



FITSTOP FORUM

December
2015

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Hi, Everybody! The Holidays are upon us and 'tis the Season to think about helping those in need. If you would like to help families in need keep warm this winter you can donate NEW mittens, gloves, hats, scarves, socks, and blankets for men, women, and children (or gift cards for such items). These items will be distributed to the needy at Cornerstone Christian Church on Sunday, December 20th along with a hot meal of chili and cocoa. All donations can be placed in the labeled bin on the bench in the hallway at the FitStop by December 18th. Thank you for helping us help our neighbors in need to stay warm and well fed this holiday season! Happy Holidays to all!

CELEBRATING YOU! December Birthdays:

- 12/04 Patricia D.
- 12/12 Joe F.
- 12/12 Melissa C-O.
- 12/14 Vicki M.
- 12/19 Kimberly F.
- 12/20 Kathy B.
- 12/23 Pam S.
- 12/24 Marian S.
- 12/27 Usha S.
- 12/27 Patty A.

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!

Flavor Toolbox:

Many restaurants are trying to focus less on what to leave out and more on what to put in. The idea is to be healthfully balanced and lower in sodium and detrimental fats but high in nutrient-rich ingredients and flavor. Take a tip from health-minded restaurants:

- **Using herbs to gain a flavor advantage.** Savory herbs (basil, dill, thyme, sage, & parsley) give a powerful accent to even familiar foods allowing for less use of salt.

- **Balancing the acidity in food.** Citrus juices, vinegars, and wines have sharp, bright flavors that can replace salt and excess fats.
- **Spicing it up.** Blended spices in rubs and marinades pack a powerful taste punch, bringing out surface flavor and caramelization while the food is being grilled or seared. This distraction helps the palate not to notice that the dish is lower in salt and fats.
- **Adding natural sweetness.** That means incorporating the naturally sweet taste of fruit, fruit juices, and honey in appropriate combinations. When meat and produce are roasted, grilled, and smoked, caramelization brings sweetness and intensifies aroma and flavors.

Still Looking for Holiday Gift Ideas?

We are pleased to announce the availability of Ginz Tonix® 100% natural skincare products created by our own wellness coach, Ginnie O'Brien. Ginz Tonix includes lip & body balms, deodorants, body oils, and body powders for men, women, and babies. Every product is made fresh with all-natural fragrances and without any harmful chemicals. We also still have the dpl light pads and hand held lights available. And, don't forget, we also offer FitStop gift certificates for sessions on the Migun Massage Energy Table as well as FitStop memberships, classes, and training sessions for any dollar amount. If you are ready to shop, see Kathy or Ginnie for more information!

Something to think about:

If you prepare for old age, old age comes sooner.

_____Anon
Give the world the best you have and the best will come back to you.

_____ Madeline Bridges
Sweat + sacrifice = success.

_____ Charles O. Finley

Come Join Us
FitStop Celebration Anniversary/Holiday party
Come casual or dressed for a party.
We are having a cash bar and lots of food!
FOR: Members Of Kathy Caiello's Fitstop. Feel Free To Bring A Guest!
WHERE: Barbagallo's Restaurant - Diamond Room (Cash Bar)
WHEN: Monday, December, 14th From 5:30pm - 8:30pm
New This Year "The Magic of Virgil" 6:30 - 7:30
SEE YOU THERE!
315.415.4043
kathysfitstop.com

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.