



FITSTOP FORUM

January
2018

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Hi, Everybody! 2018 has arrived and if you have been remiss with your health and fitness regimen over the past several months, NOW is a great time to get back on track with your overall wellness goals! Overall wellness not only means your workouts it also includes your eating plan, rest and recovery. The articles below discuss ways to recover physically and tips on getting proper sleep for recovery, but I also want to encourage you to make the commitment to yourselves this year to making this the best and healthiest over all year yet! You can do it and you can help your friends and family do it too by just being an example to them. Invite them to come with you to check out the club or come to a class or have them come in for a quick cardio workout. Remember that I am here for you. So, if you need me; all you have to do is call! I wish you the healthiest and happiest coming year! Happy New Year!!



CELEBRATING YOU!

January Birthdays:

- 01/03 Gary W.
- 01/03 Jane H.
- 01/07 Cindy H.
- 01/07 Joan D.
- 01/10 Debbie G.
- 01/16 Yvonne H.
- 01/26 Joan D.
- 01/28 Chris B.
- 01/29 Jim A.
- 01/30 Pam S.
- 01/31 Andrea S.
- 01/31 Margaret W.

Welcome New Member! :

We'd like to give a big welcome to new member Olivia L. and a welcome back to old members Hannah L. and Mary L! We are very happy to have you all 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!

How to Improve Recovery: We all can experience injury from time to time be it from exercise, cleaning the house or simply an accidental slip or fall. In an article written by Andrew Stuart, MS, and Len

Kravits, PhD in the December 2017 issue of IDEA Fitness Journal, we learn of the most popular recovery-improvement methods. Here's a look at how well they work: First, COMPRESSION GARMENTS apply pressure to parts of the lower and upper body. There are also many options including short sleeves, sleeveless, full cover sleeves and full length pants, just to name a few. The report states that wearing CGs during and after a workout (for 12-48 hours for best results) has been shown to have small to moderate improvements in muscle soreness, muscle swelling, perceived exertion and blood flow in exercising muscles. Next, SELF-MYOFACIAL RELEASE; Using a foam roller or a roller massager, has become a popular way to enhance mobility, flexibility and recovery. Evidence suggests that it may be an effective method for enhancing joint range of motion without harming exercise performance. Research shows that SMR may improve recovery by reducing swelling in the target areas, enhancing blood flow to the exercising muscles and removing metabolic byproducts of exercise. It's a good idea to have a physical therapist or a certified personal trainer demonstrate the proper use of foam rollers for your particular needs. Finally, COLD-WATER IMMERSION AND CRYOTHERAPY are easy, affordable and common strategies for enhancing recovery. The article explains that reducing tissue temperature either by cold-water immersion or by other forms of Cryotherapy such as ice, ice massage or

cold gel packs, alters blood flow, cell swelling, metabolic reactions, and neural conductance speed during recovery from high intensity exercise. Given that research doesn't generally point to a "best dose" for most of these techniques, use common sense and proceed progressively.

Practical Sleep Hygiene Tactics: The following are a few tips to improve your sleep, from IDEA Fitness Journal December 2017 issue, to help ensure adequate physiological and psychological recovery after exercise. Here they are:

- Go to bed and wake up around the same time each day.
- Naps are fine, but limit them to 30 minutes and avoid late afternoons.
- If you can't get to sleep in 15 minutes, get up and do a mundane task.
- Avoid alcohol and coffee in the hours before bed
- Keep room cool for sleeping.

Sufficient sleep improves cognitive and motor performance as well as reaction time. Good night and sleep tight!

Something to think about:

"Optimism is the foundation of courage."
____Nicholas Murray Butler

"Action will remove the doubts that theory cannot solve."
____Tehyi Hsieh

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.



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