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FITSTOP FORUM

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Hi, Everybody! We got the POWER...ON!! We have had some electrical challenges this past May, but I am happy to now report that all the necessary repairs have been made and we are now fully "ELECTRIFIED!" YEA!! June is here and summer is on the way as we are getting ready for our Summer Combo Boot Camp, beginning this Monday, June 2nd at 6am. If you did not already register and would still like to join us, contact me as soon as possible at the club or call me at 415-4043. Remember that the second half hour of the Combo Camp will be taken outside, so be prepared for the weather. That may mean bringing a hoodie or an umbrella if needed. Of course, if the weather is really terrible, we will stay indoors for our cardio segment and do some Tabata. The third and final half hour of the Combo Camp will always be back in the class room for our flexibility/range of motion and balance segment. Be sure to bring a water bottle and large towel for that segment.

So, rest up and I will see you bright and early! =)

P.S. Don't forget to come to the 4:30 and 5:30 classes this Monday night, June 2nd. Marie will be subbing for me, and you are sure to have a great time!!

Thanks again to all who participated in the **Susan G. Komen Race for the Cure** warm up on Chevy Court Stage, at the New York State Fair Grounds on May 17th. You all did such a wonderful job! I was especially proud as a gym owner, to have such a great group of people come together as you did, to support such a great cause. Thanks again! You are all so awesome!!

CELEBRATING YOU!

June Birthdays:

- 06/03 Deb W.
- 06/08 Sandy Mc.
- 06/08 Gina M.
- 06/08 Pud B.
- 06/13 Susan G.
- 06/15 Joe C.
- 06/16 Sophia T-O.
- 06/18 Tammy W.
- 06/20 Lisa Q.
- 06/20 Bob M.

WELCOME, NEW MEMBERS!

Welcome to our very newest members: Ann H., Carolee L. & Melanie B. We are so 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!



Women Reduce Your Stroke Risk According to research at the Beckman Research Institute, moderate-intensity exercise can reduce stroke in women risk by 20%. Moderate exercise such as a brisk walk was most strongly associated with a reduced risk, whereas strenuous activities such as running did not necessarily reduce risk further. In particular, the researchers found exercise mitigated risk for post-menopausal women taking hormone therapy who have a 30% higher risk of stroke than those who haven't used hormone therapy. They also found that the benefits of physical activity are immediate and consistent in pre-menopausal and post-menopausal women.

Fat is not the Enemy

Health magazine's food director recommends that we get over the fear of fat. A 2010 study showed that eating whole-fat dairy led to lower instances of Type 2 diabetes. Whole-fat yogurt, for example, not only tastes better but is also far richer in nutrients and provides more energy than low-fat or no-fat yogurt. The same goes for egg yolks which provide more nutrients to fight off heart disease than egg whites alone.

Which is healthier at an Italian restaurant? A serving of pasta with marinara sauce and Parmesan cheese -OR- two slices of a 12-inch veggie pizza with mozzarella cheese? Believe it or not, the bread slathered in grease is less fattening than the noodles with sauce. According to Health magazine, this is mostly due to portion control because restaurants are likely to give you much more pasta than the recommended 1/2-cup serving.

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)!

