



FITSTOP FORUM

January
2017

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Hi, Everybody! 2017 has arrived!! Let us be as ready as we can for all the surprises that life has to offer us this year by making a commitment or staying committed to our health and wellness. Some of things that I always need to remember to do on a regular basis are to get enough rest and drink more water! I want to encourage you to do the same. Of course, I want to see you all in the club 3-6 times per week doing your cardio and strength training on your own or in class, but don't forget to balance out your mind and body with some stretching and relaxing. You can listen to relaxing music, take a bath, pray or meditate if only for a few minutes each day. Try our Flex Fusion classes or sign up for a relaxing, stress reducing, mini session on our Massage Energy Table for just \$25.00. It's truly a relaxing experience! And, don't forget to eat smart! Happy New Year! Let's make this year the best year yet!



CELEBRATING YOU!

January Birthdays:

- 01/03 Gary W.
- 01/03 Jane M.
- 01/07 Joan D.
- 01/10 Debbie G.
- 01/16 Yvonne H.
- 01/17 Carol Z.
- 01/26 Meagan K.
- 01/26 Joan D.
- 01/29 Jim A.
- 01/30 Pam S.
- 01/31 Andrea S.
- 01.31 Margaret W.

Welcome New Members:

We would like to welcome new members Patty O. and Kathryn S. to the FitStop. We are 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!

Let's Network! If you or someone in your family has a business or skill that you would like us to feature to our FitStop Friends through our monthly newsletter, please let me know! It can be anything from bookkeeping to landscaping to crafts etc... . Any business that you may

want promoted! We will feature 1-2 people per month. I just need you to send me a few lines about what your business is and how people may reach you for your services or for more information.

Tips from the Mayo Clinic:

One of our members recently shared an interesting article from the Mayo Clinic that may be very helpful in preventing a stroke or heart attack. Drinking water at a certain time maximizes its effectiveness on the body: 2 glasses of water after waking up – helps activate internal organs; 1 glass of water 30 minutes before a meal helps digestion; 1 glass of water before taking a bath helps lower blood pressure and 1 glass of water before going to bed can help to avoid stroke or heart attack. Another tip... Water at bedtime will also help prevent night time leg cramps. Your leg muscles cramp up when you need hydration. Dr. Virend Somers, Cardiologist from the Mayo Clinic and lead author of articles in the Journal of American College of Cardiology, states that most heart attacks occur between the hours of 6:00 AM and noon. He says that if you take an aspirin or a baby aspirin once a day, take it at night as aspirin has a 24-hour "half-life", therefore, if most heart attacks happen in the wee hours of the morning, the aspirin would be strongest in your system. We need to remember that there are other symptoms of a heart attack besides chest pain or pain in the left arm. There can also be intense pain on the chin as well as nausea and lots of sweating. There may even be no pain in the chest

during a heart attack. The majority of people, (about 60%), who have a heart attack in their sleep, do not wake up. However, if chest pain wakes you up from your sleep, immediately dissolve 2 aspirin in your mouth and swallow with a bit of water. Afterwards: Call 911 - phone a neighbor or a family member that lives very close by. Say "heart attack" and that you have taken 2 aspirins. Take a seat on a chair or sofa near the front door and wait for their arrival and...DO NOT LIE DOWN!!

Glowing Green Smoothie:

If you are looking to start 2017 out with a clean diet, try this smoothie recipe we found on Dr. Oz. It's perfect for breakfast and a snack later in the day. Packed with so much green goodness, this smoothie is not only delicious, it keeps your energy levels up, will help to stabilize your blood sugar and reduce cravings. Try it! Your body will thank you!

- * 2 cups water, cold and filtered
- * 7 cups spinach, chopped
- * 6 cups romaine lettuce
- * 1 ½ cups celery, chopped
- * 1 apple, cored and chopped
- * 1 pear, cored and chopped
- * 1 banana
- * 2 tbsp fresh organic lemon juice

Blend all ingredients until smooth! Enjoy!!

Something to think about:

"Being defeated is often a temporary condition. Giving up is what makes it permanent."

_____Marlene vos Savant

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.