



# FITSTOP FORUM

July  
2021

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Hi Everyone! I hope you are all enjoying this wonderful summer. I just want to say that it's a beautiful thing to see our club returning back to a more normal state. It's so good to see the return of some of our "old members" as they trickle back to the club again! Just a reminder that since the 4<sup>th</sup> of July lands on a Sunday this year, the official holiday will be the following Monday, July 5<sup>th</sup>, so, there will be no classes that day. However, as always, feel free to go in if you wish to go work out on your own. If there are any other days that I will be taking off this month, I will notify you through email to let you know if class is cancelled for that day. Here's to a healthy and happy summer! Get moving, stay active and I will see you all soon!



### July Birthdays:

- 07/03 Ellen S.
- 07/05 Mary M.
- 07/12 Danielle S.
- 07/15 Christine V.
- 07/21 Gary C.
- 07/21 Debbie A.
- 07/21 Kristi K.
- 07/22 Gail O.
- 07/28 Susie W.
- 07/30 Anita 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!

### The Psoriasis-Fitness Connection:

Psoriasis is a chronic, systemic inflammatory disease that—in the case of plaque psoriasis—can cause reddening, flaking and itchy skin. Causes for psoriasis are not entirely known, but heredity is believed to play a role. In a register-based study of over 1.2 million males, young men with the lowest fitness levels had a 35% higher risk of developing psoriasis than those with the highest fitness levels. Lead

study author Marta Laskowski, PhD candidate at the University of Gothenburg in Sweden, said, "Low fitness was already known to boost the risk of incurring cardiovascular disease, and psoriasis as such is linked to raised cardiovascular disease risk, too. The results from our study confirm the reasons for assessing people's fitness early in life, to identify individuals at higher risk for adverse health outcomes later in life."

**Recipe for Health:** It often gets hammered home in low-carb diets, but here is news that will keep some people happily slurping up a bowl of spaghetti. Research published in *Frontiers in Nutrition* revealed that noodle consumption in both children and adults is associated with better overall diet quality (as measured by the USDA's Healthy Eating Index scale) and higher intakes of some key nutrients, including folate, magnesium and fiber. In contrast to what many believe, consistent pasta consumption was not associated with weight gain in male adults and children and, in fact, in adult females was associated with reduced waist circumference. No differences were seen in total daily calories and sodium intake. Of course, you'll get more out of your pasta if it's made with whole grains and not drowned in a creamy sauce. The following is a delicious, fiber-rich recipe for a healthy Pasta bowl (2 servings), found in the June 2021 issue of IDEA Fitness Journal, for you to enjoy!

-4 oz. whole grain rotini pasta.

- 4 cups baby spinach
- 1 cup of canned black beans
- 1 small diced avocado
- 2/ cup frozen corn kernels
- 1diced Roma tomato
- 1/3 cup sliced red onion
- 1/2 cup grated cheddar cheese
- 1/2 cup jarred salsa of choice.

Prepare pasta according to package directions in a pot of salted water; Drain well. Divide spinach among 2 bowls and top each with and equal amount of pasta, beans, avocado, corn, tomato and red onion. Scatter on cheese and add dollops of salsa.----- Did you know that spinach is a nutrition powerhouse as there are only 14 calories in 2 cups but 1.7 grams of protein, 1.3 grams of fiber, vitamins K and A, and magnesium, iron, copper and riboflavin. Black beans, also known as Black Turtle beans, are packed with protein while providing a meaty texture. And, sweet corn is a gluten-free grain and, in its natural form, a whole grain. One medium ear of corn contains about 100 calories. So make it, eat it and share it!!

### Something to Think About:

"Don't fear failure, but aim low, is the crime. In great attempts it is glorious even to fall."

\_\_\_\_Bruce Lee

"No one can make you feel inferior without your consent."

\_\_\_\_\_ Anna Eleanor Roosevelt

**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).