



# FITSTOP FORUM

July  
2018

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Hi, Everybody! Summer is here and we wrapped up another awesome Summer Combo Boot Camp last month! We all had a wonderful time and I especially enjoyed having everyone there that could join us. Congrats to all who participated and completed the program and I hope you will be able join us again next year for another great time. Also, don't forget about our Fall 5 Week Boot Camp starting Monday October 15<sup>th</sup> through Friday November 16<sup>th</sup>! Details on that will be coming up in next months' newsletter. I also want to remind you all that our Class Schedule will be changing for the months of July and August. We will NOT be having the Friday afternoon 4:30 Flex Fusion Class and the Saturday morning 8:15 Combo Class beginning July 6<sup>th</sup> through the Labor Day weekend. We will have those classes back on the schedule as of September 7<sup>th</sup>. Have a safe and wonderful summer!



## CELEBRATING YOU!

### July Birthdays:

- 07/01 Gina C.
- 07/03 Ellen S.
- 07/05 Mary M.
- 07/07 Bob M.
- 07/11 Lynne P.
- 07/12 Danielle S.
- 07/12 Diane M.
- 07/15 Christine V.
- 07/21 Gary C.
- 07/21 Kristi K.
- 07/21 Debbie A.
- 07/22 Gail O.
- 07/28 Suzie W.
- 07/30 Anita D.

## Welcome Back for the

**Summer!** : Welcome back Pam and Stan K. for the summer! It's great to see you both again!

### **\*\*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!

### **Pick up the Pace:**

Hey slow walkers! You may have a new reason to speed up your stroll. A study published in the British Journal of Sports Medicine finds that fast walker and even average-

speed walkers are likely to live longer than those who walk slowly. Stepping up the pace may be a good hack to make walking more health enhancing. Researchers used data from two large health surveys and discovered that it may simply be that fit-and-healthy people tend to walk faster than those who are ailing. They noticed that walking speed appears to affect mortality risk independent of total physical activity, perhaps thanks to "the increased relative intensity" of walking fast. In other words, speedy stepping may strengthen the heart better than leisurely strolling. Individuals who do very little exercise, walk very little, (e.g. under 3,000 to 4,000 steps per day) and/or are not very physically fit, stepping up their usual walking pace to the point they are out of breath after a few minutes, can be a great way to start building some fitness. Getting your daily steps in, however fast or slow, is healthy behavior that should be encouraged. Step it up!!

### **When and What to Eat after a Workout:**

If you just worked out, don't even think about skipping out on food. During a workout, especially one involving strengthening, you are breaking down muscle and create small micro-tears, notes personal trainer Rebecca Gahan in a June, 2018 article in POPSUGAR. Immediately following the workout, your body needs protein to start the repair process, and if you're not eating within 30 minutes of working out, you might not be able to maximize nutrient absorption and muscle repair as well as you could, she explained. The best thing to eat after a quick shower

and cool down is a complete protein, which has all nine of the essential amino acids. The closer protein is to human tissue, the easier for the body to rebuild. "So chicken, fish, lean beef and eggs are ideal, with 2 oz. of protein for a female and 4 oz. for a male," Gahan says. If we miss our window we can break-down mentally and physically as your body is affected when you skip your post-workout snack. Glucose levels can drop causing brain fog. To help offset lightheadedness and mental fatigue due to low blood sugar, eat a banana with nut butter right after you finish your sweat session. When you don't refuel and repair as you should have, you can feel a bit faint and fatigued and your workouts can suffer in the long term. When muscles are weaker, you are also likely to overuse them and get injured. You may experience cramping and muscle spasms, as a lack of glucose and nutrients are responsible for proper muscle and organ function and endurance. "Simple carbohydrates with a source of protein are recommended followed by another well-balanced meal within 2-4 hours post workout for optimal nutrient utilization," Gahan suggested. She also suggests that you include a whey protein mixed with milk or juice or a banana with peanut butter and a hard-boiled egg, immediately post workout followed by a meal that includes proteins, carbs, and fats from all major food groups. Eat up and enjoy!

### **Something to think about:**

"Life is the sum of all your choices."

\_\_Albert Camus

"Do not wish to be anything but what you are."

\_\_St. Francis de Sales

**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](mailto:kathysfitstop@aol.com).