



# FITSTOP FORUM

April  
2017

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Hi, Everybody! Spring is finally here and I like to think of it as a time for new beginnings. It's a great time to renew your commitment to a healthier lifestyle. To motivate you, I would like to offer you a free mini health/fitness assessment to help you set goals for starting a healthier lifestyle. See below for details!! **ATTENTION ALL MEMBERS:** Coming up next month on Saturday May 6<sup>th</sup>, we will be holding a mini seminar with Arbonne consultant Gina Carr at our club. She will be set up at a table all morning with certified vegan, gluten free and all natural health and skin care products for your entire family to demonstrate and to answer any questions you may have about these items. Please feel free to invite your friends and family to come and check it out! **Also**, keep in mind that our Summer Combo Boot Camp begins Monday June 5<sup>th</sup>. More on that next month! Happy Spring and stay well!

## CELEBRATING YOU!

### April Birthdays:

- 04/01 Mary Lee H.
- 04/05 Ruth L.
- 04/07 Mary Y.
- 04/09 Mary O.
- 04/18 Wendy L.
- 04/24 Steve M.
- 04/25 Fred G.
- 04/27 Satish K.
- 04/28 Angie D.

### Welcome New Members:

We would like to welcome new members Theresa E., Lisa V. and Gabi H. to the FitStop. We also want to welcome back Chris C. and Wendy M. We are so happy to have you all here!!

### \*\*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!

### Health/Fitness Assessment:

If you are interested in getting a free 15 minute mini health and fitness assessment, please contact me to set up a time to do so. I will first have you fill out a health assessment form. I will then weigh you, measure your body fat, take

your blood pressure, resting pulse and circumference measurements. I will also do a postural assessment. We will record these readings and measurements and they will be kept in your file. If you are interested in doing further fitness testing; we can set up a training session to do so. These tests will include testing for upper and lower body strength and endurance, agility, balance, flexibility for all major muscle groups, cardiovascular endurance, hand eye coordination and core strength. Taking these tests can seriously motivate one to really get on track with your overall fitness. Spring a great time of the year for new beginnings, so think about doing these fitness tests for yourself or for more fun, grab a few friends to join you!

### Tips for Staying Fit:

Last month we gave you 5 of the tips for staying healthy from the 2017 February issue of The Guardian. The following are 5 more that you might consider trying.

**#1. Track your Workouts:** Enter your exercise session into your calendar as an appointment. This way you are more likely to stick to your plan.

**#2. Set one goal at a time:** The biggest mistake is to try to change everything at once. Instead of saying, "I'm going to go to the gym everyday, and stop eating sugar, and go to bed early and stop drinking alcohol." Just say, "I'm going to move more." By setting and achieving one goal at a time, you are more likely to achieve them all.

**#3. Stay hydrated:** Most people are chronically dehydrated. Don't wait until

you are thirsty. Coffee and tea don't count. Keep a filled bottle of water with you throughout the day, so you can track how much you drink.

**#4. Mix up your workouts:** High intensity is great on the days when you are full of energy, but smashing your body every day is not the best solution to a healthy body. Do both high and low intensity and impact and don't forget to stretch and take rest days to allow your body to recover.

**#5. Find a fitness buddy:** Being accountable to someone can really help on those days when you struggle to find motivation. Encouragement, support and maybe a touch of competition could be just what you need.

### Don't Worry, Be Healthy:

New research highlights the power of the mind and the influence of our perceptions on disease chances. Healthy people who worry about having a heart attack have a higher possibility (a 70% higher risk) of having heart disease, independent of other risk factors, compared to those who don't worry according to a 2016 study in BMJ Open. People with health anxiety, known as the "worried well" often have symptoms similar to heart disease. Study authors recommend that health anxiety be properly diagnosed and treated.

### Something to think about:

"To remain young, one must change."  
\_\_\_\_\_ Alexander Chase

"There is nobody who totally lacks the courage to change."  
\_\_\_\_\_ Rollo May

**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).