



# FITSTOP FORUM

August  
2017

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Hi, Everybody! I hope you are having a relaxing and enjoyable summer! This has been so far, a very wet and humid season and since we are sweating more with the humidity being so high, we all need to make sure to stay well hydrated. A good rule of thumb is to try to drink 1/2 your body weight in ounces of water per day. It's also a great idea to start that hydration process first thing in the morning as soon as you wake up. Down a full 16 or 24 ounce bottle of water as soon as you get out of bed. That will give you a good jump start on your daily hydration needs as well as replace your fluid loss overnight. Also, be sure to save the date for our upcoming "Memory Loss Prevention" seminar Saturday, October 21<sup>st</sup> at 10:00 a.m. with Lisa Sonneborn here at the club. Details on that to come... . Enjoy this time as summer is always too short!! Stay healthy and happy and I'll see you at the club!



## CELEBRATING YOU!

### August Birthdays:

- 08/04 Doreen D.
- 08/07 Marcy G.
- 08/09 Marrienne L.
- 08/09 Carl G.
- 08/10 Laurie V.
- 08/11 Debbie P.
- 08/12 Michelle B.
- 08/12 Linda Y.
- 08/16 Becky J.
- 08/18 Tom C.
- 08/18 Christine G.
- 08/21 Kari D.
- 08/22 Barb S.
- 08/22 Dan B.
- 08/29 Jack S.

### Welcome Back Member! :

Welcome back Joanne A. We are so happy to have you back with us again!

### \*\*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!

**Switch it up! :** Most of us are creatures of habit when it comes to our fitness routine. According to an article written by Rachel Douglas in the July 2017 issue of News letter Station, we find something we like, so we

stick to it. Yes, any exercise is better than none, but it's also important to make sure you are reaping all the potential benefits by adding a little variety. *(I love this article because it goes along very well with my own philosophy of continuous cross training).* The more you do something, the easier it becomes. By changing up your routine, you may be gaining benefits that you didn't even know were there. Here are 4 reasons why it's important to switch up your fitness routine:

- #1. Breaking through Plateaus;** There is nothing more frustrating than hard and consistently at something, but not getting the results that you want. You can try adding more weights or increasing your speed, reps or just trying a new class.
- #2. Injury prevention;** Muscles, joints and ligaments need an opportunity to heal. By doing the same routine for each workout, you are putting your body through the same stress repeatedly. This doesn't allow for proper recovery time, which increases your chances of getting hurt.
- #3. Have a well balanced physique;** unless you are a professional athlete training for a specific sport, it is best as a recreational exerciser to do a little bit of everything. This way you will be building a strong heart and muscles. You'll look great and physically be able to take on different sports and activities.
- #4. Get excited about exercise again;** If you're counting down the minutes left in your workout before it has even started, it's definitely time to change things up. The best way to stay committed to exercise is by enjoying what you are doing. It might take a little trial and error to find, but don't

give up. Finding a physical activity that you're excited about is the secret to long term success. You need to enjoy the process, not just the results. Here are a couple of key factors when it comes to exercise; **consistency** and **timing**. You need to stick with a routine to see results, but not for too long where you are no longer challenging your muscles. A big part of exercise adherence is maintaining that enjoyment and drive. Our bodies are smart and over time, adapt to the stress that we inflict on them. You want to shock your muscles and keep your body guessing in order to continue to get those results that you have always wanted. Change it up so you'll love it!

### Healthy Banana Muffins:

Here is a great recipe that can be gluten free as well if you trade out the whole wheat flour for oat flour or almond flour. Try it!! Pre heat oven to 375\*, combine 2 C. whole wheat or almond or ground oat flour, 2 tsp baking powder, 1 tsp baking soda, 1 tsp cinnamon, 1/4 tsp salt, and 2 tsp flax seeds (optional). In a separate bowl, whisk together 2 bananas, peeled and mashed, 1/2 C. apple sauce, 1/2 C. honey or organic agave, 1/4 C. olive oil, 1/4 C. almond milk, and 1TbLs. vanilla. Combine wet and dry ingredients and fill greased or lined muffin tins with 1/4 C. of the mixture. Bake 15-20 minutes or until tops have browned. The inside will be moist and yummy. Great for breakfast or as a snack!

### Something to think about:

"Kindness is the language in which the deaf can hear and the blind can see."

\_\_\_\_\_Mark Twain

**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).