



# FITSTOP FORUM

January  
2016

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Hi, Everybody! Thank you to all who donated to our “Keep Warm and Well Fed,” collection for the needy, last month! Your generosity was very much appreciated as we were able to hand out over 300 items to those in need. This past year seemed to just fly by faster than ever and as usual, we ended the year with our Annual FitStop Anniversary/Holiday party. We all had a great time and we missed those of you who were not able to attend. I will be getting the pictures from the party very soon to share with you and to post on our board. Finally, I would like to wish you all a very Happy and Healthy New Year and I am looking forward to an exciting, fun filled and meaningful year for 2016!

## CELEBRATING YOU!

### January Birthdays:

- 01/01 Mike Mc.
- 01/02 Liz H.
- 01/03 Gary W.
- 01/03 Jane M.
- 01/07 Cindy H.
- 01/07 Joan D.
- 01/10 Debbie G.
- 01/12 Tara M.
- 01/14 Roger F.
- 01/16 Yvonne H.
- 01/17 Carol Z.
- 01/21 Dan B.
- 01/21 Patricia W.
- 01/26 Joan D.
- 01/29 Jim A.
- 01/30 Pam S.
- 01/31 Andrea S.
- 01/31 Margaret W.

### Welcome New Member:

We would like to welcome new member Sharon R. to our club. We are so happy to have you here 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!

### Insomnia and Pain Sensitivity:

The Norwegian Institute of Public Health conducted a study and found that people with insomnia have a heightened reaction to pain. And those with the most severe insomnia had the lowest pain tolerance. It's not exactly clear why this is the case. However, they recommend that effort be made to address sleep problems in patients suffering from chronic pain. Study authors concluded that mindfulness meditation may be a viable treatment for people with chronic insomnia and could be an alternative therapy.

### Reflection, Mindful Thought Management and Breathing:

You create your life out of the quality of your thoughts. The following are a few tools to help you stay centered and focused despite your outer circumstances. First, keeping a daily journal is a powerful tool for reflection and a way of identifying and weeding out negative mental and emotional habits. To manage your thoughts you must first be aware of what you are thinking about. Peer into your mind and see what is and is not working for you. Become aware of your habitual thoughts and learn to immediately change weak or negative thoughts into gratitude thoughts. Positive psychology research indicates that thinking 3-5 gratitude thoughts a day improves the immune system and boosts happiness.

Another powerfully effective tool for shifting negative thinking is by focusing on and repeating the simple mantra “peace, harmony and well-being.” It is physically impossible to be in a state of

stress and a state of peace at the same time. In repeating and focusing on this phrase, you are choosing to be in a peaceful state of mind. Research studies on meditation in the last decade have reported tremendous benefits, including enhanced functioning of the immune system, emotional stability, reductions in anxiety and depression and sharpened concentration and focus. Even with meditation, you may sometimes still be triggered. One way to counteract a trigger moment is to step back immediately and give the situation some space.

Lastly, breath is one of the most powerful tools for shifting internal states. According to an article in the Sept. 2015 issue of IDEA Fitness Journal, Yoga teaches that emotional reactions and habitual thought patterns are interconnected with habits of breathing. Diaphragmatic breathing is one simple but powerful yogic breath that has a beneficial effect on the vagus nerve, calming the heart rate and the parasympathetic, nervous system and triggering the relaxation response. To practice diaphragmatic breathing, sit with an erect spine, place your left hand on the upper chest, and put your right hand on the diaphragm. As you slowly breathe in, try to use only the diaphragm, so the right hand rises only on the inhalation, while the left hand remains stationary. Continue for 2-3 minutes. It's so relaxing!

### Something to think about:

A well spent day brings happy sleep.  
--Leonardo da Vinci  
One of the secrets of a long and fruitful life is to forgive everybody everything every night before you go to bed.  
--Anon

**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](http://Kathysfitstop.com), please email your story to me at [kathysfitstop@aol.com](mailto:kathysfitstop@aol.com).