



FITSTOP FORUM

October
2017

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Hi, Everybody! Fall is upon us and we are getting ready for our **FitStop 5 Week Fall Boot Camp** starting Monday, October 16th through Friday, November 17th! We'd love to see as many of you join us as possible to share in all the fun! Please be sure to register no later than Monday, October 9th. Feel free to contact me with any questions. *See attached flier for all the details...* Also, be sure to join us and bring along a friend for our upcoming **Memory Loss Prevention Seminar** with Lisa Sonneborne on Saturday, October 21st at 10:00 a.m. right here at the FitStop. She promises it will be very fun and educational. *See more details below.* Don't forget to **mark your calendars for Monday, December 11th** at 6pm at Barbagallo's restaurant for our annual FitStop Christmas party. This year's party will feature a female acoustic guitar soloist for our entertainment. Hope you'll come celebrate with us!



CELEBRATING YOU!

October Birthdays:

- 10/05 Nancy H.
- 10/11 Kate B.
- 10/19 Grace G.
- 10/23 Margaret C.
- 10/24 Kate F.
- 10/26 Mary G.
- 10/28 Kerry L.

Welcome New Members! :

Welcome new members Grace G and Mindy F. 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!

Join us Saturday Oct 21!:

Over 5 million people in the U.S. are currently living with Alzheimer's disease and this number is expected to more than triple by 2050! As one of the epidemics of our time, this disease impacts patients and caregivers with devastating outcomes for all involved. Join us with director of Clarity Clinical Research, Lisa Sonneborn, **Saturday October 21st**, at

10:00 here at the FitStop, for an interactive discussion of memory and breakthroughs that are leading to new diagnostic tools and treatments. Attendees will also learn about normal versus abnormal memory changes and the newest research aimed at the prevention of Alzheimer's disease. Lisa Sonneborn is a master's level clinician who specializes in research for memory loss. She runs clinical trials for Alzheimer's disease and related dementias to further explore measures and treatments for these devastating diseases. She offers a free memory assessment screening to anyone seeking information and resources for themselves or those they love. Feel free to invite a friend or two and we hope to see you all there! Remember;...don't forget!

Keep Making it Happen With More Ideas! :

Continuing with our tips from last month's newsletter on how to ensure your workouts happen every day, we have a few more:

- Instead of taking a lunch break, hit the gym or take a class. Then eat lunch afterward while working.
- Set an alarm on your phone with a meaningful message such as "You know you'll feel better afterward!"
- Follow the 5-minute rule. Even on days when you don't feel like it, set the timer and go for only 5 minutes. Chances are once you get moving you'll be inspired to keep moving.
- Find a consistent workout buddy. Committing to meet someone makes it much harder to skip out.

- Choose the same time to work out every day. Within a week or so it will become a habit and something you look forward to instead of a chore.

- Use specific and attainable goals to motivate you. They can be small such as doing 20 push-ups every day, or large such as building up to run a half-marathon.

- Mark every workout in your calendar. Sometimes seeing every day crossed off will motivate you to keep going indefinitely.

- Reward yourself. Have a little something to look forward to after every workout, whether it's a hot shower with a new shampoo, a warm cinnamon post-workout crockpot breakfast or buy a new song on i-Tunes.

- Share your workout on social media (and don't forget to mention the FitStop, ha ha!). You'll be so surprised by all the positive feedback and encouragement that it's sure to motivate you on days when you feel like chucking your sneakers out the window.

- Don't beat yourself up if you miss one day or even half the week. Tomorrow is a new day, a chance to make a new start. So get right back on that exercise-every-day bandwagon.

Something to think about:

"The more the words, the less the meaning, and how does that profit anyone?"

_____Ecclesiastes 6:11

Do not regret growing older. It is a privilege denied to many.

_____Anonymous

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.