



# FITSTOP FORUM

February  
2017

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Hi, Everybody! I hope your 2017 fitness plan is off to a good start! The stresses of a busy life can get in the way of our workouts from time to time. But it's best not to forego your workouts whenever possible, because the first thing people tend to do is ditch their workouts which isn't the best idea. According to a study published by the American College of Sports Medicine in November, "Feeling overwhelmed doesn't just affect your mental state—it stresses out your body too, increasing your blood pressure and sometimes even your cholesterol. Working out actually helps boost your mood and lessens these cardiovascular risks. So even though most of us work out less when our brains are fried, those are actually the times we most need the gym." So try your best to keep up with your workout routine even if you're tempted to skip it, your body and mind will thank you. See you at the club!



## 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 Member:

We would like to welcome new members Melanie M. to the FitStop. We are so happy to have you 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!

## Sitting Too Much Ages You:

According to a January article on time.com, sitting too much has been linked to obesity, heart problems, diabetes, and even early death. A new report published in the American Journal of Epidemiology shows that sitting has detrimental effects on cells at the biological level. The study found that inactive women who spent more time sitting (about 10 hours or

more) were about eight years older at the cellular level than those who were inactive but spent less time sitting. The good news is that women who got the recommended amount of a half hour of exercise daily showed no association between sitting and cellular aging. This suggests that physical activity might counteract the effects being sedentary has on the aging of our cells.

## Common Mistakes when Working Out:

A recent article posted on Popsugar Fitness provided several tips of what NOT to do when working out, including:

- *Coming Without Water:* Being dehydrated during a workout is dangerous and can cause cramping, dizziness, and nausea. Don't forget to bring a bottle of water to every class.
- *Eating Too Close to Class:* Eat 60 minutes before a cardio workout or 30 minutes before a strength-training workout to ensure full digestion.
- *Drinking Sugary Drinks:* Drinking a Powerade or Gatorade before or during a 45-60 minute class is consuming more sugar and calories than you are burning. Just stick with water instead.
- *Not Refueling:* Grab a post-workout snack with protein within 30 minutes after class to refuel your muscles.

## Stand Up Straight & Dump the Hump:

What we're talking about is the Dowager's Hump or "kyphosis" which is the formal term for a hunched over posture near the top of your spine often caused by a "head-forward" posture and may involve slight

fractures of the spine. Our bodies create layers of connective tissue to protect the spine due to the heaviness of the head when in a "head-forward". According to a September article in the Women's Health Letter, when you don't hold your head up straight, you create additional weight and pressure that your body has to handle. In fact, for every inch you move your head away from a straight line, it adds 10 pounds of pressure. If you're constantly slouching and leaning your head 3 inches forward, you've just added 30 pounds of extra effort for your spine.

Don't droop your head. When you're standing, make sure you aren't thrusting your pelvis forward. When you're sitting, make sure you're on your sitz bones with your feet flat on the floor. Sitting on your hands will also put you in the right position. Yoga is another great way to stretch and strengthen your back. In fact, one study found that daily yoga can completely resolve a Dowager's Hump if no fractures are involved. See your trainer for specific exercises and stretches. It's never too late to begin exercises that can improve your posture.

## Something to think about:

"A man of words and not deeds is like a garden full of weeds." \_\_\_Anonymous

"The best place to succeed is where you are with what you have."  
\_\_\_Charles M. Schwab

"A hard beginning makes a good ending."  
\_\_\_John Heywood

**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).