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FITSTOP FORUM

September
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Hi, Everybody! Quick as it's been, I hope you all have had a great summer.... *even though I know how much you all must have sorely missed a couple of our classes that have been on vacation since July!* Summer may be coming to end, but cheer up, because our Friday evening 4:30p.m. Flex Fusion and Saturday morning 8:15a.m. Combo classes are back in action and on the schedule! (Okay, so it's not that exciting, but I know down deep, very, very deep, you have been longing for them all summer!) Anyway, I am looking forward to seeing you all again as we begin a new season full of fun and fitness! Whether you participate in the classes or not, I am very much looking forward to seeing everyone back in the gym again, especially anyone who has taken a little summer "vaca" from their workouts at the club. We have missed you and look forward to seeing your shining faces in here again!

"Welcome Back From Your Summer Vaca!"

See ya soon!!

CELEBRATING YOU!

September Birthdays:

09/02 Wendy M.
 09/03 Marypat G.
 09/03 Kathy C.
 09/17 Craig F.
 09/22 Joan S.
 09/22 Alexis C.
 09/26 Danielle F.
 09/26 Nancy D.

WELCOME NEW MEMBERS!

A great big welcome to two of our newest members: **Stan E.** and **Becky J.** We are happy to have you with us! And, welcome back to **Arlette E.** We are so glad to have you back with us again!"

SAVE THE DATE!

Monday, December 8th is our annual Christmas Party at Barbagallos!

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!

Willpower...while it may waiver, it can also grow! Self-control is a lot like a muscle, the more you use it, the stronger it gets. It's possible to make better choices with practice according to researcher Roy Baumeister. His research shows that strengthening willpower in one area of life increases self-control in others which may include making better eating choices and getting regular physical activity. Here are some hints for helping you make better choices and lasting changes:

- Plan to succeed and affirm any progress.
- Acknowledge the limits of self-control.
- Take it slowly and keep your eye on the prize.

Guess What? There is no magic bullet for weight control...just healthy habits! The National Weight Control Registry tracked more than 10,000 people who have lost an average of 66 pounds and kept it off for 5.5 years. It appears that established healthy behaviors are helping make such weight maintenance possible:

- 78% eat breakfast every day.
- 75% weigh themselves at least once per week.
- 62% watch less than 10 hours of TV per week.
- 90% exercise about 1 hour per day.

Facial Scrub/Mask: Here's a great little tip I saw on the Dr. Oz show, for a simple facial: Combine 1/8tsp of cinnamon with 1/2 tsp of honey. (I mix this in the palm of my hand.) Apply to damp face (or elbows, hands, knees or feet) and leave on for 10-20 minutes. Next, rinse with water. Finally, use a cotton ball moistened with white vinegar to tone face then moisturize as usual. The results are amazing and your face and pocketbook will thank you!

Portion Distortion: As portion sizes have changed over the past 20 years, it's become harder to avoid overeating. Here's how serving sizes have changed since then!

Bagel

20 years ago: 3" diameter, 140 calories
 Today: 6" diameter, 350 calories
Increase: 210 calories

Turkey Sandwich

20 years ago: 320 calories
 Today: 820 calories
Increase: 500 calories

Spaghetti and Meatballs

20 years ago: 1 cup of spaghetti with sauce and 3 meatballs, 500 calories.
 Today: 2 cups of pasta with sauce & 3 large meatballs, 1,025 calories.
Increase: 525 calories

French Fries

20 years ago: 2.4 ounces 210 calories
 Today: 6.9 ounces, 610 calories
Increase: 400 calories.

Soda

20 years ago: 6.5 ounces, 85 calories
 Today: 20 ounces, 250 calories
Increase: 165 calories.

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 Kathvsfitstop.com. please email your story to me at Kathvsfitstop@aol.com.