



# FITSTOP FORUM

January  
2020

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Hi, Everybody! I had such a wonderful time at our FitStop 10<sup>th</sup> Anniversary/Holiday Party and I want to thank you all for being a part of it, since FitStop wouldn't be possible without all of you! So, thanks again so much! Now that the Holidays are over, it's time to get back into the swing of things! All classes are back on the schedule and I hope to see you all back and ready to sweat very soon! Due to popular demand; I am planning on adding another boot camp to our schedule this March. It will be four days per week, (Mon, Tues, Thurs & Fri) beginning at 6:30a.m. til 7:30a.m., from Monday March 2<sup>nd</sup> until Friday March 27<sup>th</sup>. Details about this boot camp will be in next months' newsletter. Happy New Year and cheers to a great 2020!



## January Birthdays:

- 01/03 Gary W.
- 01/03 Jane H.
- 01/07 Joan D.
- 01/10 Debbie G.
- 01/16 Yvonne H.
- 01/26 Joan D.
- 01/27 Caitee B.
- 01/29 Jim A.
- 01/30 Pam S.
- 01/30 Nuriyah B.
- 01/31 Margaret W.

### \*\*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 Back Members!** We would like to give a great BIG **“WELCOME BACK”** to member Debbie G! We are so happy to have you back with us again after all these years!

**Break the Sugar Habit:** Being glued to your smart-phone at night may not be so smart if you are trying to stick to a healthy diet, according to an article in the Dec. issue of IDEA Fitness Journal. Researchers believe that retinal cells in the eye are extra-sensitive to blue light and send information to areas

of the brain that regulate appetite. More studies are needed, however, to conclude that artificial light exposure at night can make us more likely to raid the pantry for sugary food, but it does seem like a good idea to scale down the screen time at night or use a program like f.lux, which dials back the blue light that devices emit after sunset.

**Longevity after 70:** Most adults over age 70 have multiple risk factors, such as high blood pressure, high cholesterol and or diabetes, but experts note that knowing the total number of risk factors is not helpful for predicting future health. By contrast, knowing how fit a person is *can* be predictive, according to a study presented at the American College of Cardiology. Researchers analyzed records of more than 6,500 people ages 70 and older who had taken an exercise stress test and then were tracked for an average of 10 years. Data analysis revealed that higher fitness levels significantly increased longevity. The fittest individuals were more than twice as likely to be alive later when compared to the least fit. On the other hand, a subject's total number of cardiovascular risk factors was not associated with risk of death; patients with zero risk factors had a similar likelihood of dying as those with three or more risk factors. “We found fitness is an extremely strong risk predictor of survival in the older age group—that is, regardless of whether you are otherwise healthy or have cardiovascular risk factors, being more fit means you're more likely to live longer than someone who is less fit,” said

lead study author Seamus P. Whelton, MD, MPH, assistant professor of medicine at the Johns Hopkins School of Medicine. “This finding emphasizes the importance of being fit even when you are older.” (But hey, we already knew that, didn't we?)

**No More Jet Lag!** Maybe you are familiar with using bright-light exposure to shift your body clock so you can overcome jet lag more quickly. But what about exercising to achieve the same goal? In a study found in the 2019 issue of The Journal of Physiology, researchers at Arizona State University and the University of California, San Diego, found that exercising at 7 a.m. or between 1 p.m. and 4 p.m. was effective for advancing the body clock, whereas training between 7 p.m. and 10 p.m. worked to delay the clock. Lead author Shawn Youngstedt, PhD, noted that “Delays or advances would be desired... for adjustment to westward or eastward air travel, respectively.” He also stated that “The study was able to clearly show when exercise delays and when it advances the body clock. This is the first study to compare exercises' effects on the body clock and could open up the possibility of using exercise to help counter the negative effects of jet lag and shift work.”

### Something to Think About:

”If a friend is in trouble, don't annoy him by asking if there is anything you can do. Think up something appropriate and do it.”

\_\_\_\_\_ Edgar Watson Howe

“Good judgment comes from experience, and experience comes from bad judgment.”

\_\_\_\_\_ Barry LePatner

**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).