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FITSTOP FORUM

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Hi, Everybody! I do realize that it's hard to believe, but Spring is finally on its way! Yeah!! Make sure to get back on the fitness track if you have been doing some hibernating this winter because the nice weather is around the corner and you will want to be fit and ready when it arrives. If you have been coming in to the gym all winter, keep up the great work!! ... and don't forget to invite a friend or two to visit too! See ya soon!

CELEBRATING YOU!

March Birthdays

- 3/03 Pam K
- 3/04 Beth B
- 3/06 Marie T
- 3/11 Lauren T
- 3/15 Tom H
- 3/15 Christine L
- 3/19 Susan B
- 3/19 Sheila L
- 3/21 Amy Y
- 3/22 Carol K
- 3/24 Susan P
- 3/25 Patty B
- 3/27 Rebecca Z
- 3/29 Jason S

Congrats to Amy Y and Gina C as winners of our **Refer-A-Friend** program. Great job girls!

WELCOME, NEW MEMBERS!

Let's give a big welcome to our newest members: Danielle F, Kitty M, Wendy M, Maggie O and Pat F. 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!

A Tip for Keeping Teeth Stain Free: At my last dental cleaning appointment, my dental hygienist noticed that I was getting a purplish stain on my teeth. Since I don't drink soda, coffee or wine I realized that it was due to the Isotonix OPC3 anti-oxidant that I drink every morning. I would drink it, wait about 15 minutes to eat breakfast, then, brush my teeth. OPC3 is a combination of red wine extract, grape seed extract and white pine bark. Any way it's PURPLE! And so were my teeth! I then decided that if I rinsed my mouth IMMEDIATELY after drinking, that would cut down on the staining. Well, at my most recent visit, my dental hygienist noticed that I didn't have any more staining. I told her what I did differently and she said that people should try rinsing out their mouths immediately after drinking coffee or wine or after eating blue berries and black berries as this would help to prevent stains. Rinse your mouth and Smile!

Weight Loss Maintenance - Tips for keeping it off for good! If you have reached your weight loss goal, Congratulations! Now the challenge is keeping it off. Here are some tips from ACE Fit Facts to help you keep your commitment to living a healthy lifestyle:

1. Exercise about an hour each day (on average). This appears to be the #1 most important factor in keeping the weight off.
2. Eat a nutritious breakfast daily. This jump starts your metabolism, gives you fuel for the day and makes it less likely that you will overeat later.
3. Eat plenty of low fat protein to help you feel full in between meals.
4. Weigh weekly. This allows you to track the trends without getting hung up on small daily ups and downs.
5. Keep stress at bay. Times of increased stress put you at risk for back sliding to your old behaviors.
6. Reward yourself for staying on track but make sure to treat yourself with non-food rewards. Treat yourself to a spa service or a new clothing item.

Battling Boredom Are you finding it difficult to get out of bed in the morning for your workouts? Are you making up excuses to skip the gym on the way home? Even the most dedicated exercisers occasionally need to spice up our workouts to keep us motivated. For a quick fix, ACE Fit Facts recommends trying a new variation of your favorite activity. If you currently do your cardio workouts on the machines, try adding intervals or try a cardio class instead. Consider a completely new activity such as lifting weights or a strengthening class. Even better, start going to a yoga type class! If you always workout alone, get a buddy to join you and try setting some new fitness goals. Trying new classes and new activities and learning how to throw a little variety into your routine can help you overcome the inclination to make creative excuses for not working out. Keep coming and keep it fresh. **NO EXCUSES ALLOWED!!**

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)!

