press books, Stephanie Y. Evans gives scholars tools to sustain the important work of academic writing, particularly in fields routinely under attack by anti-democratic forces. Evans identifies five major areas of stress: personal, professional, publishing-related, public, and political. Each chapter includes targeted discussion questions and tasks to help authors identify their unique stressors, create priorities, get organized, and breathe. Whether working on your first scholarly book or your tenth, this robust, heartfelt guide will help you approach writing as an ongoing practice of learning, creating, and teaching in ways that center wellness and collective self-care.

elite wellness jackson michigan: The Superfood Swap Dawn Jackson Blatner, 2016-12-27 “Dawn makes healthy eating fun and delicious, and the dishes are easy to prepare. This is a must-read for anyone who wants to eat nutritious, joyful food.”—Lyn-Genet Recitas, *New York Times* bestselling author of *The Plan* The 4-week plan that beat out all other plans in the ABC weight-loss reality TV show *My Diet Is Better than Yours*. For more than fifteen years, nutritionist Dawn Jackson Blatner has helped hundreds of clients lose their bad eating habits and step up to optimal health. The key? Not deprivation, but a new kind of gratification, which she calls “super swapping”—exchanging fake foods (C.R.A.P.: food with Chemicals; Refined sugar and flour; Artificial sweeteners and colors; and Preservatives) for wholesome high-quality superfoods. A largely plant-based diet rich in fiber, vitamins, and antioxidants stabilizes hunger hormones, speeds metabolism, and fights disease. For each week, Blatner shares simple techniques, with eat/avoid lists, ideas for great lunches, advice on how to read labels to spot healthy-food impostors, and scores of useful infographics. The 100 tempting recipes—many vegetarian, vegan, and gluten free—include Fish Tacos with Crunchy Cabbage Slaw, BBQ Sandwich & Collard Chips, Sprouted Pizza, and Dark Chocolate Cherry Milkshake. Each one comes with a nutrition analysis. “Informative, creative, and fun. She shares sound nutrition advice based on scientific research and years of experience, and she does it in a way that’s both engaging and easy to digest. Filled with practical tips, helpful charts, and delicious recipes, this book definitely deserves a spot on your bookshelf.”—Joy Bauer, MS, RDN, health and nutrition expert for NBC’s *Today Show* and #1 *New York Times* bestselling author of *From Junk Food to Joy Food*

elite wellness jackson michigan: Want Cindy Pon, 2017-06-13 Jason Zhou is trying to survive in Taipei, a city plagued by pollution and viruses, but when he discovers the elite are using their wealth to evade the deadly effects, he knows he must do whatever is necessary to fight the corruption and save his city.

elite wellness jackson michigan: Handbook of Sports Medicine and Science, The Paralympic Athlete Yves Vanlandewijck, Walter Thompson, 2011-01-31 This brand new Handbook addresses Paralympic sports and athletes, providing practical information on the medical issues, biological factors in the performance of the sports and physical conditioning. The book begins with a comprehensive introduction of the Paralympic athlete, followed by discipline-specific reviews from leading authorities in disability sport science, each covering the biomechanics, physiology, medicine,

philosophy, sociology and psychology of the discipline. The Paralympic Athlete also addresses recent assessment and training tools to enhance the performance of athletes, particularly useful for trainers and coaches, and examples of best practice on athletes' scientific counseling are also presented. This new title sits in a series of specialist reference volumes, ideal for the use of professionals working directly with competitive athletes.

elite wellness jackson michigan: *Girls with Razor Hearts* Suzanne Young, 2020-03-17 It's time to fight back in this second novel in a thrilling, subversive near future series from New York Times bestselling author Suzanne Young about a girls-only private high school that is far more than it appears to be. Make me a girl with a razor heart... It's been weeks since Mena and the other girls of Innovations Academy escaped their elite boarding school. Although traumatized by the violence and experimentations that occurred there, Mena quickly discovers that the outside world can be just as unwelcoming and cruel. With no one else to turn to, the girls only have each other—and the revenge-fueled desire to shut down the corporation that imprisoned them. The girls enroll in Ridgeview Prep, a private school with suspect connections to Innovations, to identify the son of an investor and take down the corporation from the inside. But with pressure from Leandra, who revealed herself to be a double-agent, and Winston Weeks, an academy investor gone rogue, Mena wonders if she and her friends are simply trading one form of control for another. Not to mention the woman who is quite literally invading Mena's thoughts—a woman with extreme ideas that both frighten and intrigue Mena. And as the girls fight for freedom from their past—and freedom for the girls still at Innovations—they must also face new questions about their existence...and what it means to be girls with razor hearts.

