



FITSTOP FORUM

April
2019

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Hi, Everybody! Spring has finally arrived and I for one am so happy it's here! If you've had a sluggish winter, this is a great season to start over with your fitness regimen and to get a fresh new perspective on your overall nutrition. To help us do that we have scheduled a Nutrition Seminar Saturday April 13th at 10:00 for all our FitStop Friends here at the club. We will be having Fitness and Nutrition coach Jessica Viscome here to give us all some of her wonderful ideas and tips. Jessica will share with us how to create quick, simple, tasty yet very nutritious meals that will make our lives a bit easier while we try to stay on track with our own daily healthy eating plan. Please feel free to invite your friends and family too! Happy Spring!



CELEBRATING YOU!

April Birthdays:

- 04/01 Mary Lee H.
- 04/04 Joan H.
- 04/05 Ruth L.
- 04/07 Mary Y.
- 04/09 Mary Ann O.
- 04/13 Courtney W.
- 04/24 Steve M.
- 04/25 Fred G.
- 04/27 Satish K.
- 04/28 Angie D.

****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** to our newest member Christina R. We are happy to have you here!

Don't Sabotage Yourself! :

We all have, at one time or another, felt anxious, fatigued, unhappy and uncertain when our emotional hot buttons take over. We often react with indulgent self-gratification when we feel we've fallen off the wagon by skipping the gym and eating whatever we want. This behavior may

make us feel immediate relief from discomfort, but afterward, when we muster the courage to confront our actions, we become sad, disappointed and frustrated. In a March 2019 article of IDEA Fitness Journal, we will look at why we do this and some strategies to keep you from sabotaging yourself when you are in a bad mood. Experts believe we really have no control over our feelings but with awareness and handy tools in our mental tool box, feelings can be regulated, managed and manipulated. Eat for emotional control. Poor moods can lead to poor food choices, which can further affect mood. We may feel immediate pleasure from sweet carbohydrates and fat, but then we become sad, disappointed and frustrated, and we are likely to eat more unhealthy foods to console ourselves. Stay in control by being organized. Curb your cravings by preparing a ready to go healthy snack and eating it before you become famished. If you typically start to feel sluggish around 4 p.m. eat something healthy around 3:30 to give you energy. Research also suggests that low to moderate intensity movements that are rhythmic and repetitive promote self reflection, creative thinking and a better mood overall. Something as simple as a quick 10 minute walk around the block can release endorphins into the bloodstream, causing beneficial changes to your mood. Another strategy is to reframe your thoughts. For example, change "I can't snap out of this bad mood" to "I can turn the day around by giving myself 5 minutes to be engrossed in this exercise class and

feed off everyone's energy." Another strategy is to make molehills out of your emotional mountains by asking "So what?" to help bring things back into perspective. Here are a few examples: "So what if I had a difficult meeting with my boss today?" "So what if I didn't sleep well last night?" or "So what if I got stuck in traffic and was late to my exercise class?" This self talk makes all emotional mountains sound like excuses (which they are). If you want to achieve results, acknowledge the mountains and cut them down to size. Then you can pursue your goals with energy, commitment and drive. In other words, you can feel the emotional pain and do it anyway!

Benefits of drinking warm lemon water! : Here are a few of the many benefits, according to the Edison Institute of Nutrition, of starting your day with a glass of warm lemon water: **#1.** Warm lemon water helps with maintaining digestive health. **#2.** Lemon juice is also very effective at cleansing the liver as it promotes the liver to flush out toxins. **#3.** Lemon juice with warm water is also good for your dental health as it helps prevent gingivitis. Next month we will continue with more of the many benefits of drinking warm lemon water first thing every morning! So drink up!!

Something to Think About:

"One never knows what each day is going to bring. The important thing is to be ready and open for it."

_____Henry Moore

"The sun is new each day."

_____Heraclitus

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.