



FITSTOP FORUM

May
2016

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Hi, Everybody! Alas, May is upon us and we have some good things happening this month! First, on May 9th, we begin our 3 week FitStop Healthy Food Swap plan. If you are still interested in participating in this program and have not yet confirmed with me, please do so a.s.a.p! We also have the Race for the Cure coming up on Saturday May 16th. This month, we will also be getting ready to register for our upcoming Summer Combo Boot Camp beginning in June. For more information on ALL 3 of these topics see below. Springtime is such a great time to set goals to clean up our diets, get outdoors and try something new. So, I hope to see as many of you as possible try out our FitStop Healthy Food Swap plan, join us for the Race for the Cure and consider trying out our Summer Combo Boot Camp! Give yourself a chance to really enhance your health and well being! Stay Well!!

CELEBRATING YOU!

May Birthdays:

- 05/03 Michelle R.
- 05/06 Ronnie S.
- 05/09 Franco R.
- 05/16 Ron K.
- 05/24 Lee M.
- 05/25 Joe M.
- 05/28 David S.

New Link on my Website: I currently have a link on my website for you to now order products that Nutritionist Susan Brown introduced here earlier this spring. Here's how to access that site. Go to my website KathysFitStop.com. On the left of the page, click on the **Alkaline for Life** link. If you are looking for any of the **Perque** Products, click on **Perque/Xymogen**. Then enter the passcode (**myhealth**). You should be able to choose your products from there and place your order. If you have any questions call 888-206-5320.

****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!

Race For the Cure-Coming Up!

The Race for the Cure will be on Saturday May 16th. If you are joining us on stage for the warm up, please come to the club that morning by 6:30 a.m. so we can all practice the routine a couple of times together. We will wear our v-neck FitStop tee underneath our long sleeved pink tees and long black yoga pants. The stage this year will be on Komen Kourt located in the Orange Parking lot as this is also where all Race Day Activities will be held. The 5K course, if you are planning on walking or running, will be a new scenic route that brings you past the new Lakeview Amphitheater and along the Onondaga Lake West Shore Trail.

FitStop Healthy Food Swap:

Our quick and easy, clean eating, 3 week plan will begin on Monday May 9th through Sunday May 29th. The cost is \$99.00 which includes a starter kit with some key healthy ingredients and a journal along with a pre and post program weigh in, measurements, body fat readings and photo. You will have daily access to me via email/text or cell phone with any questions or concerns. You will also receive an information packet with helpful/healthful tips, menu options, suggestions for grocery shopping, stocking your pantry and you will get a menu ingredient map for building your grocery list. Join us if you like!

Summer Combo Boot Camp:

Our Summer Combo Boot Camp will begin on Monday June 6th though Friday July 1st. We will meet on Mondays / Tuesdays / Thursdays and Fridays only from 6:00 a.m. til 7:30 a.m. The cost for members is \$399.00 and \$480.00 for non-members. I hope as many of you as possible can join us this year as we always have a great time! Please see attachment for more details!

Singing is good for your health:

Our own Gina C. sent me some information on why singing is good for you, so I thought I'd share with you all. Singing releases endorphins and makes you feel happier. It also releases oxytocin which is a natural stress reducer and found to alleviate feelings of depression and loneliness. Tests show that singing may reduce the risk of heart disease. You may sleep better as a result of being less stressed. Your posture will be straighter. Singing will enhance your mental awareness concentration and memory. And singing in a group will increase feeling of security and confidence. Hmm... where did I put that karaoke machine? Maybe I'll set it up again!?! Who wants to go first?

Something to think about:

"We should be too big to take offense and too noble to give it."

_____ 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.