



# FITSTOP FORUM

March  
2019

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Hi, Everybody! I know that this has been a challenging winter for many of us and if you have been feeling a little “blue” this winter, see below for some nutritional tips that can help. I also wanted to let you know that the recently incorporated FaceTime training sessions for those of you who chose to use it when you were unable due to injury or inclement weather, to come the gym, are really working out wonderfully. This option is available to everyone and gift certificates are also available for you to give to friends or relatives that may prefer to train with the FaceTime option instead of coming into the club. All you need is an iPhone and you are good to go! Hang in there for just a bit longer, because Spring is on it’s way very soon!



## CELEBRATING YOU!

### March Birthdays:

- 03/01 Stan E.
- 03/03 Pam K.
- 03/03 Jared C.
- 03/04 Beth B.
- 03/06 Marie T.
- 03/08 Maggie O.
- 03/11 Riziel C/B.
- 03/15 Tom H.
- 03/22 Carol K.
- 03/22 Cyndy P.
- 03/25 Patty B.

### \*\*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 Back Member:

We would like to extend a big **WELCOME BACK** to Noreen S. It’s great to have you back with us!

### Feeling Blue? Eat More Fiber:

According to an article in the January, 2019 issue of the *Fitness Journal*, beating the blues might simply require adding more beans and other fiber-rich foods to your plate. A study published in *Nutrition* in October, 2018 reported that people who ate the most fiber

overall had fewer symptoms of depression. The study suggests that consuming at least 21 grams of fiber daily can reduce depression risk, although Americans typically eat only 15-18 grams. The mood-boosting benefit could come from the rich amount of vitamins, minerals, and antioxidants found in high-fiber foods which improve brain function. Dietary fiber can also improve the microorganisms in the gut which more research is showing can also impact brain health. Examples of fiber-rich foods include lentils, kidney beans, green peas, chickpeas, raspberries, flaxseed, and quinoa.

### Too Busy? Focus on One Goal at a Time:

Most of us already know we need to improve our health either with more exercise, cleaner eating, more sleep, or less stress. And we may even get motivated to start a fitness and wellness program. But, according to an article titled “Fitness and Nutrition for the Busy Professional” on [breakingmuscle.com](http://breakingmuscle.com), the number one reason most fitness and wellness programs fail is a lack of compliance. Lack of compliance is often a byproduct of a loss of motivation. A loss of motivation is often due to disappointment.

Such disappointment can come from when we don’t reach a specific goal in the timeframe we planned, even though we may have made progress in other areas along the way. Therefore, instead of focusing on an end result, focus on

improving your process one step at a time. For example, instead of setting a weight loss or performance goal, set a goal to build and maintain a regular 3-day per week exercise routine over the next two months and beyond. Once you are maintaining that goal, set a new goal to eat vegetables at least two meals per day. Once you are regularly maintaining both of those goals, choose an additional one. Small, cumulative changes are the most sustainable. The more aggressive or results-based goals can come later, but your initial goals should be realistic and reasonable for your lifestyle. Build healthy habits first and foremost.

### Stay Strong to Increase Longevity:

Researchers from China and Indiana University found that older people with low muscle strength had more than twice the risk of dying than those with normal muscle strength, according to a recent article in the *Fitness Journal*. The researchers concluded that low muscle strength was independently associated with a higher risk of death, regardless of muscle mass, sedentary time, or leisure-time physical activity. In other words, it doesn’t matter how big your muscles are, it matters how strong they are. So try (or continue with) our Body Blast classes today!

### Something to Think About:

“Even if you’re on the right track, you’ll get run over if you just sit there.” \_\_Will Rogers

“Well done is better than well said.”

\_\_Benjamin Franklin

**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).