



FITSTOP FORUM

June
2018

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Hi, Everybody! I hope you are enjoying this beautiful spring. I would first and foremost like to thank each and every one of you for all your prayers and **extremely generous** support of my sister Carm, who you know was seriously injured in a bicycle accident last month. I am so very blessed by your kindness because since you did this for my sister, you did it for me. I believe that **you**, the members of our little FitStop Club, are literally the best members in the entire world. My sister wants you to know how incredibly grateful she is for your overwhelming generosity. Carm will be starting physical therapy on her injured limbs next week as she is very eager to get that under way. Please keep her in your prayers as this will be difficult and painful, but very necessary for her recovery. Thank you again from the bottom of both of our hearts! May God bless richly bless all of you. You truly are the best!



CELEBRATING YOU!

June Birthdays:

- 06/02 Francis G.
- 06/03 Debbie W.
- 06/06 Chuck F.
- 06/08 Sandy Mc.
- 06.08 Gina M.
- 06/09 Toni T.
- 06/10 Pud B.
- 06/10 Susan G.
- 06/14 Dee M.
- 06/14 Anita B.
- 06/15 Joey C.
- 06/16 Taylor M.
- 06/20 Bobby M.
- 06/29 Patty G.

Welcome New Member! :

We'd like to give a big welcome to new member Dee M. 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!

Meet Courtney Wagner:

Let me introduce to you a new face that you will be seeing in our gym.



Courtney Wagner is a Personal Trainer Certified by the National Council of Strength & Fitness and Group Fitness Instructor specializing in resistance and kettlebell classes. She will be working as an independent contractor at the FitStop beginning in June. Take a moment to say "HI" and welcome her to our club. You can talk with her or read about her inspiring weight loss journey on her web site at thegymstruggle.com.

The RFC Warm up Team Rocked it! :



I just want to say how proud I am of everyone who participated in the warm up for this years' Race for the Cure. It was the most difficult of weather conditions that we have ever had in all the years that we've done the warm up. Though the weather was cold and rainy you did not let that "dampen your spirits." You toughed it out enthusiastically while getting soaked to the bone, (especially the ground crew!) with the greatest of attitudes and you all maintained the true spirit of the reason why we were there. It was also great to have Marie Thornton join us again this year as she is such an inspiration to all of us!

Get Ready Summer Combo Bootcampers!

Our Summer Boot camp will begin next week! For any last minute people who wish to join us for all the fun, that have not yet registered; please see me and we will get you set up. I'm looking forward to seeing you all there!! Get to bed early!

When: Monday, June 4th through Friday June 29th (Mon/Tues/Thurs & Fri only).

Time: 6:00am – 7:30am

Where: Kathy Caiello's FitStop

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

Fit and Fat?: Weight loss may be your #1 goal, and if pounds don't melt away quickly some may get discouraged and quit exercising. New research according to an article in the June 2018 Idea Fitness Journal strengthens the case that your exercise program is still helping you obtain positive health outcomes which is motivation to keep striving. In other words, being fit benefits health even among people with severe obesity. Researchers conducted a study to evaluate the cardiovascular health benefits of fitness for people with mild to severe obesity. In the study, obese patients attended a weight management clinic and researchers evaluated the patients' data including blood measures and stress test results. Data showed that fitter individuals were much less likely to have high glucose, triglycerides, and BP than less fit individuals regardless of weight level.

Something to think about:

"One can never consent to creep when one feels and inspiration to soar."

_____ Helen Keller

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.