



# FITSTOP FORUM

April  
2016

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Hi, Everybody! Spring is a great time for updating, and that is what we did. We recently had a camera and an extra light installed in our parking lot as well as got all updated with TWC! Whew!! Just remember to use the #'d remote that corresponds to each television, especially for channel changing! We also added a link to Susan Brown's supplements on Kathyfitstop.com (click on **Alkaline for Life** link on the left hand side of the home page) so that you can order products from that site if you wish. Remember that you can also schedule a free 15 minute consultation on supplements with her by calling 437-9784. **Mark your calendars for our upcoming Summer Boot Camp beginning Monday, June 6<sup>th</sup> through Friday, July 1<sup>st</sup>** from 6am-7:30am on Mon, Tue, Thu, & Fri each week. More details to come in next month's newsletter. Contact me with any questions. Until next time, Happy Spring!



## CELEBRATING YOU!

### April Birthdays:

- 04/03 Michelle L.
- 04/05 Ruth L.
- 04/07 Mary Y.
- 04/09 Mary O.
- 04/12 Debbie S.
- 04/24 Steve M.
- 04/25 Mark M.
- 04/25 Fred G.
- 04/27 Satish K.
- 04/28 Angie D.

### Welcome New Members:

We would like to welcome new members Debra A, Jared C, Sherri D, and Nancy F, to our club. 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!

### Race For the Cure-Coming Up!

The Susan G. Komen Race for the Cure will be on Saturday **May 14<sup>th</sup>**, at the New York State Fair Grounds. To register on our team, go to [komencny.org](http://komencny.org), click on Events, select Race for the Cure, Register and follow the prompts to Kathy Caiello's FitStop team. **If you're on the warm-up team, be sure to order your t-shirt a.s.a.p.**

### Painting with a Twist (Purpose):

We all had a great time with Painting with a Twist last Friday night. I never realized how many budding artists we have at the FitStop!! We raised \$1,100.00 for Vera House! What a great way to Paint with a Purpose!! Looking forward to doing this again sometime this year!



### Quick and Easy Stress Relief:

We know that just about every one is short on time and long on stress. So, we have come up with a solution to give you a healthy, time-efficient, stress-reducing treatment that will leave you relaxed and refreshed without cutting into your busy schedule. I am pleased to announce that **you may now purchase 15-minute sessions on the Migun Energy Table for \$25 each.** You can still do the 30-minute treatments but they are now \$50 each so that you can use them in one session or use them for two 15-minute sessions. FYI, this is an unbeatable value in the Central NY area where acupuncture and acupressure can run as high as \$95 per session, or a 30-minute lymphatic massage can be \$45 to \$70. A routine chiropractic visit can be

\$35 while an infrared sauna can treatment add \$20 for 30 minutes and an LED light therapy facial can cost \$100 for a 15-minute treatment. Our Migun Energy table does ALL of these services simultaneously – saving you hundreds of dollars and many hours of time for the same benefits.

### Eat Well, Eat Peanuts!:

According to an article written by The Peanut Institute, about a handful of peanuts eaten five or more times a week can cut the risk of heart disease in half. Even eating peanuts twice a week can reduce your risk of heart disease by 20%. Peanuts, peanut butter, and peanut oil are filled with heart healthy fats. These fats lower total and bad (LDL) cholesterol and triglycerides while keeping good (HDL) cholesterol high. When peanuts are included in a diet as a protein source, studies show that blood pressure is lowered; which also may benefit heart disease risk. Since peanuts have a unique mix of functional components, vitamins, and minerals that help the body prevent heart disease, adding a small amount of peanuts to your diet can have preventative effects similar to that of certain prescription drugs. So do yourself a favor and continue to enjoy peanuts and peanut butter each day.

### Something to think about:

“The greatest mistake you can make in life is; continually fearing that you will make one.” \_\_\_\_\_ Elbert Hubbard

“Worry does not empty tomorrow of its’ sorrow, it empties today of its’ strength.” \_\_\_\_\_ Corrie Ten Boom (Holocaust Survivor)

**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](http://Kathysfitstop.com), please email your story to me at [kathysfitstop@aol.com](mailto:kathysfitstop@aol.com).