



FITSTOP FORUM

March
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Hi, Everybody! I hope this newsletter finds you all well and enjoying our mild winter.... soon to be spring! And because spring is right around the corner, I'd like to remind everyone to continue to wear only indoor sneakers when working out in the gym; especially on rainy, wet days as this will help prevent injury from slipping on the aerobics floor, treadmills etc... and it will help to keep our club clean. No one likes to lie down on a muddy, dirty floor. Thank you to all who are already doing so! Upcoming....We will be looking for a date and time and place where we can get together for anyone who is interested in a rock painting party. Also, for members who are interested, we will try to set a date to hold a mini seminar this spring, on a Saturday morning after class, to learn about all natural Arbonne health and beauty products. I will share more on that with you at the club! Stay well!



CELEBRATING YOU!

February Birthdays:

- 03/01 Stan E.
- 03/01 Donna S.
- 03/02 Rosalie W.
- 03/03 Pam K.
- 03/08 Maggie O.
- 03/15 Tom H.
- 03/18 Joanne D.
- 03/21 Amy Y.
- 03/22 Carol K.
- 03/24 Susan P.
- 03/25 Patty B.

Welcome New Member:

We would like to welcome new member Chuck F. to the FitStop. We are so happy to have you 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!

Benefits of Gym Membership:

If you want more confirmation that it's good for you to belong to a gym (and use it), the following are conclusions from researchers from Iowa State University. It's not surprising that people with a gym membership workout more. They found

that gym members were 14 times more aerobically active than non-members and 10 times more likely to meet muscle strengthening guidelines, regardless of their age and weight. Overall, researchers noted that health club members got nearly six more hours of physical activity a week than non-members. They also had lower odds of being obese, smaller waistlines, lower resting heart rate, greater heart strength, lung function and cardio respiratory fitness. To add to those benefits, they noted that by joining a quality fitness facility, a new exerciser will be around like-minded people and have access to professionals who can help them. They will also have access to quality equipment, social support, and even the financial commitment may help spur someone to continue exercising. So spread the word on this and invite your friends and family to come on in and join us!!

Tips for Staying Fit:

The following 5 tips are from the February issue of The Guardian:

- **Focus on your sleep.** People underestimate the impact of the lack of sleep. Not only will the intensity of your workout suffer but you are likely to crave sugary sweets the next day.
- **Start the day with water.** Do this first thing when you wake up. Drink a big glass (I like to drink a 16-oz bottle) of water. It's like starting your engine.
- **Keep a food diary.** If you're too busy to write down what you eat

each day, then take a picture of each meal or snack on your phone to review at the end of the week.

- **Stop eating lunch at your desk.** Get up, move around. Your mind, body, and soul will thank you for it. And, yes, you do have time.
- **Be prepared.** Keep a bag with your workout clothes and sneakers in the car. It would be so disappointing to find you have time to work out but don't have workout wear with you.

More tips to follow in next month's newsletter.

Speak Motivating Mantras:

Do you need a little motivation to start on those healthy goals that you've made? The following quotes found in a recent Time Magazine article, will inspire you to stop making excuses so you can make these happen. Here they are..."Excuses are for those who don't want it bad enough." "If it's important to you, you will find a way. If not you will find an excuse." "A 1 hour workout is only 4% of your day—No Excuses!" "I want to see what happens if I don't quit." "Excuses don't burn calories." "You can't expect to succeed if you only put work in on the days you feel like it." And my favorite..."You get what you work for, not what you wish for." So now, you can truly kick those excuses to the curb and start working on your goals!

Something to think about:

"The wise man does at once what the fool does eventually."

_____ Baltasar Gracian

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.