



# FITSTOP FORUM

October  
2018

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Hi, Everybody! The beautiful autumn season is upon us and we are getting ready for our **FitStop 5 Week Fall Boot Camp** starting Monday, October 15<sup>th</sup> through Friday, November 16<sup>th</sup>! We'd love to see as many of you join us as possible to share in all the fun! Don't forget about our Refer-A-Friend program, *see below*, and if you bring a friend to join us for our Boot Camp, you will also win a \$50.00 Visa gift card. Please be sure to register by Monday, October 8<sup>th</sup>. Feel free to contact me with any questions. **See attached flier for all the details...**  
**Notice: Save the Date** for Monday December 10<sup>th</sup> for our upcoming Christmas Holiday Party! Details will be in next months' newsletter. Happy fall and I'll see you all soon! Stay well!



## CELEBRATING YOU!

### October Birthdays:

10/12 Hannah L.  
 10/22 Scott S.  
 10/23 Margaret C.  
 10/24 Kate F.  
 10/25 Mary G.  
 10/28 Kerry L.

### \*\*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 newest FitStop members Maja S., Julia C. and Scott S. to our club. We are very happy to have you here with us!

### Attn Members !!: Kettlebell Workshop Sunday Oct. 14th !:

Our new Personal trainer and Group Fitness Instructor Courtney Wagner will be hosting an interactive Kettlebell Basics 101 workshop for anyone who wishes to learn how to incorporate Kettlebells into their fitness regimen. The 55 minute Workshop will be held on Sunday October 14<sup>th</sup> at

8:00 am at our club. The cost is \$10.00/participant. Courtney will touch on the history of the Russian Kettlebell and focus on form, safety, signature moves and more. To register for the workshop, go to her website at [Thegymstruggle.com](http://Thegymstruggle.com). Scroll down to the Kettlebell 101 Workshop section and register there. Come ready in your workout clothes and sneakers and learn all about it! BTW...Courtney currently teaches 3 strengthening classes at our club including 2 Kettlebell classes and one resistance band class. Check them out!  
**Sundays**:-Kettlebell AMPD 9-10:00 am.  
**Mondays**:-AMPD Resistance 6:30-7:00 pm & **Wednesdays** Kettlebell AMPD 6:30 – 7:30 pm. The class rates are \$10/class drop in and/or a 5-class punch card for \$40.00.

### Which Exercise Burns the Most Calories? :

You may be wondering whether more intense forms of exercise lead to a higher rate of calorie expenditure. Research from Colorado State University, according to an article in the Sept. 2018 issue of *Health*, has shown that, yes, intense exercise does keep a person's metabolism humming longer than mild exercise. But this effect peters out within a few hours. A workouts' length, not just intensity, helps keep a person's metabolism elevated after training. So if your goal is to burn the maximum amount of energy, you'll want to find an exercise that is vigorous and that you can stick with for a long stretch of time. For some people, that mode is running, for others, it may be cycling or Tabata or using an elliptical. All are more or less comparable if you are able to put in

the time and keep up the intensity. The bottom line is the best workout for burning calories is the one you will actually do. You can find many options, but if you don't stick with them, they're not much good to you.

### How to keep moving when life gets in the way:

Can you carry on exercising when your motivation slips, the weather gets worse or your schedule becomes overwhelming? The follow are a few tips from fitness experts in the September 2018 issue of *The Guardian*, to keep you moving. #1. Make it a habit: Doing physical activity regularly and planning for it helps make it a sustainable behavior. Missing sessions doesn't. #2. Plan and Prioritize: What if you don't have time to exercise? For many people that may be true or it might be a question of priorities. Make an action plan; where, when and how you are going to work out and try to stick to it. Also make a coping plan where you anticipate things that can get in the way and putting a plan in place for how to get motivated again. Give yourself permission to prioritize self-care behaviors like exercise. #3. Keep it short and sharp: A workout doesn't have to take an hour. A well structured 15 minute workout can be really effective if you are pressed for time. As for regular, longer sessions, tell yourself you're going to make time and change your schedule accordingly.

### Something to Think About:

"Clear your mind of can't."

\_\_\_\_\_ Dr. Samuel Johnson

**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](http://Kathysfitstop.com), please email your story to me at [kathysfitstop@aol.com](mailto:kathysfitstop@aol.com).