



FITSTOP FORUM

July
2016

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Hi, Everybody! I hope you have been enjoying the beautiful weather so far this summer. Congrats to all who participated in our Summer Combo Boot Camp which will be wrapping up this week. Thanks to the great weather, we have been able to get outside just about every morning for our cardio segment (and I know many of you were very grateful to NOT have to do the optional indoor high intensity interval class instead!). I just wanted to let you know that our class schedule will remain the same for all classes except for the Friday 4:30 Flex Fusion class and the Saturday morning 8:00 Combo class. All the other classes remain on going until Labor Day, which is when we will include both of those classes back on the regular schedule. I hope you stay active and perhaps try some new activities this summer. Don't forget to still come to classes whenever you can!! Have a safe and healthy summer!!



CELEBRATING YOU!

July Birthdays:

- 07/01 Gina C.
- 07/03 Ellen S.
- 07/05 Mary M.
- 07/07 Bob M.
- 07/12 Danielle R.
- 07/12 Diane M.
- 07/15 Christine V.
- 07/15 Victoria R.
- 07/19 Lloyd T.
- 07/21 Gary C.
- 07/21 Debra A.
- 07/21 Kristi K.
- 07/27 Suzie W.
- 07/30 Anita D.

Welcome New Members:

We would like to welcome new members Kerry L., Lydia B. and Rosalie W. to our club! 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!

Why We Gain Weight: Are you or someone you know struggling to lose weight? According to a June 2016 article in the IDEA Fitness Journal, there are six behaviors that predict

weight gain and should be avoided:

1. Eating high calorie foods.
2. Consuming sweetened beverages.
3. Getting too little or too much sleep.
4. Watching too much TV.
5. Over-consuming alcohol.
6. Being inactive.

In studying 15-year trends, scientists noted an inverted relationship between walking and weight gain, suggesting that the more people walk, the less likely they are to gain weight. The following are a few tips to help you avoid the behaviors listed above:

- Try to include stress management strategies in your daily life.
- Avoid a diet with too much red meat, potatoes, processed foods, butter, sweets and desserts.
- Replace sugar-sweetened beverages with water and zero-calorie drinks.
- Get 7-8 hours of sleep per night.
- Walk briskly or participate in some other moderate to high intensity aerobic activity 2-4 hours per week.
- Aim for no more than 1 hour of TV watching per day.
- If you drink alcohol, do so moderately.
- Include muscle strengthening exercises at least twice per week.
- And finally, try to attain at least 150 minutes of aerobic exercise at a somewhat hard intensity each week.

Your BRAIN on Exercise: Physical activity is just as beneficial to the mind as it is to the body. The Centers for Disease

Control and Prevention recommends adults get at least 2.5 hours of moderate cardio every week and do muscle strengthening activities 2 days each week. Though most people fall short of meeting these guidelines it should be motivating to know that exercise is as good for your brain as it is for your biceps. Research shows that regular exercise yields several cognitive rewards, regardless of a person's age or fitness levels. Here are a few: Regular bouts of moderate cardiovascular exercise appear to boost the size of the Hippocampus, the brain area involved in verbal memory and learning. Students who participated in a "dynamic morning exercise program" nearly doubled their reading scores. Another study found that after 30 minutes on a treadmill, students solved math problems up to 10% more effectively. For every flight of stairs climbed daily, brain age decreases by 0.58 years. One study found that physically fit people are better able to focus, "as measured by a challenging cognitive task." And finally, taking a walk in a natural setting, (as opposed to an urban environment), soothes anxiety and improves working memory function.

Something to think about:

"Don't be afraid to take a big step if one is indicated. You can't cross a chasm in two small steps."

David Lloyd George

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.