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FITSTOP FORUM

August
 2014

Hi, Everybody! I hope all is going well for you this summer. We had a wonderful time at Lisa Q's going away party at Mixers' Grill. Lisa... "We will all miss you very much!"

Okay Gang, I have a request! I would like to ask everyone to please check your shoes/sneakers for mud, dirt and water as you enter the club, or before coming into the fitness areas or bathrooms. Better yet, wear your workout shoes **only** inside the club and use the shoe mats for you outside shoes. It is very dangerous to walk on the bathroom floors, aerobics room floor or treadmills with wet shoes and no one enjoys chunks of mud or dirt on the mats or carpets while working out on the floor.

OOPS! One more request! Please make sure that the back door fully closes when you leave the club. Sometimes the mat gets kicked in the way of the door, preventing it from closing completely, so please make sure it "clicks" shut when you leave. We all appreciate a clean floor and a safe environment so let's keep things clean and safe! Thank you all so much!!



CELEBRATING YOU!

August Birthdays:

- 08/03 Lisa V.
- 08/04 Doreen D.
- 08/07 Mary L.
- 08/09 Carl G.
- 08/10 Laurie V.
- 08/10 Kara R.
- 08/12 Linda B.
- 08/18 Tom C.
- 08/18 Christine G.
- 08/21 Kari D.
- 08/22 Dan B.
- 08/24 Susan R.
- 08/28 Ann H.
- 08/29 Jack S.
- 08/29 Sonja F.

WELCOME NEW MEMBERS!

A great big welcome to our two newest members: Stephen K and Linda S. We are 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!

Science Says...according to an article in the June edition of Fitness Journal, exercise benefits mood and mental health. Experts offer many reasons why exercise impacts our mental health. Most agree it is likely a combination of direct and indirect factors, such as better circulation and reduced inflammation which boosts psychological outlook, and reduced risk factors such as diabetes, high blood pressure, or cardio vascular disease by increasing blood flow and delivery of nutrients and energy.

Exercise also boosts mood by fostering social contact. It diverts negative thinking by focusing thoughts away from inner negative concerns and focusing on the present and with pleasurable experiences. Exercise puts physical stress on one's body and regular exercise increases one's resistance to other forms of stress. Having more physical and emotional strength from consistent fitness training seems to help people adapt better when tough situations occur.

People who master a new skill, such as learning a new exercise, improve self-efficacy which leads to higher self-esteem. Exercise can also affect the same neurochemicals as prescription medications do. While exercise may not replace anti-depressant medications, there is significant and growing evidence that it can be a valuable adjunctive therapy particularly for people with severe symptoms.

Did You Know? Plants can be a great source of protein. For example, while broccoli contains beta carotene, zinc, and selenium that helps strengthen the immune system, one cup of broccoli also provides 6-7 grams of protein. Quinoa is a relative of beets and chard, and cooked quinoa provides 9 grams of complete proteins per cup. Green peas are loaded with disease-fighting compounds, and one cup serving of cooked green peas contains 9 grams of protein. Lentils which come in many varieties are low in fat and high in fiber. One cup of lentils has 18 grams of protein. So, dig in & eat your veggies! ☺

Get your Greens On! Here is one of my favorite recipes for healthy greens. It's simple, delicious and nutritious. First of all, pick your favorite greens, either swiss chard, kale, escarole, spinach or mixed greens of any sort. If you don't have a favorite, don't worry, they all taste equally good. Next, sauté the greens in olive oil with minced garlic, heirloom tomatoes (cut in half) and raisins. I like to season the greens with "Wegman's Garlic Herb Seasoning" to finish it off. Stir and serve. Believe it or not, it's yummy!!

Just a reminder! If any of you would like to add or update your own personal FitStop fitness testimonial or FitStop experience as a member, to our website at Kathysfitstop.com, please email your story to me at Kathysfitstop@aol.com. I would love to post them!!!

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)!

