



FITSTOP FORUM

August
2015

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Hi, Everybody! I hope you are all enjoying a wonderful summer. I am very excited about a new pain relief/natural healing product that I have recently purchased. I actually purchased 2 deep penetrating light (dpl) systems; One hand held and one flex pad that can ease your day-to-day pain and assist with injury recovery as well as help with many other conditions. This FDA cleared technology uses red and infrared light to reach deep tissues, stimulate cellular repair and increase circulation. This enhances healing and pain relief naturally. These units will be available to use on a first-come first-serve basis for \$20.00 per 20 minute session. These units can also be purchased if you decide you would like one for home use. See me for more information on the benefits, usage instruction and cost. Give them a try, they really do help. I hope you all have a safe, healthy and happy rest of the summer!!



CELEBRATING YOU!

August Birthdays:

- 08/04 Doreen D.
- 08/06 Kenia D.
- 08/09 Carl G.
- 08/10 Laurie V.
- 08/10 Kara R.
- 08/12 Linda B.
- 08/16 Becky J.
- 08/18 Tom C.
- 08/18 Christine G.
- 08/19 Maria R.
- 08/21 Kari D.
- 08/22 Dan B.
- 08/24 Susan R.
- 08/29 Sara H.
- 08/29 Jack S.
- 08/29 Sonja F.
- 08/31 Jim F.

Welcome New Member:

Dede B. and Michele B. We are so glad to have you 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!

Fit to Travel: Why don't more people exercise while traveling? Maybe, because what is easy to do, is also easy not to do. Traveling doesn't have to throw us off track. You just need to focus

on 3 key components according to an article in the August edition of IDEA Fitness Journal. Those components are body awareness/posture, movement and nutrition. It is possible to improve posture, increase mobility and reduce stress at the same time while traveling. Memorize some key posture and movement tips such as: Sit or stand with a tall spine, keep neck long and retracted, close your eyes and take 5 deep breaths. Do shoulder, ankle and wrist rolls. Tilt and turn the head right and left. Tilt pelvis forward and back and let's not forget to tap those toes! Here are some simple exercises you can do if you are staying in a hotel: Squats, lunges, standing side and front leg lifts, planks, hip circles, partial or full roll ups to the floor, heel raises and incline push ups against the counter or sink. You can also pack along some exercise tubing for more resistance exercises; see your trainer for proper instructions. If you are traveling in an airplane you run the risk of developing DVT, deep vein thrombosis, so here are a few exercises you can do to keep the blood flowing while you are still seated: calf raises, ankle rolls, or just march your feet in place. You can contract and release leg muscles by keeping feet planted on the floor and lightly pushing feet forward/apart or inward without any movement of the feet or legs. Standing up and walking on the plane when you can is the next best way to avoid deep vein clots. Practicing these key tips can help your body feel better while traveling.

Reap the Rewards of Water Workouts:

There are so many benefits to training in the pool. Besides providing a low impact environment, water workouts offer resistance that works muscles from all angles. Here are some more reasons to train in the pool: It's a great way to cross-train and reach fitness goals in new ways. Hydrostatic pressure aids aching joints making aquatic activities beneficial to those who suffer from inflammatory diseases. A deep water study showed that participants burned an average of 9.8 calories per minute, which is equivalent to walking or running at a pace of 10-11 minutes per mile. A 10 week course of cardiovascular water exercise, in another study, reduced blood pressure in patients with essential hypertension. Lastly, another study found in the July-August edition of IDEA Fitness Journal found that fibromyalgia patients involved in aquatic exercise experienced a significant decrease in pain and depression. So jump in! Everybody in the pool!!

Quick and Easy Healthy Treat: Here's a great frozen treat I saw on "The Chew," that you can enjoy for breakfast or anytime: Cut a banana in half and put a popsicle stick in the flat end. Dip in yogurt then roll in a mixture of old fashioned raw oats, coconut and cinnamon. Freeze and Enjoy!

Something to think about:

It doesn't hurt to be optimistic. You can always cry later.

_____Lucimar Santos de Lima
I am happy and content because I think I
am. _____Alain Rene Lesage

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.