



# FITSTOP FORUM

April  
2021

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

Hi Everyone! Spring has sprung and here we are ready to begin a new season with new hopes for our future. I am happy that so many of you are getting your vaccines; which will make it all the more safe for everyone at the club while working out. We do still need to wear masks at the gym until that the time comes when that mandate is lifted, as well as social distance and keep things clean and wiped down after use. In the coming month or so, I am hoping to be able to reactivate your key tags so that you will be able to come in to the club on your own without me having to let you in and take your temperature. I will discuss more about this in next months' newsletter. Never fear, as we are on our way back to a more normal life. Yay!!



### April Birthdays:

- 04/05 Ruth L.
- 04/07 Mary Y.
- 04/09 Mary O.
- 04/13 Courtney W.
- 04/18 Christopher H.
- 04/22 Reina C.
- 04/24 Steve M.
- 04/25 Fred G.
- 04/27 Satish K.
- 04/28 Angie D.

### \*\*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!

**FitStop Classes:** This month, I will begin making a few changes to our class schedule. We are currently doing the Senior Sweat class as a "flexibility only" class on Mondays and Wednesdays from 10:00 to 10:30. The only changes to that will be that the Wednesday class will also start to include some strength training with light hand-held weights and tubing. The other change is that I am opening up both classes to all club members who would like

to join us at that time, provided there are enough chairs and enough room for everyone to social distance. I am still working on making more changes to our 4:30 Zoom Classes schedule this spring (as far as whether or not to keep them), as well as the possibility of adding 2 more 11:30 classes, on Mondays and Thursdays. Those classes would most likely be some type of Cardio class, (HIIT or Zumba). I will need to know how many of you would want to participate realizing that you will also be required to wear a mask during those classes just as you do for the other in person classes. We have really been enjoying our 8:30 Saturday morning Circuit Class so, for those of you wondering if we will continue to keep that class this summer; the answer is "YES". I do plan to continue the class through the summer months as long as there is a group of 3 or more who want to continue to come!

**Tips for a Healthy, Restful Night of Sleep :** Did you know that the average person spends nearly 1/3 of his or her life sleeping? We have long known sleep can improve your health, mood and overall well being, according to a 2021 Blue Cross / Blue Shield article. Recent advances in wearable technology have given us greater understanding of just how impactful good sleep can be on the body. These devices use movement and heart rate variability to better measure time spent in each sleep stage. This sleep data can then be used to determine how well rested you are for the day ahead. Here are four helpful tips from

Garmin to set the stage for healthy, restful sleep:

1. Stick to a Sleep Schedule: Try to maintain a consistent bedtime and wake up time. Your daily routine influences your quality of rest.
2. Exercise Daily: Even a light workout during the day can have positive effects at night. You can boost your sleep duration with exercise, as it may help you feel more tired and be ready to sleep at the end of the day.
3. Watch Your Intake: Alcohol, cigarettes and caffeine can disrupt sleep. Eating heavy meals in the evening can cause discomfort from indigestion than can make it hard to sleep. Try to avoid these sleep disrupters, especially later in the day.
4. Wind Down: Spend at least the last hour before bed doing a calming activity such as reading. Working these habits into your sleep schedule can help calm your mind and ease the transition from a busy day to a nighttime ritual.

Sweet dreams!!

### Something to Think About :

"Just when I think I've learned the way to live, life changes."

\_\_\_\_\_ Hugh Prather

"Everything changes but change itself."

\_\_\_\_\_ John F. Kennedy

**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](mailto:kathysfitstop@aol.com).