



# FITSTOP FORUM

March  
2021

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Hi Everyone! Believe it or not, spring is on its way and with that, new beginnings are possible for everyone. If you have been hibernating all winter due to the pandemic along with the weather, maybe it's time to make a change. Remember that you can still safely come in to the club to work out with a mask and social distancing. We offer disposable gloves, often have our windows open and have plenty of hand sanitizer, disinfectants wipes and spray cleaner as well. I know that sounds strange to some who haven't tried it yet but it really does work! Just make sure that you continue to call me when you plan to come in as I still need to be the one who lets you in to take temp and ask questions etc... Hope to see you all soon!



### March Birthdays:

- 03/01 Stan E.
- 03/03 Pam K.
- 03/04 Beth B.
- 03/06 Marie T.
- 03/08 Maggie O.
- 03/15 Tom H.
- 03/22 Carol K.
- 03/25 Patty B.

### \*\*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!

**Brain Boosters!:** If you want to stay as sharp as a whip, be sure to top your morning cereal or oatmeal with berries and wash it down with a steamy mug of tea. According to an article the January/February IDEA Fitness Journal, data collected in the Framingham Heart Study, showed older adults with higher intakes of foods and drinks containing flavonoids-such as berries, pears, apples, dark chocolate and green tea- were less likely to develop Alzheimer's disease and related dementias

over 20 years than those who consumed fewer of these antioxidants. For instance, low intake of a class of flavonoids called anthocyanins, found abundantly in items like blueberries, was associated with a fourfold greater risk of developing dementia. One reason for the brain-benefitting powers of these plant based chemicals could be that flavonoids work to lessen memory-sapping inflammation. One of the best ways to load up on flavonoids is to eat a rainbow of plant foods daily.

**Greener is Leaner:** It's not your imagination: being confined to a windless cubical can drive up a hankering for junk food. And, lack of access to nature may be the big reason behind it. A British study published in *Health and Place*, found that people with a daily view of a green landscape (like a garden or community park), expressed fewer cravings for unhealthy foods. So when possible, people should set up their work spaces close to a window with a verdant view- or carve out time in the day to walk among Mother Nature's highlights. And, yes, this advice still stands for people in colder climates where "winterscapes" lean more toward gray than green. New findings from a Cornell University study, show that as little as 10 minutes outside in a natural setting can improve mood, focus, blood pressure and heart rate.

**Eat the "Whole" Real Thing:** One way people can stay feeling full longer and, in turn, consume fewer calories is to carefully consider the form of their food. A British

food study compared whole apples, apple puree and apple juice. The outcome was that the whole apples resulted in slower digestion rates as well as increased feelings of fullness and satiety. The extra work that the body does to deal with the less processed whole apple, including increased chewing and digestion, likely contributes to its hunger-fighting power. This same satiety-boosting trick can be applied to other similar types of food, such as steel cut oats versus instant oats, whole oranges versus orange juice, and whole peanuts versus peanut butter. While speaking about "whole" foods, let's consider whole grains: As you have heard on countless occasions, many health experts urge you to eat more whole grains. Whole grain means the grain contains the original endosperm, germ and bran, hence delivering a bigger nutrition payload. "Made with whole grains" means the food contains some amount of whole grain, but not that the food is entirely whole grain. So seek out food products that say "100%" whole grain.

### Something to Think About :

"When I was young, I was sure of everything; in a few years, having been mistaken a thousand times, I was not half so sure of most things as I was before; at present, I am hardly sure of anything but what God has revealed."

\_\_\_\_John Wesley

"In the face of uncertainty, there is nothing wrong with hope."

\_\_\_\_Bernie Siegel, M.D.

**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).