



# FITSTOP FORUM

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Hi, Everybody! I hope you are all keeping warm this winter. One way to do that is to keep up with your workout routine. There is nothing like working up a good sweat to chase the chills away; and it also helps to boost your immune system so you can stay healthy! Another warm, healthy way to treat your self this winter is to sign up to use our wonderful, relaxing **Massage Energy Table** in my office. It warms you up and releases tension in your muscles to mention just a few of the benefits. The cost is \$25.00 per 20 minute session. If you've never tried it, then give it a try and for those who have a gift certificate for a session, now is the time to use it! Stay warm and safe and never fear.... Spring will be here before we know it! I hope!



## CELEBRATING YOU!

### February Birthdays:

- 02/11 Carm M.
- 02/15 Barb H.
- 02/16 Sandy S.
- 02/17 Chad T.
- 02/18 Joanne A.
- 02/19 Joe F.
- 02/20 Jim M. Sr.

### \*\*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 BACK** to Joanne A. It's great to have you back with us. I would also like to welcome the very newest member of our FitStop Family: My little grand daughter Audrey Grace Caiello, born on January 15<sup>th</sup>!

"Tennis Anyone??"



### Keep Up With Your Training!

For those of you who are currently doing personal training with me, I'd like to offer you an option for when the weather is sketchy and you would rather not drive, but still would like to have me train you. If you have the Face Time app we can do just that! See me and I will fill you in on the details!

### Take a Walk After You Eat:

According to a September, 2018 article on time.com, an after-dinner stroll used to be a popular activity before social media came along. "Italians have been walking after meals for centuries, so it must be good," says Loretta DiPietro, a professor of exercise science at George Washington University. Research backs this up. Andrew Reynolds from the University of Otago in New Zealand coauthored a 2016 study and found that just 10 minutes of walking after a meal helped control blood sugar levels. The biggest differences were seen with walking after dinner time because many people just sit around in the evenings, so "getting up and moving around at that time was very effective," says Reynolds. Along with combating surges in blood sugar, a little post-meal movement may also aid digestion. "Exercise stimulates peristalsis, which is the process of moving digested food through the GI tract" says Shere Colberg-Ochs, a diabetes and exercise researcher at Old Dominion University. Her research found that a post-meal walk is much more effective than a pre-meal walk for controlling blood sugar. As far as timing

goes, Colberg-Ochs says to try to move your body within an hour of eating because glucose tends to peak 72 minutes after food intake. More research has found additional benefits like lower blood pressure and a reduced risk for depression. So take a lesson from the Italians and go for a walk after your next meal.

### Joint Mobility Helps Avoid Injury:

Grayson Wickham, founder of Movement Vault, says in a September, 2018 article on health.com, "[Joint] mobility is what allows us to perform our daily need-to-do tasks like wash the dishes, toss a Frisbee to the dog, exercise without pain, and even get out of bed." That's why working on mobility in your major joints (hips, ankles, shoulders, and wrists) is essential to your quality of life. According to Wickham, "adding mobility stretches and exercises into your routine is about getting your full range of motion back in your joints. A few minutes a day is all it takes to see massive improvements." With that in mind, Wickham put together a five-move mobility routine to improve movement and function in your key joints so that you can comfortably perform daily activities. Incorporate these movements into your routine as often as you can, preferably five or more times per week. Come see me to learn how to do these key joint mobility exercises.

### Something to Think About:

"Aging gracefully means being flexible, being open, allowing change, enjoying change and loving yourself." --Wendy Whelan

"Age is inevitable. Aging isn't." --Marv Levy

**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).