



FITSTOP FORUM

August
2018

215 W. Manlius St. East Syracuse NY 13057 Phone: 315-214-5466 or 315-415-4043 E-mail: kathysfitstop@aol.com

Hi, Everybody! This summer is flying by fast and I hope you are all enjoying the sunshine and warmth. Last month a group of us got together to try a new activity; **paddle boarding** in Cazenovia Lake, it was a great experience and we all had a wonderful time together. We will definitely have to do that again!! As you are aware, we have changed our class schedule as of last month. If you are not aware of the changes, please check the “**Classes**” page on our website at Kathysfitstop.com. (Remember that we will be adding in the Friday evening 4:30 Flex Fusion and the Saturday morning Combo classes after Labor Day.) Just a reminder to mark your calendars for our up coming **Fall 5 Week Boot Camp** starting Monday October 15th through Friday November 16th! Details on that will be coming up in the September FitStop Forum newsletter. Have a healthy, happy and safe rest of your summer days!



CELEBRATING YOU!

August Birthdays:

- 08/04 Doreen D.
- 08/07 Mary L.
- 08/09 Carl G.
- 08/10 Laurie V.
- 08/11 Debbie P.
- 08/12 Michelle B.
- 08/12 Linda Y.
- 08/18 Tom C.
- 08/18 Christine G.
- 08/21 Kari D.
- 08/22 Dan B.
- 08/22 Barb S.
- 08/29 Jack 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!

Stress Fighting Foods:

Feeling stressed? You are not alone! The trick is, knowing what to do about it. In so many ways we can heal ourselves with the foods we include in our diet. This month’s news letter is devoted to bringing some helpful information on ways to reduce stress by the foods we choose to eat. Research tells us that stress-relieving strategies include making a concerted

effort to minimize stressors, engaging in meditation and physical activity, and nurturing strong social relationships. That’s good advice, but it ignores the common plan that many of us resort to: the “comfort food” strategy. Unfortunately, many comfort foods are full of fat and sugar leaving people feeling lazy and sluggish, depressed about their bodies, and disappointed in themselves. In my book, (if I were ever to write a book!), that is anything but comfortable! The good news is that our diets can actually help. There are beneficial ways to use food to manage or prevent complications from stress. The following foods may not make your stress go away, but they could, (according to an article, written by Natalie Digate Muth, MD, and board certified registered dietician from Carlsbad, California, in the 2018 July-August issue of IDEA Fitness Journal), reduce some of the negative health effects that are highly associated with chronic stress, including depression, anxiety, insomnia and cardiovascular disease. For instance: *Turkey, shrimp, dairy, soy and pumpkin seeds contain high amounts of the amino acid tryptophan, which is associated with a boost in the “happiness hormone” serotonin, which in turn may lesson depression and anxiety. *Broccoli, Brussels sprouts, and asparagus are loaded with folic acid, a vitamin associated with serotonin production. *Dairy products, sunshine and other sources of vitamin D may boost serotonin levels, by converting tryptophan to serotonin more effectively. *Oatmeal and other complex carbohydrates, that are

absorbed more slowly, can stimulate the brain to produce and ensure a steadier supply of serotonin. *Oranges, grapefruits, red grapes and green peppers, and many other fruits and vegetables are rich in vitamin C, which can aid in lowering blood levels of stress hormones like cortisol and adrenaline and ease the subjective feeling of being stressed. *Crunchy veggies like carrots and celery sticks don’t possess any special nutritional content for fighting stress per se, but the crunchy sensation that comes from eating them provides mechanical stress relief. *Potassium rich foods can assist in lowering blood pressure, such as sweet potatoes, bananas, spinach, peas, orange juice, salmon, watermelon, avocado, apricots and prunes to name just a few. *Some herbal substances, such as chamomile, may reduce anxiety and depression and there is also some evidence that foods like tart cherries may improve sleep quality through production of melatonin. All these nutritional strategies may help to decrease the intensity or effects of stress-induced-conditions. So, the next time you are feeling stressed and tempted to reach for unhealthy “comfort foods” or better yet, to actually help prevent feeling stressed to begin with, try reaching for the true comfort foods that can actually make you feel better and become healthier along the way!

Something to think about:

“Treat people as if they were what they should be and you will help them become what they are capable of becoming.”

____Johann von Goeth

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.