



FITSTOP FORUM

May
2021

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Hi Everyone! At last...I am so happy that you are now allowed to be able to enter the club on your own again with your key tags, and you can come and go as you please without an appointment! Thanks to you all for your help in making this possible by being such responsible and overall awesome members. Yay to you!! Last week we brought back our first in person Zumba/Cardio X-Train class on Mondays at 11:30. The good news is that we can also have this same class as a live Zoom class. We tried it last Monday and those working on Zoom said that they could see all they needed to see and they could hear the music very well. This was our first in person Cardio class wearing masks and we hope to add a few more soon!



May Birthdays:

- 05/06 Ronnie S.
- 05/08 Karen F.
- 05/09 Franco R.
- 05/10 Derrick T.
- 05/16 Ron K.
- 05/24 Lee M.
- 05/26 Jinnette G.
- 05/26 Eileen C.
- 05/28 David S.

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!

Workout to Tame Hunger! : It seems counterintuitive, but working up a serious sweat may reduce-- *not* increase—hunger, according to a 2021 article in the Journal of Applied Physiology. Canadian Scientists determined that lactate—a molecule that is produced as a byproduct of intense exercise and builds up in the muscles and blood—suppresses the level of ghrelin, a hormone that drives the desire to eat, and bumped up levels of two other hormones that reduce

appetite. Among participants, subjective reports of hunger over the 90 minutes following a workout were indeed lower when lactate was higher. This research offers evidence that more intense exercise can affect weight management in a way that goes beyond mere calorie burning. It's more reason to get sweaty and turn up the heat, when possible, on your own workouts. As you turn up your appetite for exercise you will be taming it for food.

Tips on Safely Preparing Frozen Foods :

Because of the Covid-19 pandemic, people have been preparing more meals at home, a trend that is likely to stick around. But research from the U.S. Department of Agriculture suggests that many home cooks may not know how to handle frozen foods properly, which can elevate the risk for food-borne illness. To address that risk, the organization released a handful of guidelines to help us use subzero foods safely. Here are the finer points:

#1. To avoid cross-contamination, always make it a habit to wash your hands with hot soapy water before and after handling frozen products. A USDA survey found that 97% of participants did not wash their hands during meal prep. **#2.** Even if frozen products look cooked,(because of grill marks or browned breading, for example), handle these items as if they were raw and prepare them according to the package directions. They are not safe to eat without adequate cooking. **#3.** Don't guess. Use a food thermometer to determine when frozen meat products are safe to eat.

#4. Meats are not the only foods that can be unsafe. Frozen veggies may also carry bugs that cause food borne illness. So even if you are preparing vegetables like corn, edamame or broccoli for a cold salad, be sure to heat them adequately. **#5.** Check that the frozen food stashed in your freezer hasn't been recalled. You can do a search on the USDA or FDA website for this information.

A Parallel Pandemic?: A risk factor for poor health that emerged during the pandemic is social isolation, meaning few or infrequent social contacts. Research has shown that social isolation is associated with poorer overall health and well-being, cognitive function, and greater risk of type 2 diabetes and alcoholism. Isolation has been connected to increases in body mass index and blood pressure. Not surprisingly, engaging in physical activity and improving sleep can help counteract these negative impacts. Brian Boekhout,PT, vice president of wellness services at Aegis Therapies, says "I see two additional pandemics emerging out of the isolation and quarantine from Covid-19. These are the pandemics of de-conditioning and depression/social isolation. Non-clinical wellness can have a profound influence to minimize the negative impact of this public health emergency." So, if this sounds like you, I urge you to please get moving and stay connected!! Take care and see you soon.

Something to Think About :

"He who walks in another's tracks leaves no footprints."

_____Joan L. Brannon

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.