



FITSTOP FORUM

February
2021

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

Hi Everyone! I hope this news letter finds you doing well. I know many of you have been going through some very difficult times during this pandemic; my heart sincerely goes out to you. I am encouraged that many of you have begun the "vaccination process," in hopes of safer times in the near future. I hope that we all can get there sooner than later with as little discomfort as possible. In the mean time, we will proceed as always with the safety protocols we have in place at the gym, so that we can continue to stay healthy and fit in as safe an environment as possible. I encourage you to stay "safely" connected with each other and, remember that a positive attitude goes a very long way in healing our world. See you soon!



February Birthdays:

- 02/02 Patty M.
- 02/11 Carm M.
- 02/15 Barb H.
- 02/16 Sandy S.
- 02/18 Joanne A.
- 02/20 Rick D.
- 02/20 Jim M.
- 02/27 Gladys C.

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!

It's Time To Train Your Feet!:

Do you know how critical healthy feet are to a successful training program? A recent article in the January-February 2021 edition of IDEA Fitness Journal explains: Your feet and ankles make up your body's foundation and act as "shock absorbers" when your body interacts with a surface. The feet transmit weight from our body to the ground, allow us to balance in static posture, and propel our body forward, back and laterally in dynamic activities. While our feet are

our base for all movement, it isn't common practice for many exercisers to consider foot function. Nick St. Louis, a physiotherapist and founder of The Foot Collective, says this needs to change. "A house will collapse if built on a weak foundation. Many of the problems you see upstream are very much related to the foot," he says, adding that hip, knee and ankle discomfort or pain often starts in foot dysfunction. Being barefoot allows you to increase balance, engage muscles, improves mobility, transfers stability from one side to the other and it offers efficient force transfer to the ground. The following foot exercises from certified reflexologist, Eileen Byrnes are designed to improve feet function and help prevent dysfunction in other body parts. **#1. Toe Spreading:** *Stand on sable surface. *Extend and simultaneously move your toes away from each other. *Create as much space as possible. *Repeat several times, each foot. **#2. Marble pickup:** *Put a pile of marbles on the floor. *Pick up each marble with your toes, creating a second pile. *Repeat several times, each foot. **#3. Toe yoga:** *Extend the big toe while toes 2-5 stay on the floor. *Alternate, lifting and lowering toes 2-5 and then the big toe. *Do each foot separately and then both feet together. **#4. Beginning and end:** *Extend all your toes. *Alternate pressing the big toe and the fifth toe to the floor, keeping the ankle centered. *Extend all toes and simultaneously press the big toe and the fifth toe to the floor, keeping the middle toes lifted. *Repeat, each foot. **#5. Band work:** *Fasten a resistance band to a

secure point, placing the other end of the band on the top of the foot, below your toes. *Raise the foot up toward the shin and relax. *Repeat several times, each foot. **#6. Foot stretch:** *Kneel and tuck all toes under the buttocks. *Press the toe pads into the floor. Place a blanket or cushion under the knees if you feel discomfort. *Spend 20-30 seconds in this position and gradually work toward 1 minute. **#7. Rolling your feet:** *Roll a lacrosse ball or a tennis ball under the middle of your foot and roll horizontally and vertically between the ball of your foot and the heel. *Unless neuropathy is an issue, you can apply pressure when rolling on the middle of the foot, as it has four layers of muscle. *It's important to also roll the inside and outside edges of the feet to activate connective tissue and nerve endings that are rarely worked because of the number of hours your feet spend immobile in shoes. *Roll from the heel to the toes, making a path to the tip of each toe using lighter pressure under the base of the big toe. You can perform these foot exercises alone, as a part of a warm-up or in the stretch section of a workout. Inactive foot muscles may fatigue quickly, but daily exercise will build strength and endurance. The great news is that making your feet more functional can help the rest of your body overall.

Something to Think About:

"Friendship is the only cement that will ever hold the world together."

_____ Woodrow Wilson

"Friends are the sunshine of life"

_____ John Hay

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.