



FITSTOP FORUM

December
2021

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Hi Everyone! I hope you all had a wonderful and blessed Thanksgiving because, in spite of all the craziness going on in our world today, we all have so very much to be thankful and grateful for and I am very thankful for all of you. I would also like to send out a big "THANKYOU" to Jinnette G. and Mary O. for all their hard work last Friday helping me get our club all decorated for Christmas! I do want to remind everyone that we will not be holding any classes and we will not be doing any personal training from Christmas Eve through New Years' Day. All classes and personal training will resume on Monday January 3rd 2022! Feel free to come in on your own to work out! Stay healthy! See you soon and Merry Christmas!



December Birthdays:

- 12/02 Theresa H.
- 12/07 Rob S.
- 12/14 Vicki M.
- 12/15 Sherri D.
- 12/17 Sandy Sa.
- 12/20 Kathy B.
- 12/23 Pam Sp.
- 12/27 Patti A.
- 12/27 Usha S.
- 12/30 Bill G.

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

Welcome Back Member: We would like to give a big "WELCOME BACK" to one of our former FitStop members, Patty W! We are very happy to have you back here with us again!

Breathwork and Application: Breathing practices, around since ancient times, have recently grabbed international attention and popularity among health and fitness enthusiasts. According to an article in the December 2021 issue of IDEA Fitness Journal,

the Global Wellness Institute identified "breathwork" as one of the top nine most impactful wellness trends in 2021 and beyond. Today we are going to discuss three effective breathing exercises that you can try. **#1. Diaphragmatic breathing:** This method, also known as belly breathing, reinforces a proper breathing pattern, reduces anxiety and improves sleep quality. Sit or lie on your back with a lengthened spine. Place one hand on your chest, the other on your belly. Inhale gently through the nose, feeling the belly rise. The hand on the chest remains still. If the chest lifts, soften the shoulders and try to relax. Exhale gently through the nose, noticing the belly fall. Practice for up to 10 minutes. **#2. Coherent breathing:** This method shows that consistent practice increases heart rate variability and significantly increases relaxation. Choose a timing method and have it ready. Sit or lie on your back with a lengthened spine. Exhale. Inhale gently through the nose for 5.5 seconds. Exhale gently through the nose for 5.5 seconds. Continue for up to 10 minutes. **#3. Nose unblocking:** This exercise enables light nasal breathing, which promotes relaxation and better sleep. Sit, stand or lie supine (on your back). Exhale slowly through the nose. Pinch nose with fingers to hold the breath. While holding the breath, nod head gently up and down. Hold breath until there is a medium-strong need for air. Release the nose and breathe through it. Calm breath as soon as possible. Rest for 1 minute; breathing normally. Repeat five times.

Proper breathing mechanics are essential or optimal function, good posture, core stability and normal motor control patterns. Poor breathing patterns can increase the body's acidity by changing pH levels, heighten fatigue and musculoskeletal pain, compromise trunk stability, cause premature breathlessness, it can impair sleep and more. Another body of research notes problems from habitual mouth breathing, a habit that researchers think contributes to sleep disruption, heightened stress, ADHD, and other health issues. Sleep disruption is a contributing factor to numerous health conditions including high blood pressure, type 2 diabetes, heart disease, obesity and depression. Light nasal breathing versus heavy mouth breathing helps to improve blood flow and oxygen delivery. Your muscles need oxygen for energy and your brain needs oxygen to think. Low blood flow to your brain makes you feel stressed, tired and foggy-headed. (Note that for high-intensity exercise, nasal breathing is not efficient or even possible. It is ideally suited for moderate, steady-state cardiovascular activities). As shown by research, breath work goes deeper into our physiology than has ever known before and affects both biochemistry and muscle tissue. Integrating these exercises requires minimal time and effort and anyone who practices this will see powerful results.

Something to Think About:

"It's funny, but you never really think much about breathing, until it's all you ever think about."

_____ Tim Winton

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.