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FITSTOP FORUM

April
 2014



Hi, Everybody! Spring has finally sprung!!! We have a little treat for you to help you get into the new season; an exclusive gift for FitStop members. Linda Oboyle (Tim's wife) and owner of Metro Home Style, a home accessories and gift boutique in Franklin Square, has given FitStop members \$10 gift certificates to the store. Use the certificates on any purchase. Choose from gourmet items, bath & body products, jewelry, home accents and more. See me (Kathy) if you would like one! Oh, and one more thing.... Summer will be coming soon and so will our Summer Combo Boot Camp! Details to follow next month!!

CELEBRATING YOU!

April Birthdays

- 4/05 Ruth L
- 4/07 Mary y
- 4/09 Mary O
- 4/11 Pat F
- 4/13 Jill V
- 4/19 Kimberly H
- 4/20 Bill A
- 4/22 Reina C
- 4/23 Wilbur A
- 4/24 Steve M
- 4/25 Fred G / Mark M
- 4/28 Angela D

WELCOME, NEW MEMBERS!

Welcome this month two of our newest members, Carol Ann F, and Sasha H. We are happy to have you with us!

SPRING FLING!

Thanks to all the gals who gathered at Kristi's house to celebrate spring (even though it wasn't here yet). Much fun and food was had by all! If you missed out, no worries, a Summer Fling is in our future!

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!

Did you know that one of our own personal trainers, Gerard Rios, is also an acupuncturist?

We are all invited to an Open House at his new location. → → →



The Concordia Group Wellness Centre

Mind Body Spirit

Experience a True Wellness Centre dedicated to integrated holistic wellness care provided by trained caring practitioners.

Come join us for our Grand Opening!
Open House Weekend
Friday April 11, 2014 4pm to 8pm
Saturday April 12, 2014 11am to 3pm

Meet our Coaches, Consultants and Practitioners:
 Dr. Nicole Forrester PhD. - Life and Relationship Coach
 Gerard Rios L.Ac. -Acupuncturist
 Jillian Rehman - Reiki Practitioner
 April Ward MSN - Women's Health Specialist and Herbalist
 Laurie Palmiero Wilde MS, CCN - Nutritional Consultant
 And as part of our comprehensive care:
 Massage Therapy and Chiropractic

- Enjoy Free consultations
- Mini massages
- Hors d'oeuvres
- And enter to win prizes
- Including
- *A \$1000 Life Coaching Package
- *Acupuncture Treatments
- *Nutritional Counseling
- *Women's Health Consult

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This Simple Exercise Reduces Breast-Cancer Risk: According to an article in the January 2014 IDEA Fitness Journal, several studies have shown a positive association between regular exercise and reduced risk of certain types of cancer. Now, a study from the American Cancer Society has determined a link between walking and reduced breast cancer risk in postmenopausal women. The researchers learned that the most active women had a 25% lower risk of breast cancer than the least active women. Lower risk was observed in women who reported walking >7 hours/week versus those who walked <3 hours/week. So ladies, let's keep walking! And don't forget to join us next month for the 2014 Race for the Cure!

Did you know that dancing can help to fend off Alzheimers? Well it can, according to an article written by Chris Woolston M.S., in Health Day News for Healthier Living. No cure has been found yet for Alzheimers, but if you are worried about the possibility of getting the disease, your doctor may give you an unexpected prescription to help prevent it such as taking a language class or some dance lessons. She might also have you eat fish twice per week and include curry dishes in your menu. Learning any new activity helps build neural pathways in the brain, which helps keep your mind healthier. It was, however, found that dancing was especially valuable in preventing Alzheimers. Whether it's salsa, rock n roll, hip hop or a waltz, dancing seems to be good medicine. That's great news for all of us who love to dance (Zumba), because it's an activity that is so much fun, and not only makes you physically more healthy, but can also make you smarter as well as help prevent Alzheimers disease..... If you have not tried them yet, see our class schedule for Zumba class times. See you in class!!

ANY NEWSLETTER IDEAS? 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, please contact the FitStop Forum Editorial Investigative Journalism Staff. ☺ Or, just come and tell me (the "space" in the crowd)!

