



FITSTOP FORUM

January

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Hi, Everybody! I hope you all had a wonderful holiday season. I know we had a great time at our annual Christmas party at Barbagallo's Restaurant and I hope you check out the bulletin board to see the great pictures of all you *crazy* people! I also know some of you have been sick and or injured this past month and I truly hope you are getting well and are on the road to healing. Since the holidays are now behind us we can focus on looking forward to a new year of exciting challenges and new goals for our healthy lives. I look forward to seeing all of you again very soon, as all classes are back on the schedule as of Wednesday January 2nd. I wish you all the very best health for you and your families in 2019. Happy New Year! See ya soon!

CELEBRATING YOU!

January Birthdays:

- 01/03 Gary W.
- 01/03 Jane H.
- 01/07 Cindy H.
- 01/07 Joan D.
- 01/10 Debbie G.
- 01/15 Wally P.
- 01/16 Yvonne H.
- 01/26 Joan D.
- 01/28 Chris B.
- 01/29 Jim A.
- 01/30 Pam S.
- 01/31 Margaret W.

****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 Karen B. to our club. We are very happy to have you here with us!

Obesity = Bad News for Taste Buds:

Studies done according to an article in the 2018 Nov-Dec. issue of IDEA Fitness Journal, show that people with obesity have a blunted sense of taste,

so they have to eat more richly flavored foods (more sugary and higher in fat) to glean as much sensory satisfaction from a meal as their leaner peers. This could help in understanding why heavier people have a hard time losing weight. Researchers from Cornell University have shown that obesity can lead to older taste bud cells on the tongue dying faster than new ones are formed, resulting in a net loss of those cells and a decrease in taste sensitivity. The culprit behind the diminishing numbers of taste bud cells seems to be the uptick in inflammation resulting from accumulation of body fat, according to research published in PLOS biology.

Something is Fishy: Don't like fish? Well, you may not be able to turn to the supplement aisle to get the same benefits for your heart. Studies show in an article of the Nov.-Dec. issue of IDEA Fitness Journal, that increasing omega-3 intake, mainly from fish oil pills taken for a mean of 4.4 years, did not significantly prevent heart attacks, strokes or death in general. Additionally, more research showed that the capsules of omega-3 fatty acids can be exposed to air and become rancid during the fish oil process. That could be why popping fish oil pills might not benefit heart health as much as getting your omegas straight from the source—namely fatty fish like salmon and sardines.

Don't let life get in the way! :

Here are a few more tips from The Guardian to help us keep moving: **#1. Winter is not an excuse!** Winter is

not necessarily a time to hibernate. Be decisive and pack your gym bag! Don't listen to that voice in your head that makes you feel like it's a hassle to work out. Get going anyway, because once you get to the gym you'll think; "Why was I procrastinating for so long?" **#2. Get out of breath.** You want to get a little hot, out of breath and you need to be puffing a bit if you are having a conversation with someone while you are exercising. And that goes for housework and gardening too, if you are including those activities to contribute to your weekly exercise targets. **#3. Be sensible about illness.** The general rule is; if it's above the neck – a headache or a cold- while being mindful of how you are feeling, you are generally okay to do some sort of exercise. If it's below the neck- if you are having trouble breathing- rest. The key thing is to be sensible. If you were planning on doing a high-intensity workout, you would take the pace down, but sometimes just moving can make you feel better. Trust your instincts. After recovering from an illness, ease your way back into training with shorter or fewer workouts for a while until you are feeling fully well.

Something to Think About:

"If it weren't for the last minute, nothing would get done."

____Anon.

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.