



# FITSTOP FORUM

September  
2018

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Hi, **Everybody!** Fall is approaching and the warm weather season is winding down; and if you've been on a vacation from your regular exercise program this summer, (*and I know some of you have*), it's time to get into the "Back to School" mode again with your fitness regimen! Hey, this may help to motivate a few of you...I know how much you've missed these, so I am happy to tell you that our classes that were temporarily cancelled for the summer are now back on the schedule! Hooray! That means the Friday evening 4:30 Flex Fusion and the Saturday morning Combo classes are ready and waiting just for you and I am looking forward to seeing you all there again! Another thing to look forward to and to remember to mark your calendars for is our up-coming Fall 5 Week Boot Camp starting Monday October 15<sup>th</sup> through Friday November 16<sup>th</sup>! See details in the attached file. See ya!



## CELEBRATING YOU!

### September Birthdays:

09/02 Wendy M.

09/03 Kathy C.

09/03 Marypat G.

09/09 Sally M.

09/15 Francesco R.

09/16 Stan K.

09/22 Joan S.

09/29 Debbie 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!

### Welcome New Members:

We would like to extend a big **WELCOME** to new FitStop members Riziel C-B, Laila J. and Lexy M. to our club. We are very happy to have you here with us!

### You Booze, You Lose:

It's increasingly looking like the reported health benefits of drinking alcohol is another case of something being too good to be true. In an international study, according to an article in the August 2018 edition of IDEA Fitness, published in The Lancet in April studied data from nearly 600, 000 current drinkers

from 19 countries. Researchers found that drinking about 100 g of alcohol--around five pints of beer or 5 glasses of wine per week is the safe upper limit. Consuming more than that, raises the risk of early death from cardiovascular diseases. The report's most worrisome finding is the effect on life expectancy at age 40: It shrinks by 6 months for drinkers who imbibe 100-200 g of alcohol per week, by 1-2 years for those consuming 200-350 g per week and by 4-5 years when alcohol intake tops 350 g weekly. The study authors concluded that the recommended limit in countries where the current limit is nearly double what this study shows is safest, should revisit their guidelines and reduce them.

**Three Fixes for Common Exercises:** You know those exercises that feel so familiar, you barely have to think about your form? You've done the move so many times your body is practically operating on automatic pilot. The trouble is, many are doing those easy exercises slightly wrong. And even a seemingly minor mistake in your form can keep you from reaping all the strength-building benefits of your hard work – or worse, cause an injury. (I know you have heard these tips from me many times in class, but I thought that I'd reinforce them for you!) The following tips in an article in the August 2018 News Letter Station will help perfect 3 common exercises. #1.HIP BRIDGES: Try tilting your pelvis toward your rib cage while keeping your back as straight as possible. #2.BICYCLE CRUNCHES: Perfect your form by flaring

your arms out, and leading with your shoulder instead of your elbow. #3.BICEPS CURLS: If you're not already doing this, make sure your elbows are tucked into your waist.

**Mind over Matter:** People who suffer from frequent cravings for unhealthy foods might benefit from tapping into the power of the mind according to an article in the July/August issue of IDEA Fitness Journal. A review of studies published in the journal *Clinical Psychology Review* concluded that practicing mindfulness can effectively quell a hankering for "vice foods" like candies and ice cream, making it easier to achieve health and weight loss goals. Mindfulness exercises encourage us to tune into our thoughts, emotions and physical sensations when the urge to eat arises. Research suggests that mindfulness strategies may stymie cravings by occupying a part of our mind that contributes to the development of food urges. Mindfulness can also reduce the likelihood that we will react destructively to cravings when they do arise. A good way to start is by pausing to assess bodily sensations when cravings strike. A moment of mental focus can make us less likely to misinterpret emotions like anxiety or sensations like tiredness as hunger. Give it a try!!

### Something to Think About:

"Wherever life plants you, bloom with grace."

\_\_\_\_Unknown

"To succeed in life you need three things; a wishbone, a back bone and a funny bone."

\_\_\_\_Reba McIntire

**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).