



FITSTOP FORUM

June
2020

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Dear FitStop Friends. I hope you are all well and keeping active while we are away from the gym. Along with getting outside for your favorite activities, remember that we are still offering live classes on Zoom at 4:30 Monday through Friday. I also am still sending the recorded classes out to anyone who would like so you can work out with any of our classes any time that is convenient. If you are not receiving an email with these recordings, please let me know and I will add you to the list! I have learned that so far, we are now in phase 4 of the re-opening plan. So we will need to wait a bit longer to see when that will actually happen and what we will need to do to comply with all the regulations. I will keep you all posted!!



June Birthdays:

- 06/03 Debra W.
- 06/06 Chuck F.
- 06/08 Sandy Mc.
- 06/08 Gina M.
- 06/10 Pud B.
- 06/13 Susan G.
- 06/14 Anita B.
- 06/15 Shiuwan E.
- 06/15 Joey C.
- 06/16 Taylor M.
- 06/17 Julia C.
- 06/20 Bobby M.

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!

Summer Combo Boot Camp

Postponed: Since we will not be open as of June 1st, we will need to reschedule our Summer Combo Boot Camp to a later date. When we do re-open, I will find out when we will be able to hold classes, what type of **classes** I can hold and how many participants I can have in the classes as well as what other safety precautions we will need to follow. Again, I will keep you all posted on the

details as I become aware of them.

Still Zooming! : Once again, here is the current Zoom class schedule:

Mon: 20/20/20 (1 hour)

Tues: Zumba (45 min.)

Wed: Cardio/Flex Fusion (45 min.)

Thurs: 20/20/20 (1hour)

Fri: Flex Fusion (45 min.)

Once again, here are the instructions if you have not yet but would still like to try to join us live on Zoom. First, you need to install **Zoom** to your mobile device.

Then click on this link -

<https://us04web.zoom.us/j/7925980390> or just type in the numbers. Then put in the password "**fitstop**". Click on Zoom to **Join a meeting**, then **turn on your audio** and **start video**. That's it!

Staying Motivated During COVID-19:

Maintaining motivation is becoming an increasing challenge due to the COVID-19 pandemic explains Personal Health Columnist, Jane E. Brody in the New York Times article, "How to Maintain Motivation in a Pandemic." She consulted a former New York Times colleague, Daniel Goleman, a psychologist and author of the highly influential book "Emotional Intelligence." Dr. Goleman explained that there are two kinds of motivation, extrinsic and intrinsic. Extrinsic motivation refers to acts done to receive an external reward or outcome like wealth, power or fame, or in some cases to avoid punishment. Intrinsic motivation involves behaviors done for

their own sake that are personally rewarding, like helping other people, participating in an enjoyable sport or studying a fascinating subject. With intrinsic motivation, inspiration comes from within a person. It tends to be more forceful and the results more fulfilling. "Doing what's meaningful — acting on what really matters to a person — is the antidote to burnout," said Dr. Goleman, He also says that motivation might best be fostered by dividing large goals into small, specific tasks more easily accomplished but not so simple that they are boring and soon abandoned. Avoid perfectionism lest the ultimate goal becomes an insurmountable challenge. As each task is completed, reward yourself with virtual brownie points (not chips or cookies!), then go on to the next one. But even more important than personal tasks you consider tackling; think about what you could do for other people within the constraints of social distancing or lockdown. Dr. Goleman encourages people to contribute money to efforts to get more food, especially nutritious food that too often now goes to waste, to people who don't have enough to eat as well as to our essential workers. Great ideas!!

Something to Think About:

"I shall pass this way but once; any good that I can do or any kindness I can show to any human being; let me do it now."

___ Quaker missionary Etienne de Grellet.

"Dawn comes after the darkness."

_____ Lisa Wingat

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.