



# FITSTOP FORUM

August  
2020

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Hi FitStop Friends. I hope this newsletter finds you all doing well. Sadly, last month we had to say goodbye to a dear friend and long time client of mine, as well as a loyal member of the FitStop, Jim Arena, "Jimmer". He was a wonderful man and he will be missed by all who had the great blessing of knowing him. Our hearts go out to his wife Patti and the rest of his family. This is certainly the strangest summer I have ever lived through, yet in another way it continues to also provide opportunity to take time for other things that wouldn't normally be possible to do. I hope you are also making the most of it by using your time at home to try to do those special things that you wouldn't typically get to do; whatever that may be. Stay well.



### August Birthdays:

- 08/04 Doreen D.
- 08/09 Carl G.
- 08/10 Laurie V.
- 08/12 Linda Y.
- 08/18 Christine G.
- 08/21 Kari D.
- 08/22 Dan B.
- 08/22 Barb S.
- 08/29 Jack 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! Invite your friends!

### Get Well Wishes!

We are all sending out **Great Big** get well wishes to our good friend and Fitstop member Leslie D., who underwent emergency surgery last week. We all are hoping you have a speedy recovery and look forward to seeing you again soon. Rest up, hang in there and take care Leslie!!

### Still Walking on Saturdays!

For anyone who is interested, we are still walking on Saturday mornings through the rest of the summer at the East Syracuse Elementary School track at 8:00 until

whenever you like. It's a great way to catch up and connect with some of your FitStop Friends. If you are around and would like to come, feel free to join us any time. Just show up and bring your mask! I'll be there!

**Keep on Zooming!** Once again, here is the Zoom class schedule for the summer:

**Mon: 20/20/20 (1 hour)**

**Tues: Zumba (45 min.)**

**Wed: Cardio/Flex Fusion (45 min.)**

**Thurs: Flex Fusion (45 min)**

If you haven't done it yet, here again are the instructions if you want to zoom with us. **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**. Remember that I will still be recording many of the classes to send out to you at the end of the week so you can try them out or do them again at your convenience! **By the way**, if you are going to access the recorded classes, be sure to carefully enter the password that is specific to the class you want to access. It is located at the end of the link for each class. I find it easier to copy and paste in the password rather than type it in since sometimes it is very detailed. Enjoy!

**Why are we not open yet?** Many of you have been asking me that question lately since it has been such a long wait. Though that is a very good question, the answer is, because

we are still not permitted to do so according to the Onondaga County Executive office. We are told that no gym is allowed to be operating indoor physical activity including personal training as of yet. So we will wait for now until we hear otherwise. Hang in there!

**Sneak movement in!** Now more than ever, exercise is needed to help us ease anxiety, stress and depression. We may also be finding it tougher to exercise while we are under a stay at home order. But we can still find ways to make movement a part of our daily routine. Here are a few "HELPGUIDE" tips to keep us all moving: Get outside every day! Just maintain a social distance. Move around your house more. Walk while you're making calls. Use your chores like scrubbing, sweeping, dusting and vacuuming. They can all add up when done at a brisk pace. Take an extra lap or two around the house if you have to put something away. If you have stairs, go up and down them a few times throughout the day. And finally, take advantage of times when you are waiting for something to start or finish. You can do arm exercises or practice some yoga poses while dinner is in the oven or during those 15 minutes before a Zoom meeting! Just keep it moving!!!

### Something to Think About:

"The difference between stumbling blocks and stepping stones is how you use them."

\_\_\_\_\_Unknown

"We must accept finite disappointment, but we never lose infinite hope."

\_\_\_\_\_Martin Luther King

**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](http://Kathysfitstop.com), please email your story to me at [kathysfitstop@aol.com](mailto:kathysfitstop@aol.com).