



FITSTOP FORUM

May
2019

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Hi, Everybody! It's that time of year again when we are getting ready to lead the warm up for the **CNY More Than Pink Walk** formerly known as the Susan G. Komen Race for the Cure, on Saturday May 18th on Chevy Court Stage at the New York State Fairgrounds. If you would like to register for the 5k walk, click this link: <http://wny.info-komen.org/goto/fitstop19>. It's a wonderful event and we would love to see as many of you there as possible. So come join us for this great cause! Another thing to be thinking about this month is registering for our **Summer Boot Camp** coming up in June. I am sending an attachment with the details. Feel free to contact me with any questions. Join us for a great time as we shape up for the summer!

CELEBRATING YOU!

May Birthdays:

- 05/06 Ronnie S.
- 05/08 Karen F.
- 05/09 Franco R.
- 05/09 Wendy H.
- 05/10 Christina R.
- 05/10 Derrick T.
- 05/16 Ron K.
- 05/24 Lee M.
- 05/26 Jinnette G.
- 05/26 Eileen C.
- 05/28 David S.

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 Members:

We would like to extend a big **WELCOME** to our newest members Ashley C., Karen F. & Patricia T. We are happy to have you all here with us!

Better Posture! :

Did you know that good posture helps to minimize stress on tendons, joints and ligaments? Better posture can have a significant impact on your quality of life by improving your self confidence and mood and

enhance how others see you. In an article written by Ryan Halvorson, in the April 2019 issue of IDEA Fitness Journal, he explains how the following exercises can improve your posture: **#1.Pectoral massage.** Tight chest muscles can make it difficult to pull your shoulders back and down. One way to overcome this is to increase tissue mobility through self massage. Begin by rolling the shoulders back and down. Make a fist with the right hand and gently press the knuckles into the left chest muscles next to the sternum. Place the palm of the left hand on top of the fist for added pressure. Slowly drive the knuckles across the muscle toward the shoulder joint. Then repeat on the other side. **#2.Shoulder external rotations.** Internal rotation is a common problem. External rotation can help. Roll shoulders back and down. Tuck the pelvis slightly to maintain a neutral lower-back. Slowly twist the wrists until the thumbs point away from the body and hold for a few seconds and repeat. **#3.Chin tuck.** This exercise stretches the muscles of the neck, allowing the skull to return to a more neutral, balanced position while the spine is lengthened. Stand with your hips and shoulders against a wall. Heels can be about an inch or two away from the wall. Lifting through the crown of the head, gently bring the chin down toward the throat while pressing the back of the head against the wall for a few seconds and repeat. **#4.Kneeling hip flexor stretch.** Start in a kneeling lunge position (one knee on the floor and the other bent at 90 degrees in front of you with the foot flat).

Elongate the spine and drive the hip of the kneeling leg gently forward and hold for a few seconds, release and repeat. **#5.Hip hinge with fly.** This exercise improves your ability to extend your upper back. Place feet hip-width apart, hinge at the hips while angling the upper body forward. Lift the tailbone to slightly arch the lower back. Depress shoulder blades down. Start with arms extended and palms clasped in front of chest. Slowly swing the arms out to the sides of the body about shoulder height with a slight external shoulder rotation and pause to feel the stretch. Release and repeat. These easy to implement, equipment free exercises can help you to achieve an instant postural adjustment. The moves can be done seated but standing yields the best results.

Benefits of drinking warm lemon water! : As I promised you in last month's newsletter, here are a few more of the many benefits, according to the Edison Institute of Nutrition, of starting your day with a glass of warm lemon water: **#1.** Along with Vitamin C, lemons are also a rich source of potassium, calcium, phosphorus, magnesium and more. **#2.** Lemon juice with warm water helps in quick weight loss as it promotes digestion and increases the metabolic rate. **#3.** Drinking lemon juice with warm water also helps reduce joint and muscle pain. 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:

"If you deny yourself commitment, what can you do with your life?"

____Harvey Fierstein

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.