



215 W. Manlius St.
 East Syracuse NY 13057
 315-214-5466
 315-415-4043
 kathysfitstop@aol.com

FITSTOP FORUM

May
 2014



Hi, Everybody! May is here and that means that the **Susan G. Komen Race for the Cure** is just around the corner. Several of our own FitStop members have had to deal firsthand with breast cancer. In fact, very few of us have not been touched in some way by this devastating disease. Come join us in our warm up routine before the race on **Saturday May 17th** at the New York State Fairgrounds on Chevy Court Stage. If you are not going to be joining us on stage, then join us in the crowd to honor the Survivors with our warm up dance routines then walk with us! We begin the 12-minute warm up at 9:30a.m. The 5k walk/run will begin promptly at 10:00 a.m. Some of us will be running in the race, but most of us will be walking the 5k. If you would like to register on line with our team you can go to www.komencny.org. Once you are at the site, go to Race for the Cure to Register, add your email info and click "Join an existing team." Scroll down and click on to our team, Kathy Caiello's FitStop. You can also register early that morning at the event. Rain or shine, come join us for this wonderfully inspiring event in supporting all the Survivors and their families!

CELEBRATING YOU!

May Birthdays

- 05/06 Ronnie S.
- 05/09 Franco R.
- 05/09 Wendy H.
- 05/10 Derrick T.
- 05/12 Richard R.
- 05/16 Ron K.
- 05/18 Chris C.
- 05/23 Cathy M.
- 05/24 Lee M.
- 05/25 Gerard R.
- 05/26 Eileen C.
- 05/28 David S.
- 05/31 Alexa V.

WELCOME, NEW MEMBERS!

Welcome this month two of our very newest members: Ales B. and Liz H. 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!

DON'T FORGET TO REGISTER BY MAY 16th FOR OUR COMBO BOOT CAMP IN JUNE!! This will be a fun and effective way to "BOOT" yourself back on the fitness track if you have taken time off from your workouts or just a great way to cross train if you've stayed steady with it all year! **This Combo Camp is suitable for ALL fitness levels so invite your friends, your spouse or any other family member to come join us for the fun!** If you can walk, this is RIGHT for you, because you will be going at your own pace. I designed this Combo Boot Camp in such a way as to refresh and energize you for the day but not "knock you out." Here are the details:

When: Monday June 2nd through Friday June 27th. (Mon, Tues, Thurs & Fri only)
Where: Kathy Caiello's FitStop, 215 West Manlius Street, East Syracuse, N.Y. 13057
Time: 6:00am – 7:30am
Price: \$399.00 for FitStop members and \$480.00 for non-members.

What is Combo Camp? Each session is broken into three half-hour segments. The first segment will focus on core strength & upper body on two days per week and core strength & lower body on the alternate two days per week. The second segment will focus on cardio fitness. We will be taking it outdoors for power walking, jogging, running or any combination of those activities. The third and final segment of each session will focus on muscular flexibility, joint range of motion and balance. Complimentary lemon water, fruit and healthy breakfast options will be available before and after each session. **Hey FitStop Members, receive a Refer-a-Friend prize (\$50.00 Visa Gift Card), for any non-member friend you refer that signs up for the Combo Boot Camp!**

IS IT ALLERGIES OR A COLD? Allergy season is here and it can be difficult to tell if you actually have allergies or a cold. According to the Mayo Clinic, the "common cold" is a virus that passes through the air from coughing or sneezing but allergies can't be passed onto another person. Cold symptoms come on fast and usually taper off more quickly than allergies which can last to varying degrees all year round. Colds are also often accompanied by body aches and sometimes a fever which don't occur with allergies. On the other hand, cold sufferers won't experience itchiness that comes with allergies. Both colds and allergies can bring on sinus infections and, if left untreated, can last for weeks or even months.

HEALTHY, QUICK & DELICIOUS! Here's a little breakfast tip: If you love to eat old-fashioned oatmeal for breakfast, but don't have time in the morning to cook it, make a large batch (2 or 3 servings) in advance and store it in the fridge. Each morning, scoop out what you want and zap it in the microwave for 1 minute. Jazz it up with whatever you like. My favorite combo is to add vanilla soy milk, blueberries, chopped walnuts and cinnamon. It's a delicious, high fiber way to start your day! Eat up!!

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)!

