



# FITSTOP FORUM

April  
2015

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**Hi, Everybody!** Finally! “Welcome Spring”. Believe it or not, it is that time of year again, for a fresh new beginning. So if you have been slacking all winter, do yourself a favor and make a change to recommit to a healthy and fit “rest of the year”. I’d also like to remind and invite everyone to join us next month, May 16<sup>th</sup>, 2015 for the Susan G. Komen, Race for the Cure. Please let me know, if you haven’t already, if you will be participating in the on stage warm up routine. Otherwise, please come join us for the 5k walk/run. The more the merrier! Also...Make a note, that we will be doing another Boot Camp during the month of June. If you are interested (and I hope you are!), in participating for the first time or if you are a veteran Boot Camper and plan to join us again for all the “Fun, Sweat and Tears”, please let me know. Next month’s newsletter will contain all the details of the upcoming Boot Camp. Until then, please feel free to come to me with any questions you may have. Happy Spring!



## CELEBRATING YOU!

### April Birthdays:

- 04/01 Carla R.
- 04/05 Ruth L.
- 04/06 Adele P.
- 04/07 Mary Y.
- 04/09 Mary O.
- 04/11 Pat F.
- 04/20 Bill A.
- 04/22 Reina C.
- 04/23 Will A.
- 04/24 Steve M.
- 04/25 Mark M.
- 04/25 Fred G.
- 04/27 Sattish K.
- 04/28 Angela D.

### Welcome New Member:

Kathy T. We are so happy to have you 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!

**Sugar or Salt?:** *Which plays a greater role in high blood pressure and cardiovascular disease?* If your answer to the question was salt, you are wrong according to authors of a study in the online journal *Open Heart*. Added sugars, particularly fructose,

in processed foods are likely to have a greater role in high blood pressure, heart disease and stroke than added salt. The average American consumes 24 to 47 teaspoons of added sugars per day. This is well above the recommended daily intake of 6 teaspoons for women and 9 teaspoons per day for men. The average reduction in blood pressure achieved by restricting salt intake tends to be relatively small. On the other hand several studies implicate sugars, particularly fructose, as playing a major role in the development of hypertension and may contribute to overall cardiovascular risks. Most salt in the diet comes from processed foods, which also happens to be a rich source of added sugars. Just as most dietary sodium does not come from the salt shaker, most dietary sugar does not come from the sugar bowl. So reducing consumption of processed foods would be a good place to start. The study emphasized that naturally occurring sugars found in fruit and vegetables are not harmful to health.

**Pre and post workout fuels:** According to the March issue of IDEA Journal, pre-workout nutrition is all about carbohydrates for exercise performance. The key word is energy. Though minimally processed bars and drinks are popping up everywhere, I prefer to recommend products that use nuts, seeds, dried fruits, whole grains and vegetables. For powerful pre-workout fuel, consider fruit, cereal, toast with nut butter or eggs or fruit based smoothies. All nut butter

seem to be good choices; especially all natural (no sugar added), peanut butter which has more protein than any other nut butter, contains over 30 essential nutrients and is naturally cholesterol free. Post-workout nutrition has three purposes: Replenishing glycogen, increasing protein synthesis and decreasing protein breakdown. In one word: RECOVERY! As to beverages, chocolate milk is a surprising recovery choice. Chocolate milk can aid in reducing muscle damage and replenishing muscle glycogen, (which gets depleted after exercise if you do not refuel properly). Most important however is consuming protein to start the recovery process as soon as possible after a workout or training session helps to rebuild muscle tissue. Research shows that 20 grams of protein is the right amount to stimulate post-exercise muscle protein synthesis for most individuals.

### Something to think about:

Sometimes success is due less to ability than to zeal. —Charles Buxton.

A man can succeed at almost anything for which he has unlimited enthusiasm. —Charles M. Schwab.

We can accomplish almost anything within our ability if we but think that we can! —George Matthew Adams.

**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](mailto:kathysfitstop@aol.com).