elite wellness jackson michigan: Nursing Professional Development Adrienne E. Avillion, 2015-12-22 Nursing Professional Development: A Practical Guide for Evidence-Based Education Adrienne E. Avillion, DEd, RN Nursing Professional Development: A Practical Guide for Evidence-Based Education is written with the busy professional in mind! It offers nursing professional development specialists, unit-based educators, staff development specialists, and nurse educators a concise, actionable resource for how to structure, teach, and evaluate training programs, using basic best practices in professional development. This how-to guide is grounded in research without bombarding the reader with dozens of citations. Nursing Professional Development: A Practical Guide for Evidence-Based Education offers even the newest staff development professional or unit-based educator quick and easy guidance on the role. This book provides professional development practitioners with simple guidance to help them: Measure the effectiveness of their education and training Understand adult learning principles to appeal to all age groups and all styles of learners Motivate learners, no matter how reluctant Base education on evidence-based practice Every discipline in your facility can benefit from this book. It includes electronic tools and templates that educators can download and immediately incorporate into practice, using them to document and assess their training methods and plan activities based on the different learning styles of their audiences. This book will help you: Implement ideas for dealing with some of the big issues, including getting buy-in, working with different learning styles and professions, and assimilating new technological approaches Teach, evaluate, and use best practices in healthcare professional development Structure, teach, and evaluate training programs Table of Contents Introduction Unit 1: Foundations Chapter 1: Evolution of Nursing Professional Development Chapter 2: Departmental Structure Chapter 3: The Evolving Roles of the Nursing Professional Development Specialist Chapter 4: Using History, Politics, and Healthcare Trends to Prepare for the Future Unit 2: Teaching Adults Chapter 5: Principles of Adult Learning Chapter 6: Identifying Learning Styles Chapter 7: Teaching Multigenerational Learners Unit 3: The Evidence-Based Department Chapter 8: Elements of an Evidence-Based Practice Nursing Professional Development Department Chapter 9: Using Evidence as a Basis for All Nursing Professional Development Activities Chapter 10: Assessing the Effectiveness of Education Unit 4: Teaching Strategies Chapter 11: Selecting the Proper Teaching Methodology Chapter 12: Resourceful Teaching Strategies Chapter 13: Meeting the Needs of Novice to Expert Learners Unit

5: Nursing Professional Development Challenges Chapter 14: Managing Resistant Learners Chapter 15: Orientation Chapter 16: Mandatory Education Chapter 17: On-the-Job Training Chapter 18: Continuing Education Chapter 19: Challenges Relating to Preceptor and Mentor Programs Chapter 20: Incorporating Elements of Cultural Diversity in Education Chapter 21: Ethical and Legal Aspects of Nursing Professional Development Practice If you would like to find out about the availability of nursing contact hours on this or any other HCPro nursing book, please visit our Continuing Education information page, here: http://www.strategiesfornursemanagers.com/nursing_contact.cfm

elite wellness jackson michigan: SWAT Fitness Matt Brzycki, Stuart A. Meyers, 2003 Offers information on how to develop the human body through exercise, proper nutrition, and weight management. This book features information on basic anatomy, muscular function, and nutrition that illustrates how the human body functions. It describes the exercise physiology, utilisation of free-weights, machines, and manual resistance.

elite wellness jackson michigan: Basketball Sports Medicine and Science Lior Laver, Baris Kocaoglu, Brian Cole, Amelia J. H. Arundale, Jeffrey Bytowski, Annunziato Amendola, 2020-10-05 This book is designed as a comprehensive educational resource not only for basketball medical caregivers and scientists but for all basketball personnel. Written by a multidisciplinary team of leading experts in their fields, it provides information and guidance on injury prevention, injury management, and rehabilitation for physicians, physical therapists, athletic trainers, rehabilitation specialists, conditioning trainers, and coaches. All commonly encountered injuries and a variety of situations and scenarios specific to basketball are covered with the aid of more than 200 color photos and illustrations. Basketball Sports Medicine and Science is published in collaboration with ESSKA and will represent a superb, comprehensive educational resource. It is further hoped that the book will serve as a link between the different disciplines and modalities involved in basketball care, creating a common language and improving communication within the team staff and environment.

