



Hi, **Everybody!** Summer is quickly coming to an end and you know what that means! You guessed it! Right after the Labor Day weekend, our Friday 4:30 Flex Fusion and our Saturday morning 8:15 Combo Classes will be back on the schedule. Hooray for you!! Also, I would like to have you mark your calendars for our upcoming Fall Bootcamp and our Memory Prevention Seminar. **See details below.** While you are marking your calendars, also be sure to reserve Monday December 11th, for our annual Christmas party. I know it's early, but we need to plan ahead for these things! On a serious note, I would like to take a moment and thank you all once again for your prayers for my 5 month old great nephew, Luke. It will be a challenging year for him and his parents with his treatments, but we are all so grateful that his condition can hopefully fully cured. Thanks again; you are all the best!



CELEBRATING YOU! September Birthdays:

- 09/02 Wendy M.
- 09/03 "me"
- 09/03 Marypat G.
- 09/15 Francesco R.
- 09/16 Stan K.
- 09/17 Craig F.
- 09/22 Joan S. (Lil Cool J.)
- 09/29 Debbie S.

****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!

Bootcamp coming! : Our 5-week FitStop Fall Bootcamp will begin on **Monday, October 16th and run through Friday, November 17th.** See flyer in next month's newsletter for more info.

Don't Forget! : 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!

Make it Happen! : You sit in a car to commute to your desk job where you sit for eight hours straight, only to continue the ever popular tush time by sitting on your commute home. Of course, once there, you end up back on a chair at the dinner table and then plop on the couch to binge on your latest Netflix addiction. Sitting too much can take years off your life. It's so important to make it a priority to move! The following is a list from the July 2017 issue of News Letter Station, of 10 suggestions to help ensure that you get a workout in every day.

#1. Schedule workouts just as you would any other nonnegotiable important meeting. Tell co-workers and family members so they know you are unavailable during those times.

#2. Sign up and pay for training or classes ahead of time. It's much harder to skip out when you've already shelled out \$\$ for them.

#3. Prep everything you'll need the night before, including your outfit and your pre-workout snack.

#4. Get your workout done first thing in the morning so your busy schedule doesn't get in the way of your workout.

#5. If you're not a morning exerciser, wake up early to get 30 minutes of work done so you can steal away later in the day.

#6. On Sunday, map out your weekly workout plan so you know exactly what you're doing each day. This saves time trying to decide what you want to do.

#7. To motivate morning workouts, wear part of your gear to bed, including socks or workout pants. If you are already wearing part of it, you'll be less likely to skip out.

#8. Even if you're not working out first thing, wake up and put on your entire outfit including your sneakers. You're more likely to make it happen if you're already ready.

#9. Be OK with a shorter workout. Even 15 minutes is better than nothing.

#10. Be OK with less intense workouts. Even a relaxing stretch session counts as moving!

Next month I'll share 10 more tips to help you "Make it Happen." Keep movin'!!

Something to think about:

"Never grow a wishbone, daughter, where your backbone ought to be."

_____Clementine Paddleford

"To keep a lamp burning we have to keep putting oil on it."

_____Mother Teresa

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.