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# FITSTOP FORUM

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**Hi, Everybody!** We certainly have had a cold start to the New Year and I know it's tempting to hibernate, but remember that it's always warm and welcoming here at the club! Don't let the cold weather keep you from reaching and maintaining your fitness goals. So bundle up, come on in and get into the best possible health and condition that you possibly can! See you soon!



**Meet Kim, Our New Registered Dietitian:** We have a new addition to our FitStop Team! Kimberly Higgins is a Registered Dietitian who specializes in a healthy and balanced approach to eating for obtaining health. She can help you achieve weight loss goals, deal with a therapeutic diet (due to a medical diagnosis), or simply make changes in your diet to look and feel better. As a trained chef, she has extensive experience educating people about wise food selection and healthy preparation techniques. Kim is available for one-on-one counseling and can develop a personalized plan to help you succeed with your nutrition and weight loss goals. Contact her directly at [kimberly.higgins10@gmail.com](mailto:kimberly.higgins10@gmail.com) or call 410-530-3180.

**EXERCISING IN THE COLD:** The biggest concern for exercising in the cold is hypothermia, or too much heat loss. According to ACE Fit Facts, data from the National Safety Council suggest little danger to individuals with properly clothed skin exposed at 20°F, even with a 30mph wind. Danger does exist for individuals with exposed skin when the wind-chill factor falls below -20°F. That can also be achieved by any combination of temperatures below 20°F with a wind of 40mph and temperatures below -20°F. Here are a few rules for exercising in the cold: First, check the temperatures before you go out and do not exercise in dangerous conditions. Keep your head, hands and feet warm. Dress in layers that can provide a trapped layer of dry air near the skin, (avoid cotton sweats and other similar materials), and warm the air you are breathing with a scarf if temperatures are below your comfort level.

## CELEBRATING YOU!

### February Birthdays

- 2/2 Patty M.
- 2/8 Donna M.
- 2/11 Holly S.
- 2/14 Kristen S.
- 2/15 Barb H.
- 2/16 Tracey C. & Sandy S.
- 2/18 Joanne A.
- 2/20 Jim M. Sr.

**WELCOME, NEW MEMBER!**  
 Let's give a great big welcome to our newest member: **Gina C.!**

### REFER-A-FRIEND PROGRAM

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!

**EAT RIGHT AT WORK:** Don't let your workplace become a nutritional battlefield. Make a habit of meal planning once a week and map your meals and snacks out. Skip the vending machines and stock your own healthy snacks. Avoid fatty foods and highly processed fare which can leave you feeling sluggish and wanting more after a meal. Fill up on fiber while curbing your cravings by making homemade trail mix with dried fruit, nuts & seeds. Keep only single-serving portions of chocolate at your work station. For more ideas you can contact Kim Higgins R.D.

**PROTECT YOUR BACK AT WORK:** Low-back pain is a leading cause of job-related disability and missed work in the United States. The following are a few ACE Fit Facts tips to help prevent back injuries:

- If you have to lift something that is too heavy, get help.
- Give your back support by contracting your abdominals as you lift an object up or down.
- Bend at your knees, NOT at your waist. Do NOT twist or bend forward as you are lifting up or carrying the object.
- Lift using your leg muscles, NOT your back.
- Hold the object as close to your body as you can.

While sitting, support your lower back with a rolled up towel, small pillow or a special seat support. Sit with good form. Align your ears with your shoulders and keep your chin parallel to the floor. When you lean forward at your desk, bend forward at the hips instead of rounding your lower back (to keep your back straight and in good alignment.). And, don't forget to exercise. Exercise not only helps relieve chronic back pain, but it also helps prevent future pain.

**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)!

