



# FITSTOP FORUM

November  
2017

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Hi, Everybody! Our **Memory Loss Prevention Seminar** with Lisa Sonneborne last month was so informative! We learned so much about what we can do to help prevent and assess possible memory problems. The great news is that we have the option of getting an initial memory assessment right here in East Syracuse at the Clarity Clinical Research Center located on the corner of Fly and Kirkville Rd., right across from the Quick Fill Station. This **no cost** memory screen is available to anyone seeking information and resources for themselves or those they love. Just call 315-263-3997 to speak with Lisa about what options exist for your needs! Also...don't forget to **mark your calendars for Monday, December 11<sup>th</sup>** at 6pm at Barbagallo's restaurant for our annual FitStop Christmas party which this year will also feature a female acoustic guitar soloist. Hope you'll come celebrate with us!



## CELEBRATING YOU!

### November Birthdays:

- 11/01 Joe C.
- 11/13 Alice R.
- 11/17 Gen K.
- 11/21 Jim M. Jr.
- 11/24 Melynda F.
- 11/26 Leslie D.
- 11/29 Stephen R.

## Welcome New Member!

Welcome new member Jimmy C! We are so happy to have you here 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!

## Why you may not see results!:

The following are a few possible reasons that you may not be seeing the results that you desire from your workouts in the gym according to an article in the October edition of Newsletter Station. **#1.** You may not be paying attention to what the trainer or instructor is saying. Listen to what they say about alignment, form, breathing resistance as well as nutrition. Trust us. We want to get you

there as badly as you do. So do what we say, please! **#2.** You may not be working hard enough. If you continue to lift the same amount of weight or do the same amount of repetitions with the very same exercises, guess what? You aren't challenging your muscles. Another example is only working half speed during a cardio interval class or even stopping before the interval is over. You will see better results if you actually work during that interval. **#3.** You may not be competing with yourself. Say to yourself; "I'm going to try harder today than I did last time. Stay on your own mat, mentally and physically. Your fitness will blossom. Looking at your overall approach will help you work out smarter and maybe harder. You'll be so glad you did.

**A Fine Balance!:** No training program is complete without some focus on balance, an ability many people take for granted. A properly functioning balance (vestibular) system, according to an article written by Joy Keller in the October edition of IDEA Fitness Journal, allows us to see properly while in motion, helps us to orient ourselves to gravity, determines direction and speed and makes automatic postural adjustments. People with vestibular disorders may experience vertigo, dizziness, fatigue, jumping vision, unsteadiness, hearing loss and ringing in the ears. Like other systems in the body, the vestibular system responds to exercise. While standard balance

exercises (like standing on one leg with eyes closed) are effective, Jessica Johnson, a San Francisco based physical therapist encourages people to "resume childhood games." She continues, "Go swinging. Get on a merry go round, bounce on a ball. If you have kids, start playing like them. This would be the fastest way to exercising your vestibular system."

**A Weigh-In a Day:** Stepping up on the scale daily may help women lose weight, according to a new study. According to the data, women who weighed themselves daily saw significant decreases in BMI and Body Fat % over time. The study shows that the scale can become a powerful, objective tool, but whether that happens or not depends entirely on the individual's emotional connection to her weight. If a woman can't be objective about her weight, it may be better to use other measures of progress, like clothing fit, circumference, gym performance or energy levels. The bottom line is that the scale is a useful tool, but there are others that can be just as useful for individuals.

## Something to think about:

"The test of a vocation is the love of the drudgery it involves."

\_\_\_\_Logan Pearsall

"He that can't endure the bad will not live to see the good."

\_\_\_\_Yiddish Proverb

**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).