elite wellness jackson michigan: How Effective Is Correctional Education, and Where Do We Go from Here? The Results of a Comprehensive Evaluation Lois M. Davis, Jennifer L. Steele, Robert Bozick, Malcolm V. Williams, Susan Turner, Jeremy Miles, Jessica Saunders, Paul S. Steinberg, 2014-02-28 Assesses the effectiveness of correctional education for both incarcerated adults and juveniles, presents the results of a survey of U.S. state correctional education directors, and offers recommendations for improving correctional education.

elite wellness jackson michigan: Dun's Regional Business Directory, 2006

elite wellness jackson michigan: The Trial of Lizzie Borden Cara Robertson, 2020-03-10 WINNER OF THE NEW ENGLAND SOCIETY BOOK AWARD In Cara Robertson's "enthraling new book," *The Trial of Lizzie Borden*, "the reader is to serve as judge and jury" (The New York Times). Based on twenty years of research and recently unearthed evidence, this true crime and legal history is the "definitive account to date of one of America's most notorious and enduring murder mysteries" (Publishers Weekly, starred review). When Andrew and Abby Borden were brutally hacked to death in Fall River, Massachusetts, in August 1892, the arrest of the couple's younger daughter Lizzie turned the case into international news and her murder trial into a spectacle unparalleled in American history. Reporters flocked to the scene. Well-known columnists took up conspicuous seats in the courtroom. The defendant was relentlessly scrutinized for signs of guilt or innocence. Everyone—rich and poor, suffragists and social conservatives, legal scholars, and laypeople—had an opinion about Lizzie Borden's guilt or innocence. Was she a cold-blooded murderess or an unjustly persecuted lady? Did she or didn't she? An essential piece of American mythology, the popular fascination with the Borden murders has endured for more than one hundred years. Told and retold in every conceivable genre, the murders have secured a place in the American pantheon of mythic horror. In contrast, "Cara Robertson presents the story with the thoroughness one expects from an attorney...Fans of crime novels will love it" (Kirkus Reviews). Based on transcripts of the Borden legal proceedings, contemporary newspaper accounts, unpublished local accounts, and recently unearthed letters from Lizzie herself, *The Trial of Lizzie Borden* is "a

fast-paced, page-turning read” (Booklist, starred review) that offers a window into America in the Gilded Age. This “remarkable” (Bustle) book “should be at the top of your reading list” (PopSugar).

elite wellness jackson michigan: Secret History of the Wild, Wild West Daniel J. Duke, 2022-06-07 • Offers evidence from Jesse James’s secret encoded diaries • Examines Jesse James’s close ties with other notorious outlaws, such as Johnny Ringo, Jesse Evans, and Billy the Kid • Shows how Jesse James was related, by blood or marriage, to powerful people in law enforcement and politics, including the elite families behind the Copperheads and the Knights of the Golden Circle organizations Jesse James and many other Old West outlaws were much more than just wild cowboys. As author Daniel Duke--the great-great-grandson of Jesse James--reveals, James and other infamous outlaws were part of a larger organization, centuries old, that has affected U.S. history from the small, rural streets of early America to the highest levels of the nation’s government, with continuing influence to this day. Drawing on his great-great-grandfather’s secret diaries, Duke unravels the hidden history of the Wild West to expose the outlaws, politicians, and secret societies who were pulling strings behind the scenes. He examines Jesse James’s close ties with other notorious outlaws, such as Johnny Ringo, Jesse Evans, and Billy the Kid, and demonstrates not only how James faked his death and lived out his life under an alias, but how Billy the Kid did the same. He also details how both Jesse James and Billy the Kid continued their work for the nameless organization after their faked deaths. Exploring how Jesse James was related, by blood or marriage, to powerful people in law enforcement and politics, Duke details James’s connections to the Baylor family, who founded Baylor University in Waco, Texas, and other elite families who were instrumental in founding and leading the Copperheads and the Knights of the Golden Circle organizations before, during, and after the Civil War. The author shows how Jesse James was connected to former U.S. presidents Lyndon Baines Johnson and Harry S. Truman as well as LBJ’s man in the shadows, Texas mob figure Billie Sol Estes. Exposing the secret agenda behind the outlaw gangs of the Wild West, Duke also reveals the stealthy war between the secret organization and its opposition that has been waged in the shadows for centuries.

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