



FITSTOP FORUM

April
2018

215 W. Manlius St. East Syracuse NY 13057 Phone: 315-214-5466 or 315-415-4043 E-mail: kathysfitstop@aol.com

Hi, Everybody! Alas! The long awaited spring is finally here! This is such a great time for new beginnings in all areas of your life including for making new commitments to your health and well being. If you have been hiding in a “fitness hibernation” over this past fall and winter, **NOW** is the perfect time to come out of that hiding and get back in the game! I know it’s not easy to get back on track if you have been sedentary for a period of time, ([see article below about what happens when you cease exercise](#)), but realize that you will definitely feel better once you’ve taken those first few steps; literally, those first few steps back into the gym! You owe that to yourselves to have a healthy, active body that will serve you in all you do. If you know of friends who have fallen off the fitness track or have never stepped on that “track”, encourage them to get started or get started again. See you soon!



CELEBRATING YOU!

April Birthdays:

- 04/01 Mary Lee H.
- 04/05 Ruth L.
- 04/07 Mary Y.
- 04/09 Mary Ann O.
- 04/22 Reina C.
- 04/24 Steve M.
- 04/25 Fred G.
- 04/27 Satish K.
- 04/28 Angie D.

Welcome New Member! :

We’d like to give a big welcome to our newest member Cyndy P. 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!

Don't Stop Exercising!!:

Stopping exercise can result in depressive symptoms, according to a new mental health research from the University of Adelaide. The study reviewed the effects of stopping exercise in regularly active adults who had each undertaken at least 30 minutes of exercise, three times a week, for a minimum of three

months. “In some cases, ceasing this amount of exercise induced significant increases in depressive symptoms after just 3 days,” says Professor Bernhard Baun, Head of Psychiatry at the University of Adelaide. “Other studies showed that people’s depressive symptoms increased after the first one or two weeks, which is still quite soon after stopping their exercise.” He says the depressive symptoms arising from stopping exercise occurred in the absence of the typical biological markers commonly involved with depressive symptoms. He concludes by saying, “For now, it is important that people understand the potential impact on their mental well being when they suddenly cease regular exercise.”

Egg white-only eaters take notice! : You are shortchanging your muscles by tossing the yolks. A December 2017 study by the American Journal of Clinical Nutrition shows that whole eggs build and repair muscles better than whites alone. That’s important because we all need to maintain our muscle mass to stay active and self sufficient as we age, and muscle burns off more calories, which helps in weight loss (or maintenance) efforts. Both the whites and the yolks are packed with protein. Protein builds and repairs all your tissues. Researchers observed that the amino acids from the eggs (their protein building blocks) entered the bloodstreams of subjects tested and affected muscle tissue. They discovered the muscle-building process was 40% greater in whole egg eaters than in those who had only eaten

whites! Now you may have been told over the years that egg yolks are bad for you because they contain fat and cholesterol. But the fat in yolks is actually heart-healthy, and research shows that dietary cholesterol doesn’t spike blood cholesterol levels in most people. If you have high cholesterol, heart disease or diabetes, you should typically keep your dietary cholesterol below 200mg. a day (about the amount in one large egg). If you’re healthy, that limit moves up to 300mg. a day. But always talk to your doctor if you are concerned. More good news: Yolks contain other important nutrients that aren’t in the whites. They protect your vision because they contain vitamin A and two major antioxidants that reduce the risk of macular degeneration and cataracts. Yolks also contain vitamin D which is needed to move calcium into our bones to keep them healthy. Yolks boost HDL’s (good cholesterol) which protects against heart disease while they increase the particle size of our LDL’s (bad cholesterol); as large, fluffy particles pose a lower risk for coronary heart disease than small ones. And finally, yolks boost brain power because egg yolks are a good source of choline, a nutrient that improves memory, mood, muscle control and other brain functions.

Something to think about:

“There is a time when we must firmly choose the course we will follow, or the relentless drift of events will make the decision for us.”

____Herbert B. Prochnow

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.



FITSTOP FORUM

April
2018

215 W. Manlius St. East Syracuse NY 13057 Phone: 315-214-5466 or 315-415-4043 E-mail: kathysfitstop@aol.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.