



# FITSTOP FORUM

March  
2018

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Hi, Everybody! I hope this news letter finds you all healthy and well. We have had a rough winter at the FitStop with the extreme weather and so many illnesses. I sure hope that we are over the hump now so we can start to see more of you back in the club working out, taking classes and getting back to doing your thing! I know many of us are looking forward to spring; which believe it or not, will be here in just a couple of weeks. Finally! This is always a great time for new beginnings, setting new goals and creating new habits for your personal fitness. If you need some help in the area of developing and sticking to new healthy habits, (and most of us do); read the article below! It's got some great ideas to help you create and establish new healthy habits so that you can stay on track to achieve your fitness goals. After all, that is what the FitStop is all about! Take care, stay well and see you at the club!



## CELEBRATING YOU!

### March Birthdays:

- 03/01 Stan E.
- 03/01 Donna S.
- 03/03 Pam K.
- 03/04 Beth B.
- 03/06 Marie T.
- 03/08 Maggie O.
- 03/15 Tom H.
- 03/22 Carol K.
- 03/24 Susan P.
- 03/25 Patty B.

### Welcome New Member! :

We'd like to give a big welcome to our newest member Sally M. 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!

### Creating Healthy Habits:

Have you ever tried to drink more water or stop eating fast food, but just not been able to sustain the new habit? Derrick Price, M.S., programming officer at the Institute of Motion, explains the anatomy of a habit and gives you strategies to create new behaviors in the February

issue of IDEA Fitness Journal. **ANATOMY OF A HABIT:** In his book *The Power of Habit*, Charles Duhigg explains that a habit is more than just a repetitive behavior, but rather three sequential components that make up the **habit loop**. **#1. The cue** is an environmental or internal trigger that provokes us to learn a behavior. For example hunger pangs cue you to eat or depression triggers the urge to eat ice cream. **#2. The behavior** is the actual routine we commonly associate with the habit. It occurs automatically and may be simple such as always tying the right shoe before the left shoe. **#3. The reward** makes behavior stick. The "high" runners feel after a run is enough to make them want to repeat the experience.

### ESTABLISHING NEW HABITS:

**Step 1: Establish goals and milestones.** Contrary to popular belief, habits do not take 21 days to form. Habit formation varies greatly from person to person and can take as long as 66 days. Therefore, it is important to "chunk" it into smaller, less daunting and more realistic outcomes. For example, instead of focusing on losing 60 pounds, a good first milestone is to lose 5 pounds in the first month. **Step 2: Identify motivational factors.** Internal motivation involves doing an activity for satisfaction such as a sense of accomplishment or improved self-confidence. Such internal motivation is long-lasting compared to an external motivator. **Step 3: Pick a goal-oriented behavior.** While it may seem appealing to make a lot of changes at once, focusing on one habit at a time may lead to

greater success. For example, if you want to lose weight, you could choose from one of these two behaviors. **#1.** Walk and track 10,000 steps per day. Evidence suggests that regular, "incidental" physical activity is effective for weight loss and overall health. **#2.** Drink 2 cups of water before every meal. Not only may this help with satiety, but it is calorie free, and proper hydration may aid in fat loss and overall well being. **Step 4:** Create the cue and reward. Once you have selected a behavior, choose a cue that will trigger it. For example, if you opt to drink 2 cups of water before every meal, consider setting a reminder alarm or keeping a water bottle next to the computer screen. Then select a reward to reinforce the behavior. **Step 5:** Eliminate disrupters. If you can identify disrupters, you can overcome pitfalls before they occur. For example, if not having water readily available before every meal is a disrupter, purchase a water bottle that is easy to fill and transport. **Step 6:** Follow up. Hold yourself accountable to new behaviors. Work with a health coach or a friend who can help you remain accountable! (Don't forget; this is what I do!)

### Something to think about:

"I've lived through some terrible things in my life, some of which actually happened."

\_\_\_\_\_Mark Twain

"Needless fear and panic over disease or misfortune that seldom materialize are simply bad habits."

\_\_\_\_\_Elie Metchnikoff

**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](http://Kathysfitstop.com), please email your story to me at [kathysfitstop@aol.com](mailto:kathysfitstop@aol.com).