



FITSTOP FORUM

December

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Hi, Everybody! The Holidays are upon us and I know we are all busy with a million things to do to get ready. I just want to remind everyone (*including myself*), to take extra good care of yourself throughout this season so you can enjoy it! Pace yourself, eat well and get your rest! **“Congrats”** to all who completed our FitStop Fall Boot Camp last month; it was challenging and you all did a great job! Also, Mark Bender did a great job teaching our CPR/AED/ First Aid class last month. I will let you know when I have your cards of completion ready. If you have yet to R.S.V.P for our upcoming Holiday Party, Monday Dec. 10th at 6:00 pm. at Barbagallo’s, please do so! See attached flier and party game details below. Happy Holidays!

CELEBRATING YOU!

December Birthdays:

- 12/02 Theresa H.
- 12/07 Rob S.
- 12/14 Vicki M.
- 12/20 Kathy B.
- 12/21 Jimmy C.
- 12/23 Pam S.
- 12/27 Usha S.
- 12/27 Patty A.

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 Joan H. to our club. We are very happy to have you here with us!

Holiday Party/Game:

If you have not given me your **“little known fact”** yet, for our Holiday/Party game, please get it in to me A.S.A.P so I can get it on the list! Though it’s not essential for you to have one to play the game, it just makes it more fun and interesting if you do share one. Here are the

instructions once again on how we will play the 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 “little known 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. Who ever finds the most little known facts with signed initials on the list, wins! (I have chosen a special prize for the winner!) You may bring a guest with you and your guest can also play the game but, if they want to be on the list, you will need to get their **“little known 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 make good use the photo booth so we can get lots of pictures for our FitStop bulletin board! See attached flier for more details.

Class Schedule for December: We will continue to have all classes on the schedule until and through Saturday December 22nd. There will be no classes held again during the holiday week but we will resume all classes on Wednesday January 2nd, 2019. I

want to encourage you to feel free however to come in and work out on your own and use the equipment anytime during that week!

How to keep moving when life gets in the way:

A few more tips from “The Guardian” to keep you moving: **#1. Find A Purpose.** Anything that allows you to exercise while knocking off other goals will help. For example; walking or cycling to work, or making friends by joining a sports club. Try to combine physical activity with something else and make it hit as many meaningful targets as you can. **#2.If It Doesn’t Work, Change It.** If previous exercise regimens haven’t worked, don’t beat yourself up. Try them again or just try something else. We tend to blame ourselves when we fail to accomplish our goals. If you could change your mindset to “This method doesn’t work for me, I think I’ll try something different”; there’s a chance it will be better for you and it prevents you from blaming yourself. **#3.Up The Ante.** With regular exercise, you should see some progress over a two week period and pushing yourself if you feel it is getting easier; whether you are looking for a change in your speed, strength or endurance. Kick it up a bit!

Something to Think About:

“Every human being is intended to have a character of his own; to be what no others are, and can do what no other can do.”

____William Ellery Channing

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.