



FITSTOP FORUM

March
2020

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Greetings FitStop Friends! Spring is just around the corner and so is our **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. As I have mentioned in the past, if you have never tried one of our boot camps, consider trying this one and grab a friend to come along with you, as I am confident you will love it! We are still looking for your referrals of great professionals to share in our newsletters. If you know of any great professionals that would also like some new business, let me know so we can share it in our FitStop Forum. See below for our first two! Take care and I hope to see you all soon!



March Birthdays:

- 03/01 Stan E.
- 03/03 Pam K.
- 03/04 Beth B.
- 03/06 Marie T.
- 03/08 Maggie O.
- 03/15 Tom H.
- 03/22 Carol K.
- 03/25 Patty B.

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 New Members!

We would like welcome our new members Gladys C. and Cheri B. We are so happy to have you here with us! Also, welcome back to Gina C. It's great to have you back with us again!

Referrals from YOU and Me! :

Our first recommendation comes from Kristi K. She recommends Shay Klein and his team of knowledgeable and friendly physical therapists, specializing in upper extremity, (shoulder, elbow, wrist), issues. They are located at Accent Physical Therapy P.C., on the first floor of the Upstate Bone &

Joint Center on Fly Rd. in East Syracuse; phone # 315 399-4770. My referral this month is one of a wonderful chiropractor, Miles Wiltse. He is a knowledgeable, kind, caring as well as an excellent doctor of chiropractic health. If you are looking for a great one, I recommend Dr. Wiltse. He is located on the corner of Washburn and Kirkville Rd. in East Syracuse, (phone # 315 433-0077).

Strength Training and Weight Loss:

Did you know that resistance training does much more than build strong muscles and bones? According to an article in the Jan/Feb issue of IDEA Fitness journal, research in the past few years has confirmed that lifting weights changes your metabolism in ways that improve health and well being. Resistance training also increases your lean body mass while shrinking fat mass. In addition to helping you lose weight, increasing strength can help you improve the following factors: Blood pressure, cholesterol levels, insulin sensitivity, lipid profiles, cardiovascular function and body composition. Over time, the increase in muscle size from strength training triggers the body to burn more calories during exercise. These muscle adaptations from resistance exercise also increase your resting metabolic rate. That means that your body burns energy faster when you are not moving, thus helping to achieve weight loss goals.

Nutty Benefits! Three recent studies according to an article in Nurse's Health Study Newsletter, have found beneficial

associations of nut consumption with cardiovascular health and healthy aging. Eating one serving of nuts (1 ounce, about a handful), 5 or more times per week was associated with a lower risk of coronary heart disease among both women and men. All types of nuts appeared to be beneficial. Additionally, women consuming nuts (walnuts in particular) during midlife had better health and well-being as they aged. Despite nuts being an energy-dense food, nut consumption has been associated with lower weight gain and lower risk of obesity. What might explain these benefits of nuts? Nuts are high in unsaturated fat, dietary fiber, vitamins, minerals, and phytochemicals, which may in part explain their health benefits. Accumulating evidence has shown that nuts have beneficial effects on many risk factors of chronic diseases such as improving blood lipid levels, while having anti-inflammatory and anti-diabetic effects. Finally, nuts can increase satiety and fullness, especially when consumed in place of unhealthy snacks.

Something to Think About:

"We probably wouldn't worry about what people think of us if we could know how seldom they do."

_____Olin Miller

"A professional is someone who does his best work when he doesn't feel like it."

_____Alfred Allistair Cooke

"Being defeated is often a temporary condition. Giving up is what makes it permanent."

_____Marlene vosSavant

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.