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# FITSTOP FORUM

July  
 2014



**Hi, Everybody!** Summer is here and so is our new summer class schedule! For the months of July and August, the Friday night Flex Fusion class at 4:30pm and the Saturday morning Combo class at 8:15am, will be on "VACATION." We will resume those two classes again in the fall after Labor Day weekend. ALL the other classes on the schedule will remain in place and will hopefully be well attended!!

### HAPPY SUMMER!

I would like to congratulate all who participated in and completed our Summer Combo Boot Camp! You were all so committed and awesome for the entire month! Although the duration each day was longer (90 minutes) than previous camps, the sessions seemed to fly by and I thoroughly enjoyed each and every one of you! I believe that this year's boot camp was among the best boot camps we've had to date! Can't wait til the next one!

### CELEBRATING YOU!

#### July Birthdays:

- 07/01 Gina C.
- 07/03 Ellen S.
- 07/05 Mary M.
- 07/07 Bob M.
- 07/09 Randy S.
- 07/10 Megan G.
- 07/11 Lynne P.
- 07/12 Danielle R.
- 07/12 Diane M.
- 07/17 Tania C.
- 07/18 Carol T.
- 07/19 Lloyd T.
- 07/20 Ed B.
- 07/21 Kristi K.
- 07/21 Gary C.
- 07/27 Stephanie W.
- 07/28 Suzie W.
- 07/30 Anita D.

### WELCOME, NEW MEMBERS!

Welcome to our very newest members: Dan B, Renee C, Annemarie W, and Anita D. We are all very happy to have you 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!



**SAVE THE DATE!** Wednesday, July 23<sup>rd</sup> is the moving away party for our own Lisa Quigley at Mixer's Grill, 5840 Bridge St., East Syracuse. Lisa Quigley will be missed by all when she and her family move to New Hampshire this August. Lisa, we will always "save a spot for you in the front" row because we love you and will deeply miss you!! BTW, the 4:30 CXT Tabata Class is cancelled for that evening. **Please R.S.V.P. to me, by Wednesday July 16<sup>th</sup> if you plan to attend.**

**Did you know??** ... that the humble little fruit known as the **avocado** is not only a great way to get healthy fat into your diet, but is also a nutritional powerhouse providing various health benefits? Studies show that it helps lower bad cholesterol, decrease the risk of diabetes, decrease body weight and helps prevent cancer. One medium avocado has 11 grams of fiber which is about 1/2 the amount of fiber we should be taking in daily. Avocados are low in sugar, contain about 4 grams of protein per serving and are an excellent source of vitamins K, B2, B5, B6, C & E, as well as potassium. In fact, they have more potassium than bananas!

**Holy Guacamole!** The following is one of my own favorite avocado (guacamole) recipes: 2-3 medium to ripe avocados, the zest of one lemon and the juice of one lemon, minced garlic and heirloom tomatoes chopped up and pepper to taste. Mix together and voila! Use it for a dip with your favorite veggies or pita chips. I love to smear it on a turkey burger or put it in a wrap with spinach and eggs or a tuna wrap. The possibilities are endless and yummy!! Try it, you'll like it!!

**A Website Makeover!** I am very excited to say that we are working on a new look for Kathysfitstop.com! We are currently in the process of updating pictures, information and testimonials for the site. If anyone would like to add a testimonial as to your experience with our club, classes, trainers etc....I would love to add it to the site. If you have already written a testimonial and would like to update it, that would be great too! Please e-mail your testimonials to me at [Kathysfitstop@aol.com](mailto:Kathysfitstop@aol.com) when completed! Thanks so much!!

**Isometric exercise helps hypertension...** according to an article in the June edition of IDEA Fitness Journal. The article suggests that isometric exercise—in which joint angle and muscle length do not change during muscular contraction—can be used to reduce and manage blood pressure. The researchers found improvements in systolic, diastolic and mean arterial pressure. They also noticed a minor reduction in resting heart rate among the participants. With that said, can you guess where I am going with this? ... "Okay, everybody, get ready for more wall squats and planks!" 😊

**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)!

