



FITSTOP FORUM

August
2021

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Hi Everyone! I hope you are all having a wonderful summer so far. It is so great to see so many of you coming in to the club again to work out and I hope and pray it can stay that way! If there are any changes in the near future that we need to make, such as wearing masks again, Zooming training sessions or classes etc..., given the current state of the world, I will let everyone know what we will need to do. In the mean time, we are not mandated to make any of those changes as of now, however, if you happen to feel more comfortable wearing a mask in the club or Zooming your training session, that is totally your choice and fine with me. Until next time, stay healthy, keep positive and enjoy the rest of your summer! See you



August Birthdays:

- 08/04 Doreen D.
- 08/07 Mary L.
- 08/10 Laurie V.
- 08/11 Debbie P.
- 08/18 Christine G.
- 08/19 Maria R.
- 08/21 Kari D.
- 08/22 Barb S.
- 08/22 Dan B.
- 08/29 Jack 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!

Welcome New Member: We would like to welcome our newest member Bill G. to the FitStop and we would like to welcome back former member Sherri D! We are so happy to have you here with us!

More Volume is Key: Are you losing muscle mass and gaining body fat? Although these changes aren't unexpected for females over 40 and can be a normal part of the aging process, they are not inevitable, according to an

article in the July/August of IDEA Fitness Journal. In fact, the right resistance training program can positively affect your body composition by reducing fat, maintaining and building muscle and increasing strength. *Here's what's happening and what you can do about it:* One main reason a woman's body changes is because of declining estrogen levels (Collins et al. 2019). Estrogen is vital to women's health, and it's a key factor in muscle health in women over 40. The good news, according to research, is that specific methods of resistance training can help preserve muscle mass and strength. Research has shown that middle aged women benefit more from higher-volume training programs than from lower-volume, high-intensity programs. Volume refers to the number of sets plus the number of repetitions during both a single session and over a training period (like a month). In a 2018 study examining resistance training habits of 109 women over 40, results showed that each day per week of resistance training, body fat decreased by 1.3 percentage points and the muscle mass increased by 656 grams. Researchers showed that the more days women devoted to resistance training, the lower their body fat and the higher their fat free mass tended to be—even after accounting for differences in age, energy and protein consumption. In a similar in 2019, researchers compared the effects of two resistance training programs on body fat in 65 untrained women over the age 60. Both groups performed 12 weeks of strength training using 8 different exercises with

10-15 repetitions per move. The difference between the programs was that the low-volume group performed one set per exercise, while the high volume group performed three sets. Results showed that the high volume group saw greater improvements in percent body fat and trunk fat compared with the low-volume group. One challenge is that higher-volume resistance training may put you at greater risk of overtraining and injury. Therefore, exercises used in a high-volume program need to be well thought out in advance. Work with a certified personal trainer to select the most effective, safe exercises for you.

Stretch to improve Hypertension: Here is some good news for people who favor flexibility in their workouts. Regular stretching may be more effective than brisk walking for improving hypertension in those with high-normal blood pressure, according to the findings from the University of Saskatchewan and University of Regina. Co-author and PhD, kinesiology professor, Phil Chillibeck says, "Everyone thinks stretching is just about stretching your muscles. But when you stretch your muscles, you are also stretching all your blood vessels that feed into the muscle, including all your arteries. If you reduce stiffness in your arteries, there's less resistance to blood flow. "The take away is not to reduce cardiovascular training but to add more stretching to your daily routine!"

Something to Think About:

"A word of encouragement after failure is worth more than an hour of praise after success" _____Author Unknown

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.