



FITSTOP FORUM

October
2015

215 W. Manlius St. East Syracuse NY 13057 Phone: 315-214-5466 or 315-415-4043 E-mail: kathysfitstop@aol.com

Hi, Everybody! Fall is here and it's great to see so many of you back in the club after a long summer. This is a great time for new beginnings and getting back on the fitness track; maybe that's one of the reasons why this is my most favorite time of the year! With that being said, lucky for you, we have our Fall FitStop Boot Camp coming up this month! Hooray!! I hope as many of you that can, will join us for this session, because we always have a great time while we get great results! See information below for all the details. It's also a great opportunity to get in shape for the Holidays! We all had a great time this past Sunday, as we learned about the benefits of infrared light treatments and our new Migun Massage Energy bed, at our Fall FitStop Seminar with Ginnie O'Brien. I hope you will take advantage of these services as they can really enhance your well being. Remember to see me to schedule your free 15 minute trial massage session on our Migun bed! I know you will love it!



CELEBRATING YOU!

October Birthdays:

- 10/08 Eric C.
- 10/08 Melanie B.
- 10/11 Kate B.
- 10/12 Hannah L.
- 10/15 Radhika M.
- 10/15 Chuck T.
- 10/16 Larry F.
- 10/21 Bill B.
- 10/22 Tim O.
- 10/24 Kate F.
- 10/26 Mary G.
- 10/27 Mike B.

Welcome New Members:

Greg R, Erin Mc, Kim F, and Bindu K. 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!

Save the Date! : Be sure to mark your calendar for **Monday December 14th, 2015** for our annual Holiday Member Celebration Party at Barbagallo's Restaurant! See flier with details in next month's newsletter.

Fall 5 Week FitStop Boot Camp:

Fall is here and that means our 5 Week FitStop Boot Camp is about to begin!

- When:** Monday, Oct. 19 - Friday Nov. 20 (Mon/Tues/Thurs & Fri only).
- Time:** 6:30am – 7:30am
- Price:** \$399.00 for FitStop members
\$480.00 for non-members

What is our 5 Week Boot Camp all about this time? This 5 week boot camp will have a heavy emphasis on flexibility, balance and range of motion as two of the days each week will be focused solely on yoga and Pilates like movements. The other two days, we will spend the first 45 minutes of each session engaged in various circuit workouts consisting of strength and/or cardio exercises; always followed by and concluding with 15 minutes of stretching, relaxing and rebalancing our muscles.

Who is this for? If you are looking to improve your flexibility, have better balance and range of motion while strengthening your muscles from head to toe as well as your cardiovascular system, I am very happy to say that this 5 Week Boot Camp is for most individuals of moderate fitness levels! I believe that this will be a great opportunity for everyone who wants to feel better overall and has been waiting for that perfect excuse to get back on the fitness track as well as for those who just want to get a rejuvenating workout in first thing in the morning, that will leave you feeling refreshed and energized for the day. Another benefit:

This is also a chance to get your self in shape before the Holidays too!

Breakfast options: Feel free to help yourself to our complimentary lemon water, fruit and healthy breakfast options that will be available before and after each session in our little kitchen!

Hey FitStop Members, receive a Refer-a-Friend prize (\$50.00 Visa Gift Card), for any non-member friend you refer that signs up for the program.

I think that this Fall's 5 Week FitStop Boot Camp will be a great way to start your day and I know your body will thank you for it!! So grab a friend and come join us!!

Please Register by Monday Oct. 12th, 2015!!!

Don't Like Plain Water?

If you want to increase your fluid intake, but hate drinking plain water, here are a few tips from Nutrition Dimension magazine:

- Squirt fresh lemon or lime into your water.
- Try naturally flavored seltzer water.
- Add a small splash of 100% juice to a large container of water or plain seltzer water.
- Consider a warm cup of coffee or tea in the morning, choosing decaf if you prefer.
- Try calorie-free versions of nutrient-enhanced waters such as Gatorade®.

Something to think about:

Too much comfort food makes you feel anything BUT comfortable!

_____ Yours Truly, Kathy Caiello

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.