



FITSTOP FORUM

October
2016

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Hi, Everybody! Fall is finally here and this is my most favorite time of the year! One of the reasons adding to my joy this month is our 5 Week Fall FitStop Boot Camp that will be coming up October 17th. If you are thinking about joining us, give it a go, because I know you will be glad you did! I hope to see some new faces this season along with our trusted and true boot campers. The more the merrier! See below and see the attached for details. On another note, I would like to remind anyone who wishes to honor the life of our former FitStop member and a really great woman, Marian Shoenheit, by attending her memorial service; the service will be held on October 15th at St. Anne's Catholic Church at 10:00. A reception at the Bellevue Country Club will follow at noon. I will be attending the reception at noon. Let me know if you plan to go. Have a great fall season! Kathy



CELEBRATING YOU!

October Birthdays:

- 10/08 Eric C.
- 10/15 Francine P.
- 10/16 Larry F.
- 10/23 Margaret C.
- 10/24 Kate F.
- 10/26 Mary G.
- 10/28 Anil V.
- 10/28 Kerry L.

Welcome New Members:

We would like to welcome new members Nick D., and Brittany & Jacob B. We are so happy to have you here with us!!

REFER-A-FRIEND

Any current member who refers a friend who signs up for a 12-month Basic or Select membership will receive a \$50 Visa gift card for the referral!

5 Week FitStop Bootcamp:

When: Monday, October 17 through Friday November 18. (Mon/Tues/Thurs & Fri only).

Time: 6:30am – 7:30am

Price: \$399.00 for FitStop members and \$480.00 for non-members.

FitStop members receive a Refer-a-Friend prize (\$50.00 Visa Gift Card) for any non-member friend you refer that signs up

for the program. This 5 week boot camp will have a heavy emphasis on flexibility, balance and range of motion as two of the days each week will be focused solely on yoga and Pilates like movements. The other two days, we will spend the first 45 minutes of each session engaged in various circuit workouts consisting of strength and/or cardio exercises; always followed by and concluding with 15 minutes of stretching, relaxing and rebalancing our muscles. **Another benefit:** Not only will you also receive a **free** copy of our FitStop Healthy Food Swap manual, this is also a great opportunity to get your self in shape before the Holidays! **Please Register with me by Monday, October 10th!!!**

Re-Think It and Move It:

Those who opt for the couch over the treadmill, be warned! Inactivity can result in smaller brains later in life according to an article in IDEA Fitness Journal. Researchers sought to draw links, if any, between low fitness levels, unhealthy heart rate and blood pressure scores and brain health. They looked at the records of 1,094 men and women who did not present with dementia or cardiovascular disease. Each participant completed a treadmill test and an MRI at about age 40 and again nearly 20 years later. At study completion, participants with poorer fitness, heart rate and blood pressure scores were also more likely to have smaller total cerebral brain volume.

Consequently, the researchers emphasized the importance of being physically active to enhance brain function.

Another study showed that just because a person exercises for a half hour or so doesn't mean they can be sedentary the rest of the time. Despite increasingly wide spread knowledge of the benefits and importance of regular physical activity, one study found that most adults simply aren't moving, mostly because they are working in a seated position. We have to get up and get moving throughout the day to maintain good health. The Ball State University team suggested that adjusting daily behaviors like standing up when speaking on the phone or visiting a co-worker's desk instead of sending her an e-mail can lead to positive results.

Save the Date!:

Mark your calendars for Monday December 12th! That is the date for our annual Holiday Party at Barbagallo's Restaurant. More details to come in next month's news letter!

Something to think about:

"If your ship doesn't come in, swim out to it!"

_____Jonathan Winters

"Opportunities are usually disguised as hard work, so most people don't recognize them."

_____Ann Landers

ANY NEWSLETTER IDEAS? Let me know if you have an idea to share with our members or if you would like to promote something that our members may be interested in. **ANY WEBSITE UPDATES?** If you would like to add or update your own personal FitStop fitness testimonial at Kathysfitstop.com, please email your story to me at kathysfitstop@aol.com.