



FITSTOP FORUM

December
2020

215 W. Manlius St. East Syracuse NY 13057 Phone: 315-214-5466 or 315-415-4043 E-mail: kathysfitstop@aol.com

Hi Everyone! Thanks to all who attended our in person and on Zoom CPR/AED, First Aid class last month. Your “cards” should be ready in a couple of weeks. As we begin the last month of one of the craziest years most of us have ever experienced, let’s not forget to take care of ourselves. It is easy to hibernate and be sedentary in times like these, but I would like to encourage you to do your best to stay active as much as possible. The benefits of doing so are so numerous. Not only will you benefit physically, but you will also benefit psychologically as exercise is a natural antidepressant (*see below*). These days, we can all use some extra mood boosting. And don’t forget to eat smart and get some rest! Stay strong!!



December Birthdays:

- 12/02 Theresa H.
- 12/07 Rob S.
- 12/14 Vicki M.
- 12/20 Kathy B.
- 12/21 Jimmy C.
- 12/23 Pam S.
- 12/27 Usha S.
- 12/27 Patti A.

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 Member!

We would like to give a big welcome to our newest member Lorri M. We are so happy to have you here with us!

Mental and Physical Benefits of Strength Training:

With many people feeling stressed by the pandemic, it’s become a priority to boost mental as well as physical health. Many studies substantiate the

power of cardiovascular training to reduce the likelihood of depression and anxiety. New research shows that strength training, like aerobic exercise, may be an effective way to prevent or alleviate depression. According to an article in the Nov/Dec 2020 IDEA Fitness Journal, German and Australian researchers conducted a large, population-based study that investigated any association between resistance training and depressive symptoms. Data analysis showed that adults who participated in any type of muscle strengthening exercises, from body-weight workouts to machine based training, were less likely to experience depressive symptoms. This finding was the same whether people trained one or two times each week or three to five times weekly. Did you also know that resistance training does much more than build strong muscles and bones? Research in the past few years has confirmed that lifting weights changes your metabolism in ways that improve health and well being. That is good news for people with type 2 diabetes, high blood pressure, obesity and high cholesterol. Resistance exercise improves resting metabolic rate, meaning that your body burns energy faster when you are not moving. Approximately 40% of Americans are obese; having a body mass index over

>30. The good news is that resistance exercise is an effective way to help, because it increases your lean body mass while shrinking fat mass. A review of research studies noted that resistance training programs typically boost muscle mass by a minimum of 2.2-4.4 pounds. Many studies show that weight training programs also reduce visceral fat (which is actually inside the abdominal cavity and isn’t easily seen). Visceral fat is associated with high cholesterol, hypertension, type 2 diabetes and cardiovascular disease. Resistance training helps by stimulating muscles to activate some specialized hormones that are very involved in prompting the body to burn more fat. Over time, the increase in muscle size from resistance training triggers the body to burn more calories during exercise. As your muscles adapt from resistance exercise you also increase the resting metabolic rate, thus helping you to achieve your weight loss goals. What is the important take-home message? Lift weights! Please consult a certified fitness professional to help you develop the right program for your needs.

Something to Think About:

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face... You must do the things think you cannot do.”

_____Eleanor Roosevelt

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.