



FITSTOP FORUM

September
2015

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

Hi, Everybody! The lazy, hazy summer days are on their way out...but that's okay because we have some very exciting new additions to share with you beginning this fall at Kathy Caiello's FitStop. First, I'd like to welcome our newest addition to the club; Ginnie O'Brien, as our FitStop Wellness Consultant. We can all learn a lot from her as she will be the featured speaker for our Fall mini seminar on Sunday September 27th, from 2:00 to 5:00pm right here at the club. So be sure to **SAVE THE DATE!** The second exciting addition to the club is our new Migun Massage Energy table/bed which incorporates the principles of chiropractic, massage, far infra-red therapy, acupressure and acupuncture. Ginnie will be educating us on the usage and benefits of this Massage Energy table as well as discussing the benefits of deep-penetrating light (DPL) flex pads and handheld units which many of you have already used and loved. So grab a friend and join us on the 27th!



CELEBRATING YOU!

September Birthdays:

- 09/02 Wendy M.
- 09/03 Marypat G.
- 09/03 Kathy C.
- 09/15 Francesco R.
- 09/16 Stan K.
- 09/17 Craig F.
- 09/22 Joan S.
- 09/29 Debbie S.

Welcome New Members:

Carol and Dick G., and Ginnie O. 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!

Attention Members: The Friday 4:30 Flex Fusion Class & the 8:00 Saturday morning Combo Class are back on the Schedule after Labor day!! See you all in class!

Reach 5K Run & Walk: Help raise funds to find a cure for hydrocephalus by running or walking on Sunday, Sept. 27 at Green Lakes State Park. Kids Fun Run at 9:30am & Adult Run/Walk at 10am.

Meet Ginnie O'Brien: Ginnie is a Spencer Institute certified wellness coach who helps men and women transition to the healthiest version of themselves. With over 15 years' experience in health and beauty, she has gained expertise working with everyone from families and individuals to corporate plans and professional athletes. She has also been a featured speaker and educator on health, beauty and wellness throughout CNY. Ginnie was never satisfied with the health and beauty industry's products, so she decided to create her own truly healthy skincare line called GinzTonix®. GinzTonix is 100% natural body and baby care, which is made fresh without harmful chemicals and is a featured body care line in many salons, spas and health food stores throughout the Northeast.

Ginnie's pursuit of health and wellness doesn't stop at the skin. As a DPL Light therapy distributor and educator, she has helped pain management patients, skin issue patients and professional athletes maximize their health. As a Massage Energy educator, she put together an all inclusive approach to health and wellness. Ginnie is committed to helping people of



all walks of life realize their potential and achieve maximum health and wellness. Consultations are available by appointment. Contact Ginnie O'Brien at (315) 430-0020 or email her at ginnieobrien2@icloud.com.

Introducing the Migun Thermal Massage Bed System:

Become energized as you enjoy the benefits of total relaxation, balance, and health...naturally.



This unique massage bed is an FDA-approved, patented Class II medical device that will massage and energize you and has been reported to improve overall health. It integrates thousands of years of traditional eastern medical wisdom with the technological advancements of western medicine to provide you with an unforgettable therapeutic massage. The bed will give you the extraordinary feeling of being totally relaxed while your body is being completely refreshed. Some of the many benefits include: weight loss, reduced chronic pain, lowered blood pressure, better sleep, reduced digestive disorders, reduced stress, improved circulation, detoxification of the body, increased lymphatic flow, reduced lactic acid, and many more... More details on who this system is appropriate for will be discussed at our mini seminar on Sunday, September 27th at 2-5pm at the FitStop. Everyone will be asked to sign a waiver prior to using the Massage Energy table. Pricing information will be provided with discounts for multiple-session purchases.

Something to think about:

Take care of your body. It's the only place you have to live.

___ John Rohn

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.