



# FITSTOP FORUM

May  
2018

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Hi, Everybody! It's been a long winter and a long "Sprinter" but, spring is finally in the air and that means we can all start to enjoy the great outdoors once again doing whatever makes you happy. Seriously, getting outside to walk, jog, hike, bike, golf or whatever you like will lift your spirits especially after such a long indoor season. So I encourage you all to get outside and enjoy your favorite outdoor activities! Speaking of favorite outdoor activities, I know that I for one, am looking forward to our Summer Combo Bootcamp coming up next month! I hope that as many of you as possible will be able to join us for all the fun. (see details below). Also, please join us as we once again, get ready for our annual **Susan G. Komen Race for the Cure** on Saturday May 19<sup>th</sup>. Come join us as we support this great cause. (see details below). Have a happy and healthy spring!!



## **CELEBRATING YOU!**

### **May Birthdays:**

- 05/06 Ronnie S.
- 05/09 Franco R.
- 05/09 Wendy H.
- 05/16 Ron K.
- 05/24 Lee M.
- 05/26 Jinnette G.
- 05/26 Eileen C.
- 05/28 David S.
- 05/31 Andrea S.

### **Welcome New Member! :**

We'd like to give a big welcome back to member Toni T. We are so happy to have you back with us again!

### **\*\*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!

**Keep it Moving!!:** We are a nation of sitters according to a recent article in the News Letter Station. The simple art of moving – at work, and at home, indoors and out - is disappearing. We need to figure out ways to resist the siren call of the sofa and work more movement into our daily lives. To help you do that, the following are a few tips from

the world's foremost experts in movement, fitness and lifestyle for staying in motion in a sedentary world. **#1. Lend a Hand:** Most of us go out of our way to avoid chores. We let dirty dishes pile up, hope someone else changes the water filter at work, and pay the neighbor's kid to shovel the walk. Performing these brief physical tasks has benefits breaking up sitting time. **#2. Hit the Deck:** Sitting, lying, kneeling or squatting on or as close to the floor as much as possible can pay big dividends in hip mobility, spine health, and kinesthetic awareness, while simultaneously encouraging more movement. "Even while working on your laptop, playing with your children, or brushing your teeth, you can bring your legs forward, bring them to the side, sit on your heels or squat," says MovNat founder Erwan LE Corre, author of *"The Practice of Natural Movement."* **#3. Get Grateful:** How you move, it turns out, is just as important as the movement itself. "Most people think primarily about the quantity of movement they're getting: how many miles they ran, or steps they took, or reps they did," says LECorre. But the quality of the movement is equally, if not more, valuable to your health. Ask yourself: "How am I sitting?" How am I getting off the floor? By paying more attention to your alignment, breath, and ease of movement, even in simple tasks like driving, standing in line, and checking your phone, you increase awareness and enjoyment in movement. Next month we will explore more tips for helping us all to keep it moving!!

### **Don't Forget the Race for the Cure!**

Mark your calendar! The Susan G. Komen Race for the Cure will be coming up this month on Saturday, May 19<sup>th</sup> at the New York State Fair Grounds. If you would like to register to be on our team "Kathy Caiello's FitStop," you can follow the link below: <http://wyn.info-komen.org/goto/fitstop2018> When you get to the website, look for the pink "Register" button at the top of the screen and follow the prompts. If you have any questions, see me or call Jessica at 315-472-6162. Hope to see you all there!

### **Get Ready Summer Bootcampers!**

It's that wonderful time of year again, when we can enjoy our indoor/outdoor summer Combo Bootcamp! Tell your friends and neighbors to come join us for a good time as we get our bodies into shape for the summer! I know you'll love it!  
**When:** Monday, June 4th through Friday June 29th (Mon/Tues/Thurs & Fri only).  
**Time:** 6:00am – 7:30am  
**Where:** Kathy Caiello's FitStop  
**Price:** \$399.00 for FitStop members and \$480.00 for non-members  
**See attached flyer for more information.**

### **Something to think about:**

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

\_\_\_\_\_ Thomas Edison

**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).