



FITSTOP FORUM

June
2016

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Hi, Everybody! Hooray!! Summer is just around the corner and that gives us all opportunity to get outdoors more, enjoy the nice weather and change up some of your cardio workouts with walking, running, swimming, biking etc.... Just remember to also keep up with your strength and flexibility training in our classes, personal training or on your own, as they are extremely important to your overall health. I would also like to say "Congrats" to everyone who participated in the FitStop Food Swap program! You all did such a great job!! I'm happy that many of you will stay with this program as a permanent plan. Our Summer Combo Boot Camp will be starting next Monday June 6th. If you are a last minute straggler and still want in on it, please let me know A.S.A.P! Our class schedule will remain the same through June. I will post the "Summer Class Schedule" in the July newsletter.



CELEBRATING YOU!

June Birthdays:

- 06/02 Nancy F.
- 06/02 Bindu K.
- 06/03 Debra W.
- 06/08 Sandy Mc.
- 06/08 Gina M.
- 06/10 Pud B.
- 06/13 Susan G.
- 06/14 Anita B.
- 06/15 Joey C.
- 06/16 Sophia O.
- 06/20 Lisa Q.
- 06/20 Bobby M.
- 06/29 Patty G.

Welcome New Members: We would like to welcome new members Wendy L. and Francine P. to our club! 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!

Try this Yummy Gazpacho! :

Here is a healthy and delicious recipe for Gazpacho that can be used as a cool summer soup or as a tasty salsa:

Combine in a food processor; 2-28 oz. Cans of whole tomatoes, 1 cucumber (seeded), 1 red onion, 4

scallions, 6 cloves of garlic, 1 red pepper, 3 stalks of celery with leaves. Add to that, 1/2C. red wine vinegar, 1/2 C. olive oil, 2-3 Tbsp. tomato paste, 1 1/2 C tomato juice, 1-2 tsp. celery salt, 1 Tbls. Kosher salt, 1 1/2 tsp pepper and 1/4 tsp red crush pepper. Pulse until mixed, but don't over pulse! I like it a little chunky so you can still see all the bits of veggies. Enjoy!!

Digital Detoxing:

Do you need to step away from the email or give your smartphone a rest from time to time? Digital detoxing is becoming increasingly popular as a response to tech overload. Many people are overwhelmed by information overload. An article, courtesy of April Durrett, in the May 2016 edition of IDEA Fitness Journal explains the benefits of setting limits around technology and strategies for doing so. Taking breaks from technology are good for your body. These breaks can help to avoid some of the chronic musculoskeletal changes that can accompany the types of postures and body positions associated with using PC computers, smartphones and hand held computer devices. Making time away from technology can bring joy and purpose by helping you to stay focused on what you want to do instead of what the world thinks you should be doing. A few strategies to try are as follows: #1. Try turning off email and text alerts for a set

period of time. #2. Separate home and work technology. Likewise, create different email accounts for personal and work correspondence and limit the number of times you check your email. #3. Keep the cell phone out of the bedroom. #4. Adopt a "No Tech" Sunday. Some people are finding that saying no to digital every Sunday helps them find work-life balance. These tips just may help us all achieve a better balance in our lives as well.

Don't forget to wear your sunscreen! :

I would like to share with you a tip I got from a dermatologist. She said to wear only 30 SPF sunscreen as the ones with a higher SPF (50 to 100 SPF), have only a very small % of increased protection from sun damage to your skin; however, they have more toxic chemicals in them. So you may need to apply it more often but the 30 SPF is the one that most dermatologists say is the safest overall to protect your skin from sun damage.

Something to think about:

"Honesty is welcome; negativity is not."

_____Anon

"Be of good cheer, do not think of today's failures, but of the success that may come tomorrow. You have set yourselves a difficult task, but you will succeed if you persevere; and you will find joy in overcoming obstacles. Remember, no effort that we make to attain something better is ever wasted."

_____Helen Keller

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.



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