



FITSTOP FORUM

November

215 W. Manlius St. East Syracuse NY 13057 Phone: 315-214-5466 or 315-415-4043 E-mail: kathysfitstop@aol.com **2018**



Hi, Everybody! I hope this newsletter finds you all doing well and enjoying the fall. We have a few more weeks to go in our Boot Camp and I want to say that you are all hanging tough and looking great! We also had such a good time at the Murder Mystery dinner last month at the Spaghetti Warehouse. I really think some of you have a possible career in acting! I also wanted to mention that though the Kettlebell workshop was cancelled due to a knee injury that Courtney sustained on the morning of the workshop; we will be rescheduling in the future, when she is ready. We will be having a CPR/AED class coming up in a couple weeks and our annual Christmas Holiday Party next month. See details below! Stay well!!

CELEBRATING YOU!

November Birthdays:

- 11/01 Joe C.
- 11/17 Gen K.
- 11/19 Michelle S.
- 11/20 Stephen K.
- 11/21 Jim M. Jr.
- 11/26 Leslie D.
- 11/29 Stephen R

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 Member:

We would like to extend a big **WELCOME** to newest FitStop member Diane M. to our club. We are very happy to have you here with us!

Holiday Party/Game:

It's that time of year again! Please mark your calendar for our Anniversary/Christmas Party for Monday December 10th at 6:00 pm, at Barbagallo's Restaurant. This year we will be playing a fun game called **FIND SOMEONE**. This game will let you share cool information about yourselves with everyone else at the party.

Here's how it goes: Choose a little known fact or an unusual detail about yourself (choose something you wouldn't mind sharing with a crowd), and secretly give it to me at the club at least a week before the party. Don't tell anyone else about your fact! It can be a place you visited, a special talent or someone famous that you've met. Use your imagination. I will compile the lists and hand them out at the party. You must find the person in the room that fits the description on the list and have them sign their initials next to it. When time is up, I will read all the answers to you and the person who finds the most little known facts with their initials on the list, wins! (Not sure what the prize for that will be yet!) You may bring a guest with you your guest can also play the game but, you will need to get their "fact" to me at least a week before the party. Make sure to R.S.V.P. as soon as possible so that I can get an accurate head count. Also, be sure to use the photo booth so we can get lots of pics for our FitStop bulletin board! See attached flier for more details.

CPR/AED and First Aid: We will be having a CPR/AED and First Aid class/renewal class on Saturday morning November 17th at 10:00am. Mark Bender will be teaching the class and as always he does a fantastic job. He's fun, quick and gets to the point so we can be ready in the case of an emergency. This is a great class to take if you have babies, children or seniors in your life not to mention that it's great to just know what to do in case you find yourself in a life threatening situation

wherever you are and whomever your with. The cost is \$40.00 for the CPR/AED certification AND an additional \$10.00 if you would also like the First Aid certification. Feel free to bring a friend or family member too. Please let me know if you are planning to attend this class no later than Saturday November 10th, as I need to let Mark know how many will be attending that day. Thanks!

How to keep moving when life gets in the way:

Last month I shared some tips from the October issue of Health, on how to stay fit in spite of when life gets in the way; so I will share a few more this month as well. #1. Don't rely on willpower. If you need willpower to do something, you don't really want to do it. Instead, think about exercise in terms of why you're doing it and what you want to get from it. How can you benefit today? How do you feel when and after you move? #2. Keep alarms out of reach. Like many, if you don't get up early to exercise, it just doesn't happen. Move your alarm clock away from your bed and next to your kitchen. Once you get up to turn it off, you might as well keep going! #3. Follow the four-day rule. With the exception of illness, injury or family emergencies, do not allow more than four days to laps between exercise sessions. Keep track and stay on track!

Something to Think About:

"Lost time is never found again."

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.



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