



# FITSTOP FORUM

January  
2021

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Hi Everyone! I hope this newsletter finds you all doing well. I know that 2020 may have been one of the most challenging years that we have ever experienced. My hope is that we will move forward to a safer and more peaceful world in 2021. Let's focus on what we can do to stay connected and help each other in any way we can, stay as healthy as humanly possible and more importantly, be as positive as we can about the future. Better days are ahead and we will be ever more grateful for them as they arrive. In the meantime, I want you all to know how grateful I am for each and every one of you and how much I truly appreciate all you have done to support our FitStop Club. Here's to a bright and healthy 2021! Happy New Year!



### January Birthdays:

- 01/03 Gary W.
- 01/03 Jane H.
- 01/07 Cindy H.
- 01/07 Joan D.
- 01/10 Debbie G.
- 01/15 Wally P.
- 01/16 Yvonne H.
- 01/20 Lorri M.
- 01/21 Dan B.
- 01/26 Joan D.
- 01/27 Caitee B.
- 01/28 Chris B.
- 01/30 Pam S.
- 01/30 Nuriyah O.
- 01/31 Margaret W.

### \*\*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!

### What Does Savoring the Exercise Experience Mean?:

It is the process of actively appreciating your good efforts. It can make exercise more appealing and it has a pleasurable effect. When you reflect on your accomplishments or some aspect of your progress,

instead of thinking about an unsuccessful moment, you get to feel and experience gratification, which helps you celebrate both large and small goals attained, as well as keep you excited to keep working out, according to an article in the Nov/Dec 2020 issue of IDEA Fitness Journal. According to the article, a savoring moment can take a little as 30 to 60 seconds, during which time you can take notice of what you have just accomplished. Reflect on your time in class or during your own workout session where you **\*felt especially strong, \*learned something new,\*pushed yourself more than you have in a while, \*gave yourself permission to rest when you needed it, \*were brave and tried something new,\*progressed a move or \*showed up on time!** If nothing comes to mind, don't force it; just be open to what comes. If you *can* think of a moment, try to relive it. What were you doing? How were you feeling? Hold on to that experience for a few breaths. *Savor* it! Then remind yourself of this moment the next time you're debating whether or not to attend class or just work out on your own. Savoring interventions have been associated with greater happiness, confidence and resilience and fewer symptoms of depression. Go one step further and try to recognize special moments in all areas of your life that call for reflection on the good you've done for yourself and others. So, go ahead and savor your good experiences on a regular basis. By doing this, you will reap even longer and lasting benefits.

### Less of This and More of That!:

As I was searching for some wise sayings of "less... more...," that would help to inspire us for a new perspective in 2021, I came across several that I'd like to share:

- Frown *less*...Smile **more**...
- Talk *less*...Listen **more**...
- Sit *less* ... Move **more**...
- Fear *less*... Hope **more**...
- Compare *less*...Reflect **more**...
- Complain *less*...Encourage **more**...
- Expect *less*...Give **more**...
- Chastise *less*...Praise **more**...
- Eat *less*...Chew **more**...
- Blame *less*...Bless **more**...
- Doubt *less*...Believe **more**...
- Work *less*...Play **more**...
- Stress *less*...Breathe **more**...
- Argue *less*...Love **more**...
- Whine *less*...Laugh **more**...
- Rush *less*...Slowdown **more**...
- Worry *less*...Pray **more**...

### Something to Think About:

"The more you say, the less people remember. The fewer the words, the greater the profit."

\_\_\_\_Francois FeNelon

"Sometimes less is more."... (more or less!)

\_\_\_\_William Shakesphere

**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).