



# FITSTOP FORUM

October  
2019

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Hi, Everybody! Fall is here and I'm loving it! This is a great time of year to get back on track with your fitness routine and get in shape for the upcoming holidays too. To help you do that, you may want to consider joining our 5-Week Fall FitStop Boot Camp, which will begin on Monday October 14<sup>th</sup>, and go through Friday October 15<sup>th</sup>. The more the merrier!! Please see attached flier for all the details. Also, make sure that you **SAVE THE DATE**, for our upcoming 10<sup>th</sup> Anniversary FitStop/Holiday party on Tuesday, December 10<sup>th</sup> at Barbagallo's Restaurant. I will send out the flier with all the details in next months' newsletter. We have lots of good things to look forward to and I hope you will join us for all the fun! Take care!



## CELEBRATING YOU! October Birthdays:

- 10/22 Scott S.
- 10/24 Kate F.
- 10/26 Mary G.
- 10/28 Kerry L.

### \*\*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!

### Help for Your Aching Back:

Working at a desk or sitting most of the day does not place you in an ideal situation. You may be at risk for developing chronic lower-back pain; and if you do experience aches or sharp pains in the lower back, the issue may stem from problems with a muscle called the **quadratus lumborum**, often referred to as the "QL". Here are a few tidbits about this muscle found in an article written by Sarah Kolvas, from the IDEA BODY LAB. First, this muscle is located on each side of the abdomen and alongside the lumbar spine. Tightness in this muscle can cause pain in the lower back and impede a wide range of movements. The QL is often

referred to as the "**hip hiker**," since it lifts the pelvis toward the ribs on the same side. People who have **uneven hips** often experience problems with their QL. If you have a muscle spasm in the QL, it can pull the hip bone above the ideal range of motion resulting in pain in the SI (sacroiliac) joint. QL discomfort is frequently caused by sitting for extended periods of time, having poor posture, lifting heavy objects, twisting while lifting, sleeping on an overly soft mattress, golfing, riding horseback or kayaking. Here is a stretch that may help to reduce your QL pain: Standing with feet hip-width apart, reach the left arm up and over the head and lean to the right; hold for 20 seconds and repeat on the other side

**What We Aren't Eating is Killing Us!** : A global study suggests that eating "healthy" foods may be more important than avoiding "bad" foods. Bad diet choices lead to more deaths worldwide than any other risk factor, including smoking and obesity, according to the Global Burden of Disease study reported in the April issue of *The Lancet*. The problem is not only that people around the globe are eating too many unhealthy foods; it's also that people aren't eating enough nutritious options. In 2017, there were 11 million deaths in 195 countries from health issues attributable to dietary factors (those issues include heart attack and cancer). Authors of the *Lancet* study concluded that more deaths were associated with inadequate portions of healthful foods—like vegetables, nuts and whole grains—than were related to eating too many foods with poor nutritional value,

such as sugary drinks, refined grains and processed meats. In terms of lowest diet-related deaths, the United States ranked 43<sup>rd</sup>-after Rowanda and Nigeria. Traditionally, an emphasis on lowering consumption of nutritionally poor foods and drinks has dominated the conversation about healthy eating for disease prevention. This study shows that, at a population level, health officials should place more stress on getting people to load up their plates with healthier foods and focus less on what not to eat. That's going to require a coordinated effort between policymakers and food growers—a significant feat that won't happen overnight.

### Walking Benefits for Arthritis Sufferers:

People with osteoarthritis who walk briskly as little as 1 hour per week can significantly increase their odds of remaining functionally independent. Northwestern University researchers in Chicago examined more than 4 years of data from more than 1,500 adults age 49 or older who had arthritis but no disability. Their activity levels varied. The data showed that people who did 1 hour of moderate to vigorous activity per week, had a higher probability of remaining free from disability than those who exercised less.

### Something to Think About:

"Learn to say no. It will be of more use to you than to be able to read Latin."

\_\_\_\_\_ Charles Haddon Spurgeon

**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).