



Hi Everyone! I hope this newsletter finds you all doing well. Summer is quickly coming to an end and I can honestly say that this has been one of the most crazy and unpredictable summers ever; but, I am also so grateful for all of you, because you make my life easier with your compliance in wearing masks, wiping down equipment and social distancing to ensure as safe an environment as possible for everyone. I am also grateful we can still be open and operating as usual. These crazy days will not last forever, but, for now we are all hanging in there together and that makes these days so much easier to deal with. Let's all look forward to much better, healthier and safer days to come very soon! Stay well and I will see you soon!



### September Birthdays:

- 09/03 Kathy C.
- 0/9/03 Marypat G.
- 09/16 Stan K.
- 09/17 Craig F.
- 09/29 Debbie 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 give a big "WELCOME" to our newest FitStop member, Jeff C! We are very happy to have you here with us!

**Lifting to Lose:** An article in the current issue of IDEA Fitness states that strength training is more beneficial than high protein intake for older women. Preserving muscle strength and function and maintaining a healthy body composition are important objectives for older women. A study by the University of Georgia found that exercise beats a high-protein diet for preserving muscle strength and function during a weight

loss program and that combining the two interventions does not necessarily improve results. The lead study author, Ellen Evans, PhD said, "What's reinforced by this study is if older women are trying to lose weight, they really need to incorporate [strength] exercise into their weight loss programs." So, let's pump you up!

**Benefits of Band Training:** The same issue of IDEA Fitness described the findings of researchers from Serbia and Croatia who decided to study the effects of elastic band training in older women. After a 12-week program of twice-weekly supervised training with bands, 84 women aged 66-84 showed significant improvements in functional fitness and in glucose, total cholesterol, and HDL and LDL levels, when compared with a control group of women who did not exercise. Study authors noted that band training seems to offer an efficient strategy for preventing and reducing age-associated changes in metabolic markers and fitness levels in older women. See you in class!

**Forgiveness for Health:** According to an article in the May-June issue of IDEA Fitness, holding a grudge can affect your health and that forgiving others can help your mind and your body. Why would you want to forgive someone who has wronged you? The idea of not forgiving and remaining resentful makes perfect sense, but it's a mirage. A grudge acts like termites to your soul. From the outside you may look fine, but you are slowly being eaten away. Above all, forgiveness cultivates self-awareness and the

excavation of our best selves. Forgiveness is associated with better physical health and predictive of fewer physical health symptoms. It also leads to healthier cardiovascular responses to stress and lowers rates of cardiovascular disease; and is linked with less risk of earlier death. Are you ready to forgive? Here are a few suggestions:

1. Know exactly how you feel about what happened and be able to articulate what part of the situation is not okay. Then tell a couple of trusted people of your experience.
2. Commit (to yourself) to doing what you have to do to feel better. Forgiveness is for you, not for anyone else.
3. Forgiveness does not necessarily mean that you reconcile with people who hurt you or condone what they did. What you want to find is peace.
4. Recognize that your primary distress is coming from the hurt feelings you are suffering now not what offended you two minutes or ten years ago. Forgiveness helps to heal those hurt feelings.

Forgiveness is a paradox in that as we forgive another person, we heal ourselves. Choosing forgiveness is a courageous act in support of your own health and well being.

### Something to Think About:

"Count your age by friends, not years; count your life by smiles, not tears."

\_\_\_John Lennon

"It's important to have a twinkle in your wrinkle!"

\_\_\_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](mailto:kathysfitstop@aol.com).