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FITSTOP FORUM

November
 2014



Hi, Everybody! Our FitStop *Fit For Fall* Boot Camp is over (“Boo Hoo”)! We all had such a great time challenging ourselves with creative partner-based circuits. The most fun however was the gut busting humor that Tim and Dan brought to us each day during the Flex Fusion segments of our class. Thanks guys!

...Well it’s that time of year again when we are thinking of the upcoming Holidays. See below for our Holiday Flyer. Be sure to R.S.V.P. A.S.A.P! Note: We will not be having classes on Wed, Nov. 26th at 4:30 through Black Friday. See you back in class Saturday morning Nov. 29th!

Something to think about: “*Speak kind words and you will hear kind echoes.*” And, here’s another one: “*The time to make friends is before you need them.*” If you have words of wisdom that you would like to share with us, please send it to me and I will put it in the next newsletter. Thanks Joe F. for the great idea!

CELEBRATING YOU!

November Birthdays:

- 11/01 Joe C.
- 11/07 Renee C.
- 11/09 Carol Ann F.
- 11/09 Lisa G.
- 11/12 Lisa P.
- 11/17 Gen K.
- 11/19 Monica N.
- 11/19 Michelle S.
- 11/20 Stephen K.
- 11/21 Jim M. Jr.
- 11/26 Leslie D.
- 11/27 Kitty M.

REMINDER

As a courtesy to your fellow members, please wipe off the equipment (especially the cardio machines) when you’re done. Wipes are in the dispensers on the wall. Please don’t leave any gum on the machines!

REFER-A-FRIEND

See Kathy about the Refer-A-Friend program.

Come Join Us



FitStop Celebration Anniversary/Holiday party

FOR: Members Of Kathy's Fitstop. Feel Free To Bring A Guest Or Two!,

WHERE: Barbagallo's Restaurant - Diamond Room (Cash Bar)
 6344 E Molloy Rd, East Syracuse, NY 13057

WHEN: Monday, December. 8th From 5:30pm Til-?? Please RSVP by November 27th.



Come casual or dressed for a party. We are having a cash bar and lots of food!

COME ON PEOPLE!

Since you are already working on getting your bodies in shape, you might as well work on getting your voices in shape too! You have all seen the **Karaoke Machine** in the gym by now. I know you are all a little shy (except for our Karaoke King Jack!), but I want you to “belly up” to that mic and belt out a few tunes! I will be periodically bringing it in so you can practice your favorite songs for our upcoming Christmas Party on December 8th at Barbagallo’s .



Guess What? The waist to hip ratio has been shown to be a superior clinical measurement in predicting cardiovascular disease and diabetes risks. Here’s how you do it: Measure the narrowest part of the waist and measure the hips at the fullest part of your buttocks. Then divide the waist by the hip measurement. Here are the Waist-to-Hip Ratio Norms: Males: <0.85 Excellent, 0.85-0.89 Good, 0.90-0.95 Average, and >0.95 at risk. Females: <0.75 Excellent, 0.75-0.79 Good, 0.80-0.86 Average, >0.86 at risk. Remember that this serves only as an estimation of your fitness level.

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.