



# FITSTOP FORUM

August  
2016

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Hi, Everybody! I hope you are all staying active and enjoying your summer. As you are aware, my entire family has had to deal with a great amount of grief due to the loss of my dear brother in law, John Moseley last month. I would like to heartily thank each and every one of you for all the love and support you have shown to me and especially, to my sister Carm. The following is a message that she has asked me to share with you all: *“Dear FitStop Friends, I want to thank you all for the heartwarming generosity that has been graciously given to me. I am so grateful and blessed for all the prayers, thoughts, love, food and financial support that have been lavished upon me. I appreciate you all so very much! God Bless, Carm.”* I would like to add that you are the kindest, most generous, members that any club owner could ever have the honor of being a part of. You truly are the best!!

## CELEBRATING YOU!

### August Birthdays:

- 08/04 Doreen D.
- 08/09 Carl G.
- 08/10 Laurie V.
- 08/12 Michelle B.
- 08/12 Linda Y.
- 08/16 Becky J.
- 08/16 Wendy V.
- 08/18 Tom C.
- 08/18 Christine G.
- 08/21 Kari D.
- 08/22 Dan B.
- 08/24 Susan R.
- 08/29 Sonja F.
- 08/29 Sara H.
- 08/29 Jack S.

### Welcome New Member:

We would like to welcome new member Joanne D. 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!

### Hydration and Health:

According to an article in the July/August edition of IDEA Fitness Journal, if you are a poor hydrator two new studies may convince you to dive in and figure

out a way to keep yourselves hydrated. Mild dehydration can impair vascular function nearly as much as smoking a cigarette. Results indicate that dehydration levels, even mild dehydration in young, healthy males, play a role in the risk of cardiovascular disease. Researchers have found a connection between minor dehydration and the dilation and constriction of the inner lining of blood vessels. It plays a critical role in cardiovascular health. You could be mildly dehydrated without knowing it while you have blood vessel impairment similar to smoking a cigarette. And the degree of dehydration when these changes occur is less than 2% dehydration which is around the threshold when people start to get thirsty. In addition, drinking just 1 to 3 more cups of plain tap water per day can decrease total caloric intake, lower sodium intake, decrease sugar intake, and lower cholesterol consumption. **SO DRINK UP!!!**

### Produce over Prozac:

According to the World Health Organization, 350 million people of all ages suffer from depression. What if following a specific healthy dietary pattern could protect our minds? According to researchers, depression could be linked to nutrient deficits. Preventing the onset of depression could be as simple as keeping to a

Mediterranean diet or other nutritious lineup rich in fruit, vegetables, legumes, nuts and omega-3 fatty acids but sparing in processed meats and only moderate alcohol intake. Researchers say, “Even a moderate adherence to these healthy dietary patterns was associated with an important reduction in the risk of developing depression.” For example, here’s a tasty and colorful salad that is an excellent source of vitamin C, potassium, vitamin B-6; naturally low in sodium and cholesterol and fat-free and gluten-free.

### Mediterranean Sun-Kissed Savory Salad:

- 3 lbs. fingerling potatoes (boiled and cooled)
- 4 sundried tomatoes in oil (drained and chopped)
- ¼ cup crumbled feta cheese (optional)
- 5 cups spinach or lettuce
- 2 Tbsp balsamic vinegar (optional)
- ¼ cup olive oil
- 1 tsp salt
- Pepper to taste

### Something to think about:

“There is no man that imparteth his joys to his friends, but he joyeth the more; and no man that imparteth his griefs to his friends that he grieveth the less.

\_\_\_\_\_ Francis Bacon

Actions, not words, are the true criterion of the attachment of friends.

\_\_\_\_\_ George Washington

**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).