



FITSTOP FORUM

August
2019

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Hi, Everybody! I trust this newsletter finds you all finally doing well. We have had quite the health challenges with so many of our beloved members this summer; but I am happy to report that things are looking up! We have had so many of our members go through surgeries, hospital stays and illnesses of all sorts. I just want to say that you have ALL been in the thoughts and prayers of the rest of us here and we all look forward to having every single one of you back with us strong and healthy again! So hang in there with your recoveries, therapy etc..., and just know that I (we), care for you and are here for you. And to all our members: I hope you all have a wonderful, healthy and happy rest of the summer! See you at the gym!



CELEBRATING YOU!

August Birthdays:

- 08/04 Doreen D.
- 08/05 Maria B.
- 08/09 Carl G.
- 8/10 Laurie V.
- 08/11 Diane M.
- 08/12 Linda Y.
- 08/18 Tom C.
- 08/18 Christine G.
- 08/21 Kari D.
- 08/22 Barb S.
- 08/22 Dan B.
- 08/28 Cheryl G.
- 08/29 Jack 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!

Reduce the Inflammation! :

Many of the foods we eat—especially vegetables—can help us deal with the double edged sword of inflammation. Acute inflammation is the good edge of the blade. It's painful but essential because by telling the body that injured tissues require immediate attention, it triggers immune reactions that help us heal. Chronic inflammation, however, is the bad edge. It plays a central role in heart disease, cancer,

neurological disorders, autoimmune diseases, pulmonary conditions, anxiety and depression. It's also implicated in Parkinson's disease, type 2 diabetes, rheumatoid arthritis, psoriasis, osteoporosis, asthma and weight struggles, according to an article in the July/August 2019 issue of IDEA Fitness Journal. Ideally, inflammation is part of an alarm system. When healing begins the immune system shuts off the inflammation alarm and resumes working to keep you in a healthy state. Trouble begins when the inflammation alarm doesn't shut off completely and keeps sending a low-grade immune response which over time can cause many of the health problems as mentioned above. We need to control this inflammation and diet can help us do that. The following are 15 diet habits that can support immunity: **1.** Eat a whole food, primarily plant based diet. **2.** Consume 25-30 grams of fiber daily. **3.** Eat a majority of your meals cooked. 90% cooked and 10 % raw. **4.** Eat organic whenever possible. **5.** Choose mostly unsaturated fat sources, (nuts, seeds, avocado, salmon and halibut) and limit saturated fat consumption (land animals, dairy, fried foods and bakery goods). **6.** Feed your micro-biome with prebiotics, leeks and bananas, and fermented foods. **7.** Remove processed and packaged foods from your everyday diet. **8.** Limit stimulants such as coffee to occasional use; they shouldn't be required for daily functioning. **9.** Slow down and chew food thoroughly. **10.** Limit eating amid stressful emotions like worry, grief, shame, frustration or anger. Instead,

practice mind-ful meditation. **11.** Avoid processed sugars and artificial sweeteners. **12.** Cook with healing spices and herbs, including turmeric, cumin, cinnamon, ginger, basil, fennel, cayenne, cloves and black pepper. **13.** Diversify your meals by eating on at least a 4 day rotation, with new food incorporated weekly. **14.** Eat mindfully. Be fully present for the dining experience. **15.** Know exactly what is in your meals and play a proactive role in your health. The take away... If you think about combining a whole food primarily plant based diet with mindfulness exercise, you can begin to use your relationship with food as medicine—keeping inflammation at bay and preventing the onset of chronic disease.

Last benefits of drinking warm lemon water! :

Lemon is one of the most powerful and versatile citrus fruits due to its obvious flavor and scent as well as its medicinal value. We have been touting the many benefits of drinking warm lemon water this past spring and summer and as I promised last month, here are the final three of the 15 benefits of drinking warm lemon water every morning according to the Edison Institute of Nutrition. Here they are: #1. Drinking lemon juice with warm water every morning helps maintain the pH balance of the body. #2. With its powerful antibacterial properties, lemon juice helps fight infections. #3. It acts as a detoxifying agent. Drinking warm lemon water on an empty stomach every morning can produce amazing results! Make this your new habit!!

Something to Think About:

“Take time to deliberate; but when the time for action arrives, stop thinking and go in.”

_____Andrew Jackson

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.