



# FITSTOP FORUM

September  
2019

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Hi, Everybody! Summer is coming to an end and it's time to look forward to getting our workout and class schedules back on track for the fall season. The Friday 4:30 Flex Fusion class will begin again on Friday September 6<sup>th</sup> and the Saturday morning 8:15 Combo class will begin again on Saturday September 7<sup>th</sup>! Also, mark your calendars for our upcoming FitStop Fall 5 Week Boot Camp which will start Monday October 14<sup>th</sup> and will go through Friday November 15<sup>th</sup>. Those of us who have been participating in the boot camps know that it's a great way to start every day; so if you have never tried it and you are an early riser, join us and give it a try! Hope to see you there! See attached for more information. Happy fall!



## CELEBRATING YOU! September Birthdays:

09/03 Kathy C.  
09/03 Mary Pat G.  
09/07 Karen B.  
09/16 Stan K.  
09/22 Joan S.  
09/29 Debbie 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!

### Don't Just Sit There, Get Up!:

According to researchers written in an article in the August 2019 edition of IDEA Fitness Journal, physical activity and exercise are tremendously beneficial for managing and reducing chronic diseases, improving brain health, lowering blood pressure, reducing depression and anxiety, controlling obesity and more. We not only need to stand more and sit less, but once we are up we need to move more! For example; standing workstations are gaining wonderful popularity, their benefits however appear to be better realized in body

posture, alignment and work productivity than in caloric output. For enhancing energy expenditure, the public health message should be to interrupt periods of sitting with sit-to-stand transitions and, of course, to progressively add more movement once standing. Studies confirm that, over the long run, increasing the number of sit-to-stand transitions daily will contribute positively to caloric output. We also need to break up long sitting bouts with light to moderate activity because this appears to be highly associated with protection against the development of type 2 diabetes (and with its management). When a person sits for long periods without getting up, the major weight-bearing muscles of the legs are not contracting. With no muscle contractions, these muscles cannot efficiently utilize the sugars and fats circulating in the blood. Sustained over time, this leads to overweight/obesity and type 2 diabetes. Reduced blood flow from inactivity creates an unhealthy environment for the body's blood vessels, increasing the risk of peripheral artery disease and blood clots. The following are quick ways to disrupt sustained sitting:

- #1. Get up and move after reading 4, 6 or 8 pages.
- #2. Stand and move every time you change television channels.
- #3. Do a few heel raises while loading or emptying the dishwasher.
- #4. Take a brief walking break after each meal or snack.
- #5. Each time you drink water, take a movement break as well.
- #6. Instead of emailing colleagues at work, walk to their workspace and speak to them.
- #7. Every

30 minutes, get up from sitting and move for 3 minutes. #8. Try brief exercise bouts at work or at home. For example, do 10 partial squats followed by 20 alternating knee lifts. #9. When the phone rings, answer and keep moving during your conversation. #10. Stand and move every time you check your mobile device for text messages. We can all agree that exercise is wonderful for health, but so is getting up and moving where ever you are!

**Power in the Protein for Older Adults! :** Many older adults could benefit from dropping a few pounds of body fat. With weight loss, though, there are often reductions in bone strength and lean body mass, which raises the risk of mobility issues and injury from falls. New research shows that a diet tweak might help older people retain their muscle while simultaneously scaling down their body fat. A Wake Forest University study published in the February issue of the Annals of Nutrition and Metabolism reported that a reduced -calorie meal plan that provided 1 gram of protein per kilogram of body weight resulted in significant weight loss and also worked to preserve muscle and bone mass. **(Example: 165 pounds = 75 kilograms=75 grams of protein/day. Here are a few 25 G. options:** 1cup Greek yogurt, 3 oz. turkey, 4.4 oz. salmon, 3 cups cow's milk, 4.4 bunches of broccoli, 1 3/8 cup of lentils, 3.3 oz. Flank steak and 1 cup of cottage cheese. Choose 3 that suit your eating style! Stay strong!

### Something to Think About:

"A man of fifty is responsible for his face."

\_\_\_\_\_Edwin McMasters Stanton.

**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](mailto:kathysfitstop@aol.com).