



FITSTOP FORUM

June
2017

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Hi, Everybody! Thanks to all who participated last month in the 2017 Susan G. Komen Race for the Cure! It is an honor each year to be asked to be part of such a worthwhile cause and I am so proud of how many of you from our club take part to help make this event a success. You are awesome!! We also had a nice time meeting with Gina Carr from **Arbonne** on 2 different days last month as she demonstrated her natural health and beauty products. She has asked if we would like to have her come again for a ladies night, where she can do facials etc..., to demo more of her products. If this is something you would like to do, let me know so we can set it up. The fun is about to begin!! Remember that our Summer Combo Boot Camp begins next week, Monday June 5th! Still need to register? There is still time. Let me know! **Also, see below for new class schedule.** Happy summer!



CELEBRATING YOU!

June Birthdays:

- 06/02 Theresa E.
- 06/02 Debbie 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 Taylor M.
- 06/16 Sophia T.
- 06/20 Bob M.
- 06/29 Patty G.

Welcome New Members:

We would like to welcome new members Sam A., Molly B. and Nancy M. 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!

Notice New Class Schedule! :

Class participants; please notice that there are a few changes to our current class schedule as of June 5th 2017. Tuesday evenings, we will have just one Zumba class, which will begin at **5:30pm**. This will be in place of the

4:30pm Zumba Class. This will also be the only class for Tuesday evenings. Wednesday evenings, the Cardio X-Train class will also be changed to **5:30pm** in place of the 4:30pm class. Thursday evenings will have **only** the 4:30 Zumba Class and the 5:30 Body Blast Class. The rest of the schedule stays the same until next month. At that point, the only changes then will be as always. For the months of July and August, 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. Hope to see you all in class! See attached for current class schedule.

Tips and Tricks to Stay Fit:

Here are five more pointers from an article in "The Guardian", to help you with your fitness goals. Here we go!

Don't Compare Yourself w/Others:

Whether you're just starting out or you're a seasoned pro, the temptation to see how you measure up, is always there and forever futile. Just focus on yourself. It is so much easier and ultimately more satisfying.

Be Patient and Consistent:

Don't hammer out a workout regimen for a week and expect to be an Olympian. Change takes time, so don't create an unrealistic schedule. If you are just getting into fitness, it's highly unlikely you will start out going to the

gym 5 times a week. Ease yourself in and allow yourself time to build up.

Don't forget to Stretch:

If you are over 40, (and most of us here are), stretching and mobility are vital. Try joining a flexibility class, (like our Flex Fusion Class), to learn how to stretch. Whatever you do, move around often and stretch your shoulders and chest to stop your body from stooping over. We all need to stretch every single day.

Take the Stairs:

It's easy to avoid them. But if you walk up and down stairs at every opportunity, it's a great way to sneak in some extra cardio exercise. And last but not least...

Have Fun: Exercise and nutrition should ultimately be about achieving a healthy mind and body, not always pushing yourself to your limits. Choose exercise you enjoy and that makes you feel great. If you love it, you are more likely to keep it up, so don't worry about what the new trend is or what's going to burn the most calories; think instead, "What's going to put the biggest smile on my face?" and choose to do that. You won't regret it!

Something to think about:

"Envy and fear are the only passions to which no pleasure is attached."

____John Churton Collins

"Having a goal is a state of happiness."

____E.J. Bartek

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.