



FITSTOP FORUM

October
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Hi Everyone! Welcome to my most favorite time of year! I love the beauty of the season and the crisp autumn air as it brings on a fresh new energy after this hot humid summer. This is still a great time to get outdoors to do some power walking, hiking, biking or whatever you enjoy doing; so be sure to take advantage of it while it lasts! Since it still seems to be working well for everyone, our current class schedule will continue to remain as is at least throughout the rest of this year. Thanks again to everyone for willingly complying with our mask wearing policy. I hope that soon the positivity rates will go back down to a much safer level and we can all feel comfortable again working out without the masks. Take care and stay well!



October Birthdays:

10/03 Bill M.
10/12 Hannah L.
10/24 Kate F.
10/28 Kerry L.
10/30 Maureen W.

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, Sandy S! We are very happy to have you here with us!

Break Bad Brain Habits: Bad choices and everyday missteps could be harming your cognition according to a recent article in the AARP magazine by Nicole Pager. This month we will look at how to combat two of them.

Bad Habit #1: *You accentuate the negative.* Ruminating on grudges, resentments and negative thoughts won't just keep you in a pessimistic mood; it has also been linked to decline in

cognition and memory in people 55 and older, according to a study in the journal *Alzheimer's & Dementia*. Everyone engages in repetitive negative thinking to some degree. Though not everyone who does this will develop dementia but it's important to know that this is a changeable behavior. Try to make a list of five specific things that you are grateful for, and focus on those. Take some deep breaths and try a new task or change your focus to something in your environment. You can also greet a negative thought when it pops up with a "Hello" and then verbally tell it "goodbye!" **Bad Habit #2:** *You have unhealthy sleep habits.* Quality sleep is crucial to a sharp and productive mind. Consistency is one important marker of good quality sleep: Go to bed and wake up at the same time every day. Keep your room cool and dark and if you have symptoms of sleep apnea, such as snoring or daytime sleepiness, see a doctor. Abnormalities in oxygen level can be damaging to nerve cells, which may contribute to more memory and cognitive issues. Next month we will look at a few more ways to break more bad brain habits.

Fitness and Friendship: Physical activity and social connection benefit the brain and improve quality of life according to an article in the September/October issue of IDEA Fitness Journal. Social neuroscience researchers are finding that just as physical activity improves brain function so does increased social connectedness, by

stimulating the rewiring of our brains. It improves cognitive and physical performance as well as overall health. Like physical activity, social connectedness helps protect against heart attack and stroke, strengthens the immune system and supports long term health. Simply having another person to socialize with effectively reduces heart rate, blood pressure and stress related hormones. Loneliness, researchers discovered, can exacerbate social and mental problems as well. It was also discovered that those with greater connectedness had greater brain volume, improving memory and overall brain health, than those with fewer social connections. Additionally, it has been found that adhering to healthy lifestyle choices, including socialization, across the life span can prevent more than 30% of cases of dementia. Exercising with friends can and will significantly decrease stress, improve mood and increase happiness. It also wards off loneliness, and extends longevity. Our brains love socializing and as human beings, we benefit both cognitively and physically from exercising with others. So grab a friend and go for a walk or better yet; get to the gym!!

Something to Think About:

"Be the change that you wish to see in the world."

____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.