



FITSTOP FORUM

January
2015

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Hi, Everybody! Welcome back & Happy New Year to all. 2014 was a great year and we all enjoyed a wonderful party to celebrate the season as well as the 5th year anniversary of our club's opening! Thank you so much for the beautiful "FitStop" logo (with all of you inside!). I was so touched by that wonderful gesture that I will cherish it forever! I hope you all enjoyed a happy and healthy holiday and are ready to stay healthy and fit throughout the coming year! To help inspire you to set and work toward your fitness goal, if anyone would like to get their weight, measurements and body fat measured, please see me so we can set up a few minutes to record these numbers. Then, we can periodically re-measure, so you can track your progress. Hey, if you want to kick it up and go a step further, I would encourage you to try some one on one, partner or small group personal training sessions to spice it up and keep you accountable! Let's make 2015 your healthiest and fittest year yet!



CELEBRATING YOU!

December Birthdays:

- 01/01 Mike Mc.
- 01/02 Liz H.
- 01/03 Arlette E.
- 01/03 Jane M.
- 01/03 Gary W.
- 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.
- 01/25 Donna A.
- 01/25 Chris S.
- 01/26 Joan D.
- 01/28 Betty M.
- 01/29 Jim A.
- 01/30 Pam S.
- 01/31 Andrea S.
- 01/31 Margaret W.

Welcome New Members:

Mindy A, Melissa C-O, Joe M, Julie T, Pat G. and Christine V. 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!

FitStop 5th Anniversary Party



Do you know what lack of sleep does to your body?

According to an article found in the January 2015 issue of IDEA Fitness Journal from the National Sleep Foundation, most healthy adults need 7-9 hours of sleep a night. If you consistently fall short of this goal, you may be increasing your risk for obesity, cognitive impairment, a compromised immune system and much more. In one study, middle-aged and older adults who reported 5 hours of sleep or less were 2.5 times more likely to have diabetes, compared with those who slept 7-8 hours per night. Several studies have found that sleep deprivation raises blood pressure in people with hypertension or pre-hypertension. Sleeping 5 hours or less may increase mortality risk from all causes by roughly 15%. So, don't skimp on slumber if you want to be as healthy as you can be. Nighty night!!

Let go and Ease up! In an article found in Healthy Mind Healthy Body, we found good reasons to let go of perfection. **Learn and grow:** Even world-class musicians likely weren't note perfect the first time they picked up an instrument. Allowing ourselves to make mistakes—and keep

trying—is key to gaining new skills. **Enjoy the journey:** There's nothing wrong with having high standards. It means we value quality and want to do our best. But it can also cause us to fret about failure and the future. When we let go of our need to be perfect, it can help us to stay in the moment—and feel less stressed and more creative. **Connect and Respect:** We all make mistakes. And remembering that can help us be kinder to ourselves—and others too. Instead of wishing people would change, try to celebrate what's unique about each other. **Quick Tip:** Do you beat yourself up over little blunders? Well give your next harmless gaffe a giggle. Laughter helps your body fight stress in a number of ways.

NEW CLUB SAFETY RULES:

- #1. Please remove wet boots and place on mats in hallway before going into the locker rooms AND please wear only clean dry shoes into the fitness area and aerobics room.
- #2. Let's stay healthy and germ free by making sure you wipe down MATS and MACHINES before & after use. The wipe dispensers are located on the fitness floor and spray bottles & paper towels are located in the aerobics room on the sign in table. Let's keep it clean!! Thank you!!!

Something to think about:

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude. --W.W. Ziege

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.