



FITSTOP FORUM

November
2015

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Hi, Everybody! As we approach the upcoming Holiday Season it is important to be sure to take extra good care of yourself. One way to do that is to be sure to use our disinfecting wipes on mats and machines before and after use. And ... if you have flu-like symptoms, please stay home and rest!! If you would like to help the needy stay warm this winter, the FitStop will be collecting blankets, gloves, mittens, scarves, socks and hats for men/women and children through December 18th for distribution to the needy at Cornerstone Christian Church on Sunday December 20th. All items should be new or gently used. All donations are appreciated and can be given to me at the gym. Thank you!

CELEBRATING YOU!

November Birthdays:

- 11/01 Joe C.
- 11/09 Lisa G.
- 11/13 Alice R.
- 11/17 Gen K.
- 11/19 Michelle S.
- 11/20 Steve K.
- 11/21 Jim M. Jr.
- 11/26 Leslie D.
- 11/29 Stephen R.

Welcome New Members:

Khyati D, Paulette L, Alyssa R, Vicky R, Michele R, and Alice R. 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!

Something to think about:

No medicine is more valuable, none more efficacious, none better suited to cure of all our temporal ills than a friend to whom we may turn for consolation in time of trouble, and with whom we may share our happiness in time of joy.
—Saint Ailred of Rievaulx

A true friend is the best possession. —Anon.

Join us for our Holiday Party on December 14th!

Come Join Us

FitStop Celebration Anniversary/Holiday party

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

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

WHERE: Barbagallo's Restaurant - Diamond Room (Cash Bar)

WHEN: Monday, December, 14th From 5:30pm - 8:30pm
please RSVP No Later Than November Wednesday 27th.

New This Year
"The Magic of Virgil"
6:30 - 7:30

SEE YOU THERE!

315.415.4043
kathysfitstop.com

Looking for Holiday Gift Ideas?

We are pleased to announce the availability of Ginz Tonix® 100% natural skincare products created by our own wellness coach, Ginnie O'Brien. Ginz Tonix includes lip & body balms, deodorants, body oils, and body powders for men, women, and babies. Every product is made fresh with all-natural fragrances and without any harmful chemicals. And, don't forget, we also offer FitStop gift certificates for sessions on the Migun Massage Energy Table as well as FitStop memberships, classes, and training sessions for any dollar amount. If you are ready to shop, see Kathy or Ginnie for more information!

Did you know that we are slowing the aging process right here at the FitStop?

According to a recent article in the NY Times, a new study found that almost any amount and type of physical activity may slow aging deep within our cells. The study measured the length of telomeres inside the cells of people who exercised as compared to those who didn't exercise. Other studies have indicated that longer telomeres are predictive of longer life, and this study showed that those who exercised more had longer telomeres. Even more exciting is that the difference was most pronounced in people between the ages of 40 and 65 which means middle age may be a critical time to get the process rolling. One doctor summed up the results by saying that "exercise is good" for your cells and "more exercise in greater variety" is likely to be even better. That's great news for all of us in that age range. And even better news for all of you who participate regularly in our classes since our classes have such variety with our continuous cross-training philosophy at the FitStop. Here's to remaining ever young!

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.