



# FITSTOP FORUM

July  
2015

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Hi, Everybody! Yea!! Summer is finally here! I'd like to thank Ron K. for doing such a great job painting and fixing our front deck, back stairs and side ramp. It looks so fresh and wonderful and ready for the season! We also just finished our June boot camp. We had a great time and I am so proud of everyone who participated this year. I want to let everyone know who I have not yet told, about our summer class schedule. We will be holding all classes as usual all summer long, EXCEPT the Friday afternoon 4:30 Flex Fusion and the Saturday morning 8:15 Combo classes. Those classes will resume again AFTER Labor Day. Here's hoping for a much drier and sunnier month but most of all I hope you all enjoy a wonderful, healthy, happy and active summer! See you soon!

## CELEBRATING YOU!

### July Birthdays:

- 07/01 Gina C.
- 07/03 Ellen S.
- 07/05 Mary M.
- 07/07 Bob M.
- 07/09 Randy S.
- 07/11 Lynne P.
- 07/12 Danielle R.
- 07/12 Diane M.
- 07/15 Christine V.
- 07/18 Carol T.
- 07/19 Lloyd T.
- 07/21 Gary C.
- 07/21 Kristi K.
- 07/28 Suzie W.
- 07/30 Anita D.

### Welcome New Members:

Bill B. Karen E. and Vonda S. We are so happy to have you here 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!

### Mental Toughness:

You can take control of your fitness with mental toughness techniques, according to an article in the June 2015 edition of IDEA Fitness

Journal. Mental toughness techniques can help because these techniques all take advantage of the one thing you have 100% control over; your effort. In any sport or physical activity environment, where there are many uncontrollable factors, it's essential to focus on aspects of performance you can control. Here are a few principles to put into practice: 1. Control how you think about your fears. Make success and achievement your most dominant thought. 2. You can control when you pay attention to your vision. 3. Take time to highlight things you did well and things you could do better next time. Asking yourself these questions, can generate high levels of confidence while setting up future opportunities for even more improvement. 4. Practice positive self-talk. This is about acknowledging challenges and choosing specific behaviors, within your control, that can conquer them. Using this method you will be able to replace negative thoughts with positive ones. 5. You can choose optimal times to tune in or tune out of the work. (i.e. when to choose association and when to opt for dissociation). With a high level of concentration on a task, a person can block out negative distractions (i.e. fear), making room for optimal motivation, confidence, and a positive emotional and physiological state. 6. Draw on the power of music by listening to music that motivates you. Music is one of the most popular and efficient tools for generating a work-enhancing mood and making your environment more pleasurable.

### Optimal Nutrition on a budget:

Wild-caught Alaskan Salmon, fresh organic blueberries, pomegranate seeds, and acai berry fruit juice are all amazing super foods, right? Yes, and they are also amazingly expensive. Holistic nutrition and culinary expert Teri Mosey, offers tips in an article from the 2015 June edition of Fitness Journal, that can help us stay healthy on a shoestring budget. She says that our pantries and refrigerators should be stocked with budget friendly staples items such as, all kinds of dried beans, grains and alternatives, (such as quinoa, barley and oats), leafy greens, (Swiss chard, dandelion greens, romaine); cruciferous veggies (cabbage, cauliflower, broccoli), root vegetables (carrots, garlic, sweet potatoes, onions, squash), water packed tuna, some nuts, such as almonds or walnuts (bought inexpensively in bulk), frozen berries, frozen veggies, and eggs, perhaps from a local farm. Mosey notes that fresh fruit choices should be based on season, as copious seasonal supply can drive down prices, depending on the month. Stock up, eat up and stay well!

### Something to think about:

Worry is a god, invisible but omnipotent. It steals the bloom from the cheek and lightness from the pulse; it takes away the appetite and turns the hair gray.

\_\_\_Benjamin Disraeli

He who does not get fun and enjoyment out of every day...needs to reorganize his life.

\_\_\_George Matthew Adams

**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](mailto:kathysfitstop@aol.com).