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FITSTOP FORUM

January
 2014

Hi, Everybody! We came to a great close of 2013 with a beautiful Holiday party at Barbagallo's. It was a wonderful celebration of all of YOU who make our club what it is and we truly missed all of you who were unable to attend. I am looking forward to an even better 2014 and my wish for every one of you is for you to have a peaceful, healthy and blessed year! Happy New Year!!



CELEBRATING YOU!

January Birthdays

- 1/1 Mike M
- 1/3 Gary W & Jane M
- 1/7 Joan D/B
- 1/10 Debbie G
- 1/12 Tara M
- 1/13 Patty K
- 1/14 Roger F
- 1/15 Kirsten G
- 1/16 Yvonne H
- 1/17 Carol Z
- 1/18 Joanna G
- 1/20 Helen W
- 1/21 Dan B & Patricia W
- 1/25 Donna A & Chris S
- 1/26 Joan D
- 1/28 Betty M
- 1/29 Jim "Jimmer" A
- 1/30 Pam S
- 1/31 Andrea S & Margaret W

Kudos to Christine Goodman as another winner of the Refer-A-Friend \$50 Visa gift card award. Thanks Christine!

WELCOME, NEW MEMBERS!

Let's give a great big welcome to our newest members: Sonja F, Patty K, and Lauren T!

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!



FOOD FOR THOUGHT: Here are a few benefits of **Rainbow Rice** found by Caroline Kaufman RDN, in the 2014 January/February issue of Health Magazine. Purple (also called black) rice and red rice contain higher antioxidant concentrations than blueberries and broccoli. Wild rice is higher in protein, fiber, potassium, magnesium and niacin than brown rice and has 30 times greater antioxidant activity than white rice. Brown rice's phytonutrients have been linked to a lower risk of cancer, diabetes and heart disease. Here's a tip that's **GOOD TO KNOW:** As with all whole grains, the bran and germ contain fats that can spoil; store in the fridge to extend shelf life.

GET A BETTER NIGHTS' SLEEP: Lack of sleep can impair cognitive function and makes it difficult to perform the simplest of tasks. **Sleep deprivation** has also been linked to weight gain because it causes higher levels of the hormone cortisol which increases cravings for high-fat, comfort foods. The following is a list of tips from the November/December 2013 issue of IDEA Fitness Journal, to help you get a better nights' sleep:

- If you don't fall asleep within 30 minutes, get out of bed and do something else until your body and mind feel tired.
- Limit caffeine and alcohol during the day. Nap only 15-20 minutes in the early afternoon, if necessary.
- Take a hot bath 90 to 120 minutes before bed.
- Limit TV viewing before bed. Don't use a computer, cell phone, or handheld device 90 minutes before bedtime. LED lighting "tells" the brain to stay awake.
- Lower the temperature in the house or bedroom before or during sleep. Use blackout curtains to block light.
- Invest in a comfortable mattress and pillow.

SET A SMART GOAL:

According to an article in the December Issue of Good Housekeeping: When you embark on a new weight loss plan, **set a target range**, ("I want to drop eight to 12 pounds"), not a specific number ("I want to lose 10 pounds"). In a new study, people setting "high-low" goals were more likely to stick to their plans than those chasing a single digit. The challenge of (the high number) and the attainability of (the low number) help to keep you engaged in your program.

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)!

