



FITSTOP FORUM

February
2015

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Hi, Everybody! Well, it's been a little bit of a rough start to the new year with various illnesses and viruses floating around, but it seems as though most of us are on the mend and getting back on track so we can continue on our journey towards a healthy and happy new year! With that in mind, please do remember that if anyone would like their measurements and body fat taken so they can track their progress, please see me to set up a few minutes to do so.



Hey, just a reminder that February is American Heart Month so let's focus on staying heart healthy! See your doctor to get your cholesterol and blood pressure checked. Watch your weight by eating healthy and staying active. And manage your stress levels by relaxing and having a **Happy Valentine's Day!**

CELEBRATING YOU!

February Birthdays:

- 02/02 Pam M.
- 02/07 Kristin Mc.
- 02/15 Barb H.
- 02/16 Sandy S.
- 02/18 Joanne A.
- 02/20 Jim S. Sr.

Welcome New Members:

Patty G, Dafina G, Janice P, Whitney R, Maria R, Beverly S, and Christine V. We are so happy to have you 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!

Attention Members

Please do not place wet boots or shoes in the lockers. Please leave them on the mats in the hallway.

Something to think about:

- ❖ *The best time to make friends is before you need them.*
- ❖ *Speak kind words and you will hear kind echoes.*

Are you getting enough Vitamin D?

Research confirms Vitamin D is a weight loss wonder. According to a study conducted by scientists at the Fred Hutchinson Cancer Research Center and, Vitamin D expert James Dowd M.D. from Michigan State University College of Human Medicine, women whose blood levels of Vitamin D were above 32ng/ml had greater weight loss than women whose D levels didn't get above that mark. Once Vitamin D levels hit the slimming threshold (32ng/ml), it's like a fat-loss switch is flipped in the body. In addition, Vitamin D has been shown to have many other healthy side effects, including reducing the risk of cancer by 77%, joint pain by 75%, blood pressure by 67%, respiratory infections by 50%, heart disease risk by 50%, diabetes risk by 40% and osteoporosis risk by 26%. "It's mind-boggling how many health problems have a D deficiency element," says Dr. Dowd. Vitamin D₃ is preferable because it is the form that our bodies naturally make from sunlight and it lasts longer in the blood. However, the amount of Vitamin D needed to get to the tipping point is different for everyone so check with your doctor to make sure your D levels are in the healthy range.

Making Better Breakfast Choices

Some people skip breakfast on a regular basis and it isn't a good idea. This can create a more sluggish metabolism as the body shifts into starvation response mode



Happy V-Day!



with a tendency to become ravenous and binge later causing weight gain. Cognitive abilities can suffer; you may get headaches, feel tired, and be less able to concentrate. If you are going to do a long and strenuous workout on an empty stomach, you may not have adequate carbs to work out as long or as hard, and you may actually burn less calories as you could if you were well-fueled, according to Enette Larson-Meyer, Ph.D., R.D., FACSM, nutrition professor at University of Wyoming. Usually we aim for breakfast providing 25-30% of the calories for the day. Ideally, the morning meal should provide carbohydrates and fiber from fruits, vegetables, and/or beans, as well as protein from dairy (or plant-based varieties of milk) or yogurt, as well as eggs or plant foods like beans or whole grains. While fruit is generally recommended over juice because fruit has more fiber and fewer calories, a lean exerciser need not fear juice. It is a good idea to keep a stash of easy breakfast back-ups like breakfast bars, nuts, or even cold leftovers. Don't be afraid to get creative; some cultures eat soup for breakfast and others eat beans on toast or in bean burritos. Aim for a breakfast that provides energy and nutrients and that helps you feel satiated.

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.