



# FITSTOP FORUM

March  
2015

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Hi, Everybody! Well if you've been loving this winter with all this snow, I hope you've had your fill because this has been a record breaking one. I, for one, know that I have had enough already!! Along with all the snow and cold weather this season, I know many, as of late, have also been dealing with illness, injuries and surgeries for various reasons. These incidents often times, can make it very difficult to maintain our fitness levels and routines. It's crucial that we remember to maintain a healthy diet, get the rest that we need and keep a positive attitude during these times to help get through these obstacles so that we can get back to working on our healthy and fit lives. Just remember that if you need help getting back on the fitness track for any reason, I am here to encourage and help you do just that because I do understand!! I am also really looking forward to the coming of Spring because even more than most years, I know how much I will truly appreciate it when it gets here!



## CELEBRATING YOU!

### March Birthdays:

- 03/03 Stan E.
- 03/04 Beth B.
- 03/06 Marie T.
- 03/08 Maggie O.
- 03/15 Tom H.
- 03/15 Christine L.
- 03/19 Susan B.
- 03/21 Amy Y.
- 03/22 Carol K.
- 03/23 Mindy A.
- 03/23 Paula G.
- 03/24 Susan P.
- 03/25 Patty B.
- 03/27 Rebecca Z.
- 03/27 Raelynn K.
- 03/29 Jason S.

### Welcome New Members:

Anita B, Kenia D, Dee F, Jim F, Paula G, Satish K and Adele P. 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!

### Attention Members

Please do not place your chewed gum on cardio machines!! Thank you!

**Tips for good posture:** I know most of you have heard me say, "pull your shoulders down" or "pick your head up" at least a thousand plus times. These are just a couple of the many postural tips that I spew throughout the day to help you obtain and maintain good posture so you can alleviate neck, back and hip discomfort. Since most of the way we position our bodies throughout the day involve "forward living", so to speak, such as sitting, reaching (i.e. driving), texting, walking, we end up with postural problems such as forward neck, rounded shoulders, and a weak upper and lower back. Chest muscles become tight which pull us forward and strain and weaken the back. The following are some of my own favorite postural tips along with some great tips I got from the "February 2015 edition of Fitness Journal": 1. Picture a string pulling your head up toward the ceiling. This creates space between your vertebrae: when you relax, the spinal segments can then realign. 2. Align your earlobes with the top of your shoulders to help prevent the "goose-neck" posture. 3. Retract the chin by doing chin tucks and draw shoulders down and back. 4. Lift the rib cage and center the hips. 5. Keep weight balanced between both feet and don't lock knees or shift hips to one side while standing. 6. When seated, sit on top of your "sit bones". The thumbs should be facing forward and shoulders should be depressed and slightly retracted. You can adjust your environment as well such as, while you are driving, adjust the

rearview and side mirrors so that you can only see them properly when you are seated with good posture. Make sure that your desk and chair are the right size as well as the keyboard and monitor at the right height as well as the phone, calculator etc...., placed conveniently for use. It is extremely important to work toward muscle balance and to stretch well after exercise; you can consult with a trainer to show you how. Most of all, make it a habit to increase awareness of your posture. These tips will go a long way toward improving your posture and decreasing your pain.

### Remember to Laugh:

Laughter may not only be the best medicine; it may also offer a way to improve memory according to researchers from Loma Linda University in California. They have discovered that humor reduces detrimental stress hormones like cortisol that decreases memory neurons. Humor lowers blood pressure, and increases blood flow and your mood state. Laughing or simply enjoying some humor increases the release of endorphins and dopamine in the brain, which provides a sense of pleasure and reward. These positive changes make the immune system stronger as well as amp up memory and recall. **LOL:-)**



### Something to think about:

*He who forecasts all perils will never sail the sea.*

**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).