



# FITSTOP FORUM

May  
2015

215 W. Manlius St. East Syracuse NY 13057 Phone: 315-214-5466 or 315-415-4043 E-mail: kathysfitstop@aol.com

**Hi, Everybody!** Alas, May is here and that means that the Susan G. Komen, Race for the Cure is coming up in just 2 weeks! Please join us on Saturday May 16<sup>th</sup>, at the New York State Fair Grounds in front of Chevy Court Stage for the warm up before the Race. Then, accompany us for the 5k walk/run to follow. If you plan to attend and still need to register, you can do so and join our FitStop team by going directly to this link: <http://centralnewyork.info-komen.org/goto/fitstop>. You can register and make donations directly from our page. Hope to see you all there!!

**Coming up in June**, is our Combo Boot Camp! See some information below and open up the attached flier for all the complete details of this year's Combo Boot Camp! As always, we will have a great time and we hope to see some new faces along with our returning participants this year!



## CELEBRATING YOU!

### May Birthdays:

- 05/01 Julie T.
- 05/06 Ronnie S.
- 05/09 Franco R.
- 05/09 Wendy H.
- 05/10 Derrick T.
- 05/12 Richard R.
- 05/16 Ron K.
- 05/23 Cathy M.
- 05/24 Lee M.
- 05/25 Joe M.
- 05/26 Eileen C.
- 05/28 David S.
- 05/31 Lexi V.

### Welcome New Members:

Sharon D, Patty D, Radhika M, Stephen R, & Debbie S. 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! **Congrats once again to Rebecca Z. for referring her friend to join!**

### Attention Members:

Someone has forgotten a pair of black Dansko shoes at the club about a month ago. If you think they could be yours, please contact me.

**Combo Boot Camp:** If you are thinking about or interested in joining us for our upcoming boot camp, here are a few of the details: Combo Boot Camp will begin Monday June 1<sup>st</sup> and continue until Tuesday June 30<sup>th</sup>. We will meet on Mondays, Tuesdays, Thursdays and Fridays from 6:00a.m-7:30a.m. The cost is \$399.00 for FitStop members and \$480.00 for non-members. The Boot Camp is appropriate for moderate and advanced fitness levels and each session will be divided up into 3 half hour segments, focusing on strength, cardio and flexibility. Please register by Friday May 15<sup>th</sup>. For all the complete details of the Boot Camp, please refer to the attached flier.

### What's Worse: No Exercise or Obesity?

Being obese is linked to a host of health problems. However, recent research according to an article in the April 2015 edition of IDEA Fitness Journal, states that being physically inactive may be a bigger problem. Researchers from the European Prospective Investigation into Cancer and Nutrition Study, which involved 334,161 participants, learned that those who were physically active fared much better than inactive individuals across all variables. For instance, even moderately active participants with a high BMI (Body Mass Index) had a 20-30% lower risk of dying during the 12.4-year follow-up than sedentary individuals with a comparable BMI. Results were similar for active versus inactive people with like amounts of belly fat. Of course, active

subjects with a lower BMI or less body fat had an even lower risk of dying. The most pronounced decreased hazard was observed between the inactive and moderately inactive groups in both the abdominally lean and abdominally obese groups. The good news is that improving mortality risk doesn't seem to require significant increases in physical activity, which may be helpful in inspiring sedentary individuals to improve their health scores. The authors concluded that the greatest reductions in all-cause mortality risks were observed between the inactive and the moderately inactive groups across levels of body fat especially belly fat which suggests that efforts to encourage even small increases in activity in inactive individuals may be of public health benefit.

**Food for Thought:** People with the highest magnesium intake were 37% less likely to develop common precursors to diabetes. Get your magnesium requirements in whole grains, dark leafy greens, fish, dark chocolate and nuts and seeds! Eat up!!

### Something to think about:

The joyfulness of a man longeth his days. \_\_\_\_\_ Psalms

Do not worry; eat three square meals a day; say your prayers; be courteous to your creditors; keep your digestion good; exercise; go slow and easy. Maybe there are other things your special case requires to make you happy; but, my friend, these I reckon will give you a good lift.

\_\_\_\_\_ Abraham Lincoln

**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).