



FITSTOP FORUM

November
2021

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Hi Everyone! I hope that you are taking advantage of this beautiful and unusually warm fall weather and I really hope it lasts for a bit longer. It's great to still be able to enjoy getting outside while we can! I know we will all have a lot going on in our lives with the upcoming holiday season, and I'd like to encourage you all to keep up with your workouts! With Thanksgiving approaching this month, I just want to let you all to know how thankful I am for each and every one of you! As you may have guessed, due to the current pandemic situation, we will not, once again, be having our annual Christmas Party next month, but I am hoping that next year will bring us new and healthier days for everyone. In the mean time, stay well!!



November Birthdays:

- 11/01 Joe C.
- 11/13 Cheri B.
- 11/21 Akhila S.
- 11/26 Leslie D.
- 11/29 Stephen R.

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, Bill W.! We are very happy to have you back here with us again!

Break Bad Brain Habits: You already know that a bad diet and a permanent indentation in the couch aren't good for your brain. But there are some lesser known daily routines that could be undermining your brain health according to a recent AARP article featuring neuropsychologist, Jessica Caldwell. Last month we looked at two of those habits. This month we will take a look at four more. **Bad Habit**

#1. You skip your vaccines. It is estimated that more than half of Americans blow off the flu shot during flu season, and we know how many people are hesitant about getting the COVID-19 vaccine, but opting out of vaccinations may be a missed opportunity in the fight against dementia. For people between the ages of 75 and 84, influenza vaccination was associated with a reduced likelihood of developing Alzheimer's disease, according to researchers at McGovern Medical School at the University of Texas Health Science Center in Houston. Researchers have also found that adults ages 65 to 75 who had received the pneumonia vaccination had a 25 to 35% reduction in their chance of developing Alzheimer's. The take away, according to senior director of scientific engagement, Rebecca Edelmayer, "is that vaccinations are one of the most studied and well-tested preventive care measures for your health." **Bad Habit #2. You drink sugary beverages.** If your usual breakfast includes a tall glass of orange juice, take note. A 2017 study associated sugary beverage consumption with poorer episodic memory as well as lower total brain volume and hippocampal volume. So avoid soda, sweet tea and take it easy on the juice. "Even though fruit juice retains some beneficial phytonutrients, it's primarily a sugary drink without the benefit of fiber," says Annie Fenn, M.D., and founder of Brain Health Kitchen, a cooking school and community for Alzheimer's prevention. Consuming sugary drinks may lead to spiking blood sugar and an exaggerated insulin response

in many people, which she says, may trigger chronic inflammation in the brain. It may be far better to eat whole fruits, not just their juices. **Bad Habit #3. You regularly take this type of medicine.** An array of drugs, including tricyclic antidepressants, some overactive bladder medications and some over the counter antihistamines can block the actions of acetylcholine, a brain chemical important for learning and memory. A study found that higher cumulative use of these drugs was associated with increased incidence of dementia. If you regularly take a number of these, it makes sense to ask your doctor about the risks and discuss whether you should explore alternate medications or other options. Lastly, **Bad Habit #4. You don't have a sense of purpose.** When we are younger, it seems like everyone is relying on us, however, as we age, freedom from responsibilities can have a darker side as well."Having a reason to get up in the morning, knowing that people are depending on you, feeling that you are making important contributions can contribute to healthy aging, explains geriatrician Scott Kaiser. Researchers found an association in people who scored high on a purpose-in-life assessment: They were approximately 2.4 times more likely to remain Alzheimer's free than those with low scores. Psychologist Carla Marie Manly says, "If you are feeling a lack of purpose, do yourself a favor and embrace some new responsibilities, explore a new passion, get a pet, volunteer or travel."

Something to Think About:

"When in doubt; wait it out."

_____Unknown Author

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.