



# FITSTOP FORUM

July  
2017

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Hi, Everybody! Summer is finally here and we ended the month of June with a great finish to our Summer Boot Camp! This was one of the best Summer Boot Camps we have had yet and we hope that continues to be the case with each passing year. Thanks to all who participated; you are awesome, you all did a great job; now be sure to keep up the good work! And... Thank you to everyone who contributed to our FitStop "gift" for Marie Thornton who is currently battling cancer. I know that your encouragement and support of her during this time means the world to her. In other news: I have asked many of you if you would be interested in having someone come and do a clinic on what to do for prevention of memory loss and since so many of you expressed interest, I have scheduled one for the fall, Saturday October 21<sup>st</sup> @ 10:00 here at the club; details on that next month. Happy summer!



## CELEBRATING YOU!

### July Birthdays:

- 07/01 Gina C.
- 07/03 Ellen S.
- 07/05 Mary M.
- 07/07 Bob M.
- 07/10 Caterina R.
- 07/11 Lynne P.
- 07/12 Danielle R.
- 07/12 Diane M.
- 07/14 Nick D.
- 07/15 Christine V.
- 07/21 Gary C.
- 07/21 Debbie A.
- 07/21 Kristi K.
- 07/28 Suzie W.
- 07/30 Anita D.

### Welcome New Members:

Welcome new members Caterina R., Barb S. and Lauren X. Also welcome back Craig F. We are so 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!

### Summer Class Schedule! :

For the months of July and August, beginning on July 7<sup>th</sup>, we temporarily cancel the Friday evening 4:30 Flex

Fusion and the Saturday morning 8:15 Combo classes until after Labor Day weekend. Then they will both be back on the schedule as usual. Hope to see you in all the other classes however, throughout the summer!

### Stroke Facts:

According to the National Stroke Association, stroke is one of the leading causes of long-term disability in adults. More than 2/3 of stroke survivors suffer some kind of disability. Some quick facts:

- A stroke happens when a blood vessel gets blocked by a blood clot (ischemic stroke) or bursts (hemorrhagic stroke). Both types kill or damage brain cells, potentially paralyzing extremities and interrupting critical vocal, aural and cognitive functions.
- The severity and location of the stroke determine whether losses of speech, movement and memory are temporary or permanent.
- Low-level strokes such as transient ischemic attacks (TIAs) may produce only minor problems, like weakness of an arm or a leg, with full recovery occurring within a short time.
- A typical stroke kills or damages around 2 billion (2%) of the brain's 100 billion neurons.

Though the initial damage can be life-altering, recent research into the science of Neuroplasticity is providing hope to stroke survivors. Neuroplasticity describes the brain's ability to essentially heal itself through thoughts, activities and neural pathway re-routing. Successful stroke

survivors' brains redirect signaling from damaged areas to other areas that normally have nothing to do with the recovered function as demonstrated by brain scans.

### Cut the Salt, Get More Sleep:

Getting up during the night to use the bathroom becomes more common as people get older. But researchers in Japan have found a way to reduce the urge to urinate during the night. Cut your salt intake. A research study showed that the majority of participants (mean age 64.3 years) were able to reduce their salt intake from about 2 teaspoons per day to 1.5 teaspoons per day and their average nighttime urination frequency dropped from 2.3 times per night to 1.4 times. With less waking up to go to the bathroom, study participants reported a marked improvement in their quality of life.

### Summer Treat - Creamy Asparagus Soup:

This delicious soup is wonderful served either warm or cold. In a Dutch oven, heat 2 Tbsp of avocado oil with 2 cloves of garlic minced and 2 pounds of fresh asparagus coarsely chopped. Sauté for 3 minutes. Add 4 cups of reduced-sodium vegetable broth; cover and cook for 5 minutes. Process in batches in a blender or food processor until smooth. Return to Dutch oven, stir in a 1/2 cup of Greek yogurt and salt & pepper. Cook over medium heat for 5 minutes until soup is thickened. Try it with a dollop of yogurt.

### Something to think about:

"The time is always right to do what is right." \_\_\_\_\_ Martin Luther King Jr.

**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).