



# FITSTOP FORUM

June  
2015

215 W. Manlius St. East Syracuse NY 13057 Phone: 315-214-5466 or 315-415-4043 E-mail: kathysfitstop@aol.com

**Hi, Everybody!** Hooray, the summer months are now upon us! With the great weather, we have more opportunity to get outside and enjoy other activities such as golf, gardening, walking, jogging, swimming, tennis, and the list goes on. I'd like to encourage everyone to actually keep up your with your workouts and stay active because summertime also means more vacations, parties, BBQ's , picnics and just plain more eating. Many of us intend to and believe we will naturally exercise more because of the nice weather. However, many also find that they have not and have actually gained weight and gotten out of shape by the fall! Don't let that happen to you!! Do something physically active everyday. Since we work muscles in class that you won't typically work with other outdoor summer activities and sports, do your best to attend as many classes as your schedule allows. Most of all; have a safe, healthy and happy summer and I hope to see you all over the summer months!!



## CELEBRATING YOU!

### June Birthdays:

- 06/03 Deb W.
- 06/08 Sandy Mc.
- 06/08 Gina M.
- 06/10 Pud B.
- 06/13 Susan G.
- 06/14 Anita B.
- 06/15 Joe C.
- 06/16 Sophia T-O.
- 06/18 Tammy W.
- 06/20 Lisa Q.
- 06/20 Bob M.

### Welcome New Members:

Sally D, Sara H, Elise L, Dina S, and Donna S. We are happy to have you all 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!

### Attention Members:

We have recently shampooed all the carpeting in the club, so please remember to wear only clean indoor shoes in the club! Let's keep it clean!!!

### Reasons to Exercise:

There are so many reasons to exercise! One of our

members sent me a list of 50 of them, so I thought I'd share with you the first 25 this month and I will send the next 25 in next month's newsletter. Here goes... Exercise lifts your mood, improves learning abilities, builds self esteem, keeps your brain fit, keeps your body fit & able, boosts mental health, boosts your immune system, reduces stress, makes you feel happier, has anti-aging effects, improves skin tone and color, improves sleeping patterns, helps prevent strokes, improves joint function, improves muscle strength, alleviates anxiety, sharpens memory, helps control addictions, boosts productivity, boosts creative thinking, improves body image, gives you confidence, helps keep you focused in life, improves eating habits and increases longevity. So what are you waiting for; get moving! Thanks Satish!

### Self Myofascial Relief:

Did you know that it is important to take care of the fascia—or connective tissue---in your body? According to an article in the May 2015 issue of IDEA Fitness Journal, the health of connective tissue is of serious concern. The condition of our connective tissue depends on how old we are and what we have done in our lives to keep our tissue healthy, hydrated and flexible. You can't, of course do any thing about your age but you can improve your fascia and range of motion through a technique called **self myofascial release**. The article suggests that dehydration may be at the root of chronic pain, fatigue, and muscle aches as well as a whole host of

other nagging symptoms. Self myofascial release techniques combine pressure and movement, often done with a foam roller, or pliable ball or even a tennis ball. Good places to begin SMR are in the hands and feet. Tightness in the feet and hands may be the source of pain in the knees and hips or in the shoulders and neck. Try these exercises to get a feel for the benefits of SMR using a tennis ball. For the hands: place right hand palm down on the tennis ball supported on a table. Use your left hand to add moderate pressure. Lift and splay fingers and hold for 4 seconds, then gently close fingers around ball. Repeat 4 times. Then gently roll ball across top of hand, fingers splayed, and over and between each finger. Follow with straight arm wrist extension, flexion and rotation. For the feet, roll arch of foot across ball from front to back. Roll tennis ball from medial to lateral arch. Be sure to lean arms and torso across thigh to increase pressure. Place ball behind toes under ball of right foot. Press and curl toes down and around ball: hold 4 seconds. Press again while lifting toes up and out; hold 4 seconds. Repeat on left foot. The key is to use just enough pressure—similar to the amount used when kneading bread—so that the muscles remain pliable and make sure the movements are slow and controlled. Applying too much pressure causes muscle contractions that restrict the effectiveness of the SMR. So, when in doubt... roll it out!!

### Something to think about:

It doesn't hurt to be optimistic. You can always cry later.

— Lucimar Santos de Lima

**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).