



FITSTOP FORUM

September
2016

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Hi, Everybody! I hope you all have had a nice summer and I know we will have an even better fall. With summer winding down and Labor Day just around the corner... you know what that means; our Friday 4:30 Flex Fusion Class and our Saturday 8:15 morning Combo Class are back on the schedule as of September 9th! Hooray!! It also means that our "Fall 5 Week FitStop Boot Camp" is just a few weeks away. 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 you! For those of you who are also looking to clean up your eating habits, we will include in this boot camp our FitStop Food Swap booklet. See Boot Camp details below for more information. Here's to an awesome autumn! See you all soon!! Kathy



CELEBRATING YOU!

September Birthdays:

- 09/02 Wendy M.
- 09/03 Kathy C.
- 09/03 Marypat G.
- 09/08 Alyssa R.
- 09/22 Joan S.
- 09/29 Debbie S.

Welcome New Members:

We would like to welcome new members Bonnie B, Jeffrey O, Hilary, True and Wren U, and Sharon V. 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!

5 Week FitStop Bootcamp:

When: Monday, October 17 through Friday November 18. (Mon/Tues/Thurs & Fri only).

Time: 6:30am – 7:30am

Price: \$399.00 for FitStop members and \$480.00 for non-members.

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. 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. Another benefit: This is also a chance to get yourself in shape before the Holidays too! **Please Register with me by Monday, October 10th!!!**

The Science of Eating Better:

These nutrition tips drawn from scientific studies can help anyone eat better and say "goodbye" to pesky excess pounds. A 2015 study in the "Obesity Journal" found that overweight people who sipped 2 cups of tap water 30 minutes before their main meals, lost an average of about 3 pounds more weight than others in the study over a 12 week period. So start each meal with plain water or a mug of tea to encourage better portion control. A 2015 "Journal of Nutrition" study found that those who ate meals and snacks more frequently were also more likely to be overweight or obese. Some say that eating more often revs up metabolism but science has failed to demonstrate any measurable impact. Another "Obesity Journal" study discovered that subjects who consumed more calories at breakfast than later in the day had greater fat loss around their waistlines than those who took in substantially more calories at dinner than

at breakfast. People should remember to "Eat breakfast like a king, lunch like a prince and dinner like a pauper."

Olympic Trivia: Can you believe Yohan Blake, a Jamaican sprinter, and 100 meter world champion, maintained his stamina by eating 16 bananas per day. And during the 2008 Olympics, swimmer Michael Phelps took in as many as 12,000 calories in a day!

In Memory of Marian:

We are saddened by the loss of one of our members, Marian Schoenheit who passed away on August 8th at the age of 89. Marian was a gracious, kind woman and a devoted caregiver to Ed, her husband of 40 years. We will also miss Ed as he will now be living with his children in North Carolina. For anyone who is interested, there will be a service for Marian at St. Ann's Catholic Church on October 15th at 10am, followed by a reception at the Bellevue Country Club at Noon. Let me know if you are going and we can look for each other.



Something to think about:

"The greatest discovery of my generation is that man can alter his life simply by altering his attitude of mind."

____William James

"In the game of life, nothing is less important than the score at halftime."

____Anon

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.