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FITSTOP FORUM

December
 2014



Hi, Everybody! Since the holidays are upon us, I would like to take a moment to encourage you to try your best to keep up with your workouts and classes as much as possible. You will find that if you do keep working out during this time, you will feel better, have more energy to enjoy the holidays and you'll avoid the temptation of falling off the fitness track. We all know how hard it is to get back on track with our health and nutrition after we have taken even a week or two "off", so do yourselves a favor: honor the gift of your body and take care of your health the best way you know how, and I promise that you won't regret it! **We will be having classes all month until Wednesday, December 24th with the 11:30 Flex Fusion class being the last class of that day. All classes will resume again on Friday, January 2nd 2015.** Please feel free to continue to utilize the gym anytime that week to do your cardio and strength training. Stay well and Happy Holidays!

P.S. Thanks for all of the donations of non-perishable food items for Peace Inc.! We will continue to collect donations until December 15th.

Gift Certificates Available: If you need a gift idea for someone on your holiday "list," this is a great time to think about giving the "Gift of Health" to your friends and families! We are offering gift certificates in any amount to be put toward memberships, personal training, or classes. Here's an idea, for example: One \$30.00 gift certificate will be good for a 45-minute personal-training/consultation session, or good for 4 classes, or as a \$30 discount off any membership! Please see me (Kathy) for certificates or if you have any other questions.

CELEBRATING YOU!

December Birthdays:

- 12/04 David W.
- 12/12 Joe F.
- 12/14 Vicki M
- 12/20 Kathy B.
- 12/21 Reba O.
- 12/23 Pam S.
- 12/24 Marian S.
- 12/27 Usha S.
- 12/27 Patty A.
- 12/28 Jennifer C.

Welcome New Members:

Carla R. and Usha S.

We are all happy to have you here with us!

Thanks so much to Bob M. and Anita D. for your referrals!

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!

Come Join Us

FitStop Celebration Anniversary/Holiday party



FOR: Members Of Kathy's Fitstop. Feel Free To Bring A Guest Or Two!

6344 E. Molloy Rd, East Syracuse, NY 13057

WHERE: Barbaggio's Restaurant - Diamond Room (Cash Bar)

WHEN: Monday, December, 8th From 5:30pm Til-?? Please RSVP by November 27th.



Here's a tidbit: According to an article on Alzheimer.com, singing activates the left side of the brain, listening to music activates the right side of the brain and pairing music with activity like dancing helps improve cognitive ability. So let's keep singing and dancing for our mental health!! **See you all at the party!**

Party Time: Lighten up the festivities!!

There is no question that the holidays aren't the easiest time to try to lose those extra pounds, but you can still enjoy yourself and help steady the scale during this season of celebration. Here are some hints found in an article on Healthy Mind Healthy Body, for all of us to stay on the lighter side this holiday season:

1. **Head off Hunger:** Have a snack before an event. A piece of fruit and some nuts may help you avoid racing straight for the desserts!
2. **Find your favorites:** Browse the buffet before you dish up. Pick one or two dishes you really want to try. Take small portions and then fill the rest of your plate with veggies or fruit.
3. **Aim for last place:** Head for the back of the serving line. That way you will be the last to start and finish eating. This stalling strategy may help you be less tempted to go back for seconds.
4. **Mingle the night away:** Keep your focus on friends, family and fun. And find a spot away from the food to do your socializing.

Something to think about: "A smooth sea does not a skillful mariner make." Thanks to Donna A. for sharing that quote! Remember to email me at kathysfitstop@aol.com if you have any words of wisdom or favorite quotes to share.

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.