



FITSTOP FORUM

February
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Greetings FitStop Friends! I hope this newsletter finds you all doing well as we make our way through these winter months. We do have something, however, for you to look forward to in March other than the eventual coming of spring... I wanted to let you know that we have decided to add another Boot Camp to our program! It's called the **FitStop 20/20/20 Boot Camp!** It's a surefire way to start your day and get you feeling good with a great group of people as well as to get you or keep you on track with your fitness program. If you have never tried one of our boot camps, consider trying this one and grab a friend to come along, as I am confident you will love it! **See attached** for all the details. Take care and I'll see you soon!

February Birthdays:

- 02/02 Patty M.
- 02/11 Carm M.
- 02/15 Barb H.
- 02/16 Sandy S.
- 02/17 Chad T.
- 02/18 Joanne A.
- 02/20 Jim M. Sr.

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! Invite your friends!

Welcome Back Members!

We would like to give a great **BIG "WELCOME BACK"** to former member Dan B! We are very happy to have you back with us again!

Referrals from YOU! : Most of us are continually looking for a great referral for just about anything from doctors to dentists to cleaning people to landscaping to lawyers to computer (IT) experts to chiropractors to massage therapists and on and on. The list is endless! So, I thought it would be a good idea to hear from you! If you know of a professional that **you** would like to recommend that you have had a great experience

with and who will accept new business; let me know so we can post it in our monthly newsletter. We will try to feature 3 referrals per month from and for you.

Grief Support Class: If you or if someone you know is looking to join a grief support group; there will be one starting on Sunday March 1st, at the Cornerstone Christian Church, located at 713 Catherine Street, Syracuse, N.Y. 13203. This Grief Share Group will be led by my sister, Carm Moseley along with Derrick Tuper, (who many of you have also met here at the club). The group will meet on Sunday evenings from 5:00 to 7:00 p.m. beginning on March 1st to May 31st. Here is just a little information on what you can expect at the Grief Share Support Group: You will view a weekly video on a grief-related topic. The class is not sequential so if you have to miss a week; no worries. The videos feature respected counselors and teachers who have faced their own grief and who share insights on how to walk through the grief in a healthy manner. There are also personal testimonies of people who share their struggles and what has helped them. After the video you'll spend time as a small group discussing the concepts of the video and how they apply to your day to day struggles in your life. If you feel nervous about attending,(as most people do at first), it is suggested to try to commit to at least 3 weeks. That will give you time to make a good decision as to whether this group will help you. Many have shared that the comfort, support and healing found in this group far outweighed

the initial anxiousness. If you prefer to not talk during the discussion session, that's okay! You can benefit greatly by just listening to the videos and discussion. It's up to you. You will be using a workbook to take notes during the videos, then, during the week you'll find short, daily exercises to help you sort through your situation and help you find comfort and answers to your questions. "Although our teaching is based out of the Christian Bible, we recognize and appreciate that not everyone has the same viewpoint. All people are welcome no matter what your spiritual beliefs are. This Grief Share Support Group is for people from all belief systems, (and people who do not practice a faith)." "In the weeks to come, you'll discover how helpful it is to be around people who have and understanding of how you feel. These people will accept where you're at in your grief and will offer encouragement and support in the days to come." For more information on Grief Share you can go to www.griefshare.org.

What's the Caffeine Cutoff? For people prone to "throbbing brain pain," it may be smart to go easy on the coffee. Drinking three or more caffeinated beverages a day has been associated with a higher risk of same-day migraine for this group, according to a study in *The American Journal of Medicine*. However, consuming two or fewer such drinks was generally not problematic except for those who rarely consume caffeine.

Something to Think About:

"A wise man hears one word and understands two."

_____ Jewish Proverb

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.