



FITSTOP FORUM

July
2019

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Hi, Everybody! Though we hate to see it end; Summer Boot Camp is over! Congrats to all who participated in our Summer Combo Boot Camp! You did a great job and as always we all had a lot of fun and I know we all look forward to the next Boot Camp coming up this fall!

Please note the changes in the schedule for this summer: There will be **NO** classes held on the 4th of July. Also, **NO** Friday 4:30 Flex Fusion and **NO** Saturday 8:15 Combo classes beginning July 5th through Labor Day. Those classes will resume again on Friday September 6th. There will also be **NO** classes held on Thursday July 11th through Monday July 15th as I will be on a mini vacation! Classes will resume on Tuesday July 16th. Have a great summer!

CELEBRATING YOU!

July Birthdays:

07/03 Ellen S.
 07/05 Mary M.
 07/07 Bob M.
 07/07 Lexy M.
 07/12 Danielle S.
 07/12 Diane M.
 07/15 Christine V.
 07/21 Debra A.
 07/21 Gary C.
 07/21 Kristi K.
 07/22 Gail O.
 07/28 Susie W.
 07/30 Anita 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 New Members! :

We would like to welcome Cheryl G. and Maria B. to our club and welcome back former member from 10 years ago, Christopher H.! We are so happy to have you all here!

Bug Off, High Fat Diet! :

People often ask me what I think about the Keto diet. I found an article in the June 2019 issue of IDEA Fitness Journal that I would like to

share to help caution you if you are considering this diet. "High fat diets have their fans on social media, but the pro-keto crowd is probably not cheering a recent finding that suggests a higher fat, low carb diet can be bad news for your microbiome." You may be asking ...

**What is the microbiome and why is it important?*

The gut microbiome plays a very important role in your health by helping control digestion and benefiting your immune system and many other aspects of health. An imbalance of unhealthy and healthy microbes in the intestines may contribute to weight gain, high blood sugar, high cholesterol and other disorders.

"A study in the February issue of the journal *Gut*, randomly assigned 217 adults to a lower-, moderate-or higher-fat diet for 6 months (total energy from fat in each diet was 20%, 30% and 40% respectively). Researchers then tested participants to assess each diet's effect on the population of gut bugs. In those who consumed the highest-fat diet, researchers found higher levels of bacteria species that may cause inflammation associated with worsening health. Higher fat diets also tend to have less fiber, which is vital for a healthy microbiome." The study suggests that more fat in the diet may lead to risky inflammation.

Benefits of drinking warm lemon water! :

Here we go once again; 3 more benefits of

drinking warm lemon water according to the Edison Institute of Nutrition: #1. As a rich source of vitamin C, lemon juice protects the body from immune system deficiencies. #2. Drinking lemon juice helps fight the common cold and #3. Lemon juice with warm water helps with digestion and hence, helps regulate natural bowel movement. You now have 12 of the 15 reasons from this article to drink lemon water. Next month I will give you the last 3 benefits listed in the article so you now have no excuse not to drink warm lemon water every single morning of your life! Enjoy!!

The Myth V.S. Reality on Coconut Oil:

More info on a high fat food: The myth was that coconut oil is a "superfood." The reality according to another article in the 2019 issue of IDEA Fitness Journal, is that it is not nearly the health-boosting, fat-fighting miracle its fans want it to be. "There's no strong evidence directly tying coconut oil to either a greater or reduced risk of cardiovascular disease." Officials at the American Health Association still say we should steer clear of coconut oil, citing concerns about its potential impact on cardiovascular health. Bottom line: If you like its flavor, it's probably fine to include modest amounts, (no more than a tablespoon daily), as a part of an overall healthy eating plan.

Something to Think About:

"Any change, even a change for the better, is always accompanied by drawbacks and discomforts."

_____Arnold Bennett

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.