



FITSTOP FORUM

November
2016

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Hi, Everybody! I can't believe November is already here! Our boot camp is in full swing until Nov. 18th and we are just loving it! Here's what else is going on at the FitStop this month. First, I'd like to remind everyone that our CPR/AED, First Aid class will be held on Saturday November 5th at 10:00 in our Aerobics room. The fee is \$40.00 per person, which you can pay on that day. If you still wish to attend and have not yet let me know, please do so a.s.a.p! Next, Thanksgiving is on Thursday Nov. 24th, so we will not be holding classes on that day or on Friday Nov. 25th. But, please feel free to use the club to work out if you wish on those days!! As you know, we are always open! We will resume classes again on Saturday November 26th. I know you will all be excited to get back to class! Lastly, see below and attached flier for information on our upcoming Holiday party next month! Stay well!!

CELEBRATING YOU!

November Birthdays:

- 11/01 Joe C.
- 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:

We would like to welcome new members Joe F. Meagan K. and Shauna N. We are so happy to have you here!!

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!

Infection Protection: As you know MRSA is one of the deadliest bacteria that you can come in contact with and antibiotics are useless against it. According to an article in the October, 2016 Women's Health Letter, drinking cranberry juice can protect you from MRSA infections before you go into the hospital. Researchers were studying how cranberry juice work against E.coli and other

bacteria that cause urinary tract infections, but on a whim one of the researchers included MRSA bacteria in the experiment. As expected, cranberry juice reduced the amount of E.coli bacteria but what they were shocked to discover was that drinking cranberry juice prevented ALL of the MRSA bacteria from developing (that's right, 100%!). Researchers theorized that for bacteria to infect you, the bacteria would have to "stick" to your tissues. MRSA bacteria stick to tissues very easily but cranberry juice prevented this from happening. There wasn't a single case of MRSA in the staph samples. So, if you have any kind of staph infection or will be checking into the hospital, start drinking cranberry juice. Note: You want to drink cranberry juice, not the sugar-laden cranberry cocktail. If you're in the hospital, have a friend or loved one bring you a bottle.

Sweet Dreams with Jasmine Oil: Insomnia is so frustrating. When morning finally comes it's hard to wake up and you feel like a zombie all day. If that sounds familiar you might be deficient in a neurotransmitter called GABA. There is a natural, powerful GABA booster that can give you a deep, restful sleep without any negative side effects. It's a fragrance: the scent of jasmine oil. Smelling jasmine oil helps relieve anxiety and promotes rest. So the next time you have trouble falling asleep, you can add 9 drops of jasmine essential oil to a mug of hot water and place it on your nightstand to breathe in the aroma. You'll be amazed at the results!

Save the Date!

Hope you all can come to our 7th Anniversary / Holiday Party on Monday, December 12th at 6pm at Barbagallo's Restaurant on E. Molloy Road in East Syracuse. Please RSVP by Friday, December 2nd.

315.415.4043
kathysfitstop.com

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 (E. Molloy Rd. East Syracuse)

WHEN: Monday, December 12th at 6:00 pm

please RSVP No Later Than Friday December 2nd.

Something to think about:

- "Clear your mind of can't."
_____ Dr. Samuel Johnson
- "Style is the dress of thoughts."
_____ Lord Chesterfield
- "Great ideas have a very short shelf life."
_____ John M. Shanahan

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.