



# FITSTOP FORUM

February  
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Hi Everyone! I hope this newsletter finds you doing well while you brave the cold try this winter! Recently, I have come across a very inspirational book on wellness and health. And, since I share so many of the authors' views, I will, over the next several months be sharing and quoting excerpts, perspectives and tips from Dr. Livingood, author of "Living Good Daily." His philosophy is: "If you focus on sickness and disease, you will get sickness and disease. If you focus on health and the activities of building health, you get health." Sounds good to me! Therefore, we will be looking at several different aspects of just how to focus on building our health in this and coming newsletters. In the meantime, stay well and keep warm!



### February Birthdays:

- 02/11 Carm M.
- 02/15 Barb H.
- 02/16 Sandy S.
- 02/18 Joanne A.
- 02/20 Rick D.
- 02/27 Beth D.

### \*\*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

**Don't Procrastinate!** "Is there something you should be doing right now for your health and are simply not doing it? Procrastination is the THIEF of health," says Dr. Livingood. "Most people work their whole life to gain wealth in order to retire, but they're expending their health doing it. Then, they retire and have to spend all their wealth trying to regain their health. What good is the paycheck, the stress, all the nice things, or the career, if you don't have your health during or after it?" **We must remove the interference!** "We really need to change our thinking from, I SHOULD eat better

and exercise more to, I MUST ..., because no one will take better care of you than you." "We begin with achieving healthy habits because health is not a program. Programs have end dates and make you crave "bad things" more. Health is a journey, a climb and it takes work to get to the "peak." "Achieving new healthy habits and re-enforcing them is the magical moment where healthy becomes your lifestyle. We can learn to trigger our body out of "I'm not feeling it" to "I want it!" Here are few fast ways to do this: 1. "Music- Some days you need the music, some days you need the lyrics! 2. Encouraging groups and friends- If people around you are dragging you down, then get around better people! 3. Planned Scheduling- You plan to fail when you fail to plan. If it's not scheduled, it's not happening. The most important appointments and events in your life are what you schedule. Isn't your health worth putting on the calendar? The problem is that we get in our own way. We need to establish where we are interfering with our own health, and remove that interference. Here are 3 main causes of interference; **1.Thoughts-** Thoughts affect how our body works. Negative thoughts pull us away from health, lower our overall state, and hinder our body's ability to function and heal properly as intended. The more connected we get with those thoughts, control them, and make them positive, the more it will increase our well being. **2. Toxins-** The two main sources of toxins in today's world are food and lack of movement. Toxins build up in our body

from the things we eat and are exposed to daily as Americans as with prescriptions, processed foods and chemicals we use in our homes on a daily basis. What we eat greatly affects our health. We often succumb to the constant pull of temptations of food. And, we get ourselves into the mindset that we are too busy to exercise or just are tempted to be lazy and then the toxins build up in our bodies. So, the two main goals are to fix our fitness and fix our food. **3. Trauma-**Trauma may be the number-one missing piece in health care today. Trauma to the body damages the tissue (athletics, posture, accidents, falls etc.). Damaged joints and ailments that cause pain, especially to your spine, can prevent you from working out. Traumas build up over a lifetime and interfere with real health. These three **T's** are the cause of interference in our bodies. When you remove the interference, the body will heal and you will get to experience real health." The take away today is this formula: "**A.**We must change, and change now. No more diets, no more programs, and no more pills. It's time to get to the cause and develop healthy lifelong habit. **B.** Set yourself up to make daily choices to build health. **C.** Remove the interference." In the coming newsletters we will look at ways on how to fix our focus, fix our food, fix our fitness, fix our frame and fix our filters as recommended by Dr. Livingood, and yes, that is his real name!

### Something to Think About:

"There is no such thing as disease, just lack of health."

\_\_\_\_Dr. Livingood

**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).