



# FITSTOP FORUM

December  
2019

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Hi, Everybody! The Holidays are upon us and as you know, we have our Big 10<sup>th</sup> Anniversary / Holiday Party coming up on the 10<sup>th</sup> of December. My hope is that as many of you that can, will come and celebrate with us! We are creating a FitStop album with pictures of you all over the past years along with cards with your memories/messages. If you haven't filled out and dropped your card in the box yet, please do that A.S.A.P! The cards and box are on the sign in table in the Aerobics room. **Just a reminder:** on icy days, be cautious of black ice in the parking lot. We will be having our last class of the year on Tuesday Dec. 24<sup>th</sup> at 11:30 a.m. All classes will resume next year on Thursday Jan. 2<sup>nd</sup> 2020! Happy Holidays!



## December Birthdays:

12/02 Theresa H.  
12/07 Rob S.  
12/14 Vicki M.  
12/20 Kathy B.  
12/21 Jimmy C.  
12/23 Pam Sp.  
12/27 Patti A.  
12/27 Usha 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!

**Welcome New Members!** We would like to give a great BIG **“WELCOME”** to our newest members Caitee B & Kerry H. from Bristol Myers-Squibb. Also welcome to Nuriyah B. We are so happy to have you all here with us!

### We Now Have an AED (Automatic External Defibrillator) at FitStop:

You may have noticed a small box-like case with the blinking green light under the small black table by my office door. Well, thank you to Jack S., as he donated this to the club for our safety. Anyone who is interested in knowing how to use this device in the case of

an emergency, please see me and I will happily instruct you on the usage as well as send you a detailed yet easy to follow



video on the appropriate protocol for using this AED. Just a reminder for anyone who has already taken or is interested in taking a certification class in CPR/AED and Basic

First Aid, we will be holding our biennial recertification class in November 2020. I will send details on that next fall. Thanks again Jack! We appreciate you very much!

**10 Facts about Breakfast:** Here are 10 facts about breakfast I found in the Nov. Dec. 2019 issue of IDEA Fitness Journal, from the data presented in an article on the effect of breakfast on appetite regulation, energy balance and exercise (Clayton & James 2015). **#1.** People who regularly skip breakfast have higher BMI's. **#2.** The prevalence of obesity-related chronic diseases, such as type 2 diabetes and coronary heart disease, increases in people who miss breakfast regularly. **#3.** People who eat breakfast have healthier lifestyles. **#4.** People who eat breakfast eat fewer snacks. **#5.** Although people who omit breakfast tend to eat a little more at lunch, this increase does not fully compensate for calories missed at breakfast. **#6.** People who exercise in the morning are encouraged to eat breakfast 1-4 hours before exercise to avoid any deleterious effects on the workout. **#7.** During nighttime sleep, liver glycogen drops by about 40%. **#8.** People who eat breakfast

have a higher resting metabolic rate (i.e., burn more calories) in the morning than those who don't. **#9.** The breakfast meal typically equates to 20%-35% of daily energy requirements for adults. **#10.** People who want to maximize their early morning exercise performance, but do not wish to eat breakfast—may be able to improve their workouts by consuming a carbohydrate drink. Looks like eating breakfast is a strong way to start your day!

**Boost Your Memory!** According to a study done by the University of Maryland, researchers found that healthy adults ages 55-85 did better on a memory task just after a moderate exercise session than they did after resting. Measurements of brain activity showed significantly more activation in memory related areas of the brain immediately following physical activity. “Just like a muscle adapts to repeated use, single sessions of exercise may flex cognitive neural networks in ways that promote adaptations over time and allow more efficient access to memories,” said J. Carson Smith PhD.

### Something to Think About:

Here are some quotes from one of my favorite authors, Levi Lusko:

- “Negative thoughts can't lead to a positive life.”
- “You can alter how you feel through changing the way you speak.”
- “Your intentions don't matter, your behavior does.”
- “The habits you allow in your life today are going to determine who you become tomorrow.”

**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).