



FITSTOP FORUM

June
2019

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Hi, Everybody! Thanks to all who participated in the “More than Pink Walk” warm up. You all did such a fantastic job! You can now view the video on the media page of our website, Kathysfitstop.com. Our Summer Combo Boot Camp will begin Monday June 3rd; if you plan to attend and have not registered yet, please contact me this weekend so we can get you in! Thank you to **Vicki M.** for sharing a tip from Consumer Reports for a non toxic weed killer for anyone who is taking care of their lawn and landscaping. Here’s the concoction: *Mix together until dissolved, 1 gallon of vinegar, ¼ cup of Dawn dish liquid and 2 cups of Epsom salts. Spray on weeds on a dry day. Repeat as necessary.* Here’s to a safe and happy summer!



CELEBRATING YOU!

June Birthdays:

- 06/03 Debra W.
- 06/06 Charles F.
- 06/08 Sandy M.
- 06/08 Gina M.
- 06/10 Pud B.
- 06/11 Noreen S.
- 06/13 Susan G.
- 06/14 Anita B.
- 06/15 Joey C.
- 06/16 Taylor M.
- 06/17 Julia C.
- 06/20 Bobby M.

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!

We would like to extend a big **“WELCOME BACK”** to our former member Patty M! We are so glad to have you back!

Exercise = Fountain of Youth!:

Would you believe that you could have the heart health of a 40-year old and the muscular fitness of someone in their 20s when you are in your 70s? A recent study done by Ball State University researchers, according to an

article in the May 2019 issue of IDEA Fitness Journal, found that to be true! Researchers compared heart health and muscular fitness among three groups of healthy people: 75-year-old life long exercisers, 75-year-old older adults without a regular exercise habit and 25-year-old regular exercisers. “We saw that the people who exercise regularly year after year have better overall health. These 75-year-old men and women have similar cardiovascular health to a 40-to 45-year old and the muscular strength of a 25-year-old,” said investigator Scott Trappe, PhD, director of the Human Performance Laboratory at Ball State University. “Exercise wins is the take home message, but the key is to exercise regularly, year after year.” Once you start, never quit!

Benefits of drinking warm lemon water! :

Here we go again; more benefits of drinking warm lemon water according to the Edison Institute of Nutrition: **#1.** Lemon’s anti-inflammatory properties help in fighting respiratory tract infections, sore throat and inflammation of the tonsils. **#2.** Lemon juice with warm water helps keep the body hydrated as it provides electrolytes to the body. **#3.** Lemon water is also a popular remedy for many kinds of skin problems ranging from acne, rashes and wrinkles to dark spots. Drink up!

More Exercise vs. More Sleep:

New research reveals that many Americans are conflicted about whether to spend more time exercising or more time sleeping, according to

investigators in an article in the 2018 issue of Sleep Health. They found that for most individuals, sleep duration decreased as exercise duration increased, which led to the conclusion that exercise and sleep compete with each other for time. “Losing minor amounts of sleep due to exercise should be fine, as sleep itself benefits from exercise—shorter time needed to fall asleep, more efficient sleep,” said principal investigator Mathias Basner, MD, PhD, associate professor of sleep and chronobiology in psychiatry at the University of Pennsylvania Perelman School of Medicine. The American Academy of Sleep Medicine and the Sleep Research Society suggest adults get at least 7 hours of sleep per 24 hours on a regular basis to promote health. Basner recommends, “The goal should really be to find a balance that allows regular exercise and sufficient sleep. For morning types, it may make more sense to exercise in the morning, while the opposite is true for evening types. As with everything in life, there is a golden middle. Excessive exercise or sleep, are very likely unhealthy behaviors.”

Something to Think About:

“Changes are not predictable; but to deny them is to be an accomplice to one’s own unnecessary vegetation.

_____Gail Sheehy
“Things do not change; we change.”
_____Henry David Thoreau

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.