



# FITSTOP FORUM

February  
2018

215 W. Manlius St. East Syracuse NY 13057 Phone: 315-214-5466 or 315-415-4043 E-mail: kathysfitstop@aol.com

Hi, Everybody! I know it's easy to "hibernate" during the dead of the winter and I know we've had some crazy, cold and icy conditions this season; but let's not let that stop us from working on our health and wellness for the remainder of the winter. So weather permitting, I hope to see you all in here as much as possible. I also know that there is a lot of sickness as well going around; so lets' do our part by staying home until you are no longer contagious and making good use of our disinfectant wipes before and after use on the machines, weights and mats etc... to help keep us all safe. Remember that I am here to help you stay on track with your fitness goals so reach out to me if you need my assistance! And finally, I would like to thank you for all the cards and support for the loss of my father this past December. Your kindness was appreciated more than I can express. Stay well!!



## CELEBRATING YOU!

### February Birthdays:

- 02/13 Diane K.
- 02/15 Barb H.
- 02/16 Sandy S.
- 02/17 Chad T.
- 02/18 Joanne A.
- 02/19 Joe F.
- 02/20 Jim M. Sr.

## Welcome New Members! :

We'd like to give a big welcome to our new members Francis G., Laura M. and Gail O. And we are very happy to welcome back member Tom H! We are very happy to have you all here!

### \*\*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!

## How Much Cardio Do We Need to Lose Weight?:

Before deciding how much cardio is best for weight loss, in a January 2018 Newsletter Station POPSUGAR article, Austin Lopez, CSCS and owner of Ausome Fit, said it's important to understand some basics of how your body functions; "3,500 is the

number of calories in a single pound of fat and therefore the number required for you to burn in a week to lose one pound a week." This is how that breaks down in terms of sessions per week. According to Lopez, if you want to burn 3,500 calories in a week in order to lose one pound, you have three options:

- #1. Do 7 days of 30-minute cardio sessions and eat a clean diet with an average calorie intake.
- #2. Do 5 days of 30-minute cardio sessions and eat a lightly calorie-restricted diet.
- #3. Do 0 to 3 days of 30-minute cardio sessions and eat a medium calorie-restricted diet.

The third option might look appealing to you, but Lopez reminds us that "this becomes unsustainable very quickly." Similarly, in the same article, Mahri Relin, certified personal trainer and founder of Body Conceptions, said she encourages her clients do four to five sessions of cardio a week, each lasting about 30 to 45 minutes. Celebrity fitness trainer Katherine Greiner recommends at least 30 to 45 minutes of cardio a day or 20 minutes of HIIT cardio intervals.

It's important you don't overdo it, though. "Cardio-heavy workouts can leave people famished, only to replace, if not exceed, the calories they have burned," Relin told POPSUGAR. "When the body has too much cardio it can result in adrenal fatigue, which can actually lead to weight gain," Greiner added. Another thing all three

trainers agree on unanimously is that these sessions of cardio must also be paired with regular strength training. You can't have one without the other in the hunt for weight loss.

**Fun Fitness Facts:** The following are a few fitness tidbits from the January 2018 edition of IDEA Fitness Journal:

- #1. A recent study recommends 3 minutes of walking or simple resistance exercises for every 30 minutes of sedentary time. This can significantly improve factors directly related to cardiovascular disease and Type 2 diabetes.
- #2. Another study showed that it's never too late to benefit from adopting a healthier lifestyle. Late comers to healthy eating have a decreased risk of death compared to their peers who continue with their poor diet habits.
- #3. Be aware of breakfast starch overload! Many people treat themselves to a special to a special bagel for breakfast. Since a bagel today is equivalent to about 5 slices of bread, try a breakfast of egg whites, fruit and a 1/4 bagel instead.

## Something to think about:

"Live as you will wish to have lived when you are dying."

\_\_\_\_\_ Christian F. Gellert

"There's just one life for each of us: our own."

\_\_\_\_\_ Euripides

**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).