



FITSTOP FORUM

March
2022

215 W. Manlius St. East Syracuse NY 13057 Phone: 315-214-5466 or 315-415-4043 E-mail: kathysfitstop@gmail.com

Hi Everyone! I know it may not seem like it, but spring will soon be here and I am sure we can all agree that, it can't get here soon enough! We've all endured a rough season this winter with the crazy weather and so many of us and our family members getting sick with Covid. But, we are strong and still standing and that is good news as we "march" forward into March! Some of you may be wondering if we will be continuing with our mask mandate at the club. Here it is; for now, I have decided that each person can make that decision for themselves as to what they feel comfortable with and prefer to do. If we need to change that in the future for some reason, I will let you all know. Until then, please stay well and I'll see you soon!



March Birthdays:

- 03/01 Stan E.
- 03/03 Pam K.
- 03/04 Beth B.
- 03/06 Marie T.
- 03/08 Maggie O.
- 03/15 Tom H.
- 03/22 Carol K.
- 03/25 Patty B.

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 New Members!

Welcome new member Cameron D. and welcome back to former member Sara H. It is so nice to have you back with us again!

Fix Your Focus!: Dr. Livingood believes that to fix our focus we need to change our state of mind. And, to do that, we need to deploy some simple tactics to deal with stress. "Here's the big tagline: it's impossible to control stress. Stop trying to! Stuff is going to go wrong today, this week, this month, and this year. Unforeseen events come up

and cause the most stress. Who can predict a flat tire? Who can predict someone going down at work and leaving all the stress on you? Who can predict a sick family member? These stressful events come out of nowhere, so you can neither control nor manage them. You can't manage your stress but you can manage your focus and your response to stress. You can manage the way you approach every situation every day. Each situation can be seen as an opportunity or it can be seen as an obstacle. You can approach the stressful situation with a calm, sound mind, or with anger, offense and worry."

Dr. Livingood has a couple of ideas on how to deal with stress, how to have less of it, and how to reduce the negative impact it may have on us. **First is perspective.** There's so much more going right for us today than what's going wrong for us today. But we've all been taught to focus on what's going wrong. Dr. Livingood points out that we not only woke up today breathing but we also woke up in a world with lots of freedom and opportunities. We could be in much worse parts of the world with severely limited resources, stuck in an area that we can't get out of. We woke up with a roof over our head. Most of us have access to a car. We have jobs. Millions of people (in our country alone), don't have these things. **Second is gratitude.** Before we even rolled out of bed, a lot of good was happening in our world and in our lives, and there is so much to be thankful for. Dr. Livingood encourages us, upon awakening, to smile

and list our "grats". As a simple tactic, spend a few minutes every morning every day thinking about what we are grateful for: our family, our house, our job, our purpose, our friends, our pets, our eyes, our lungs, our heart, our feet...anything we are thankful for. The more specific we are, the more powerful we'll feel. Your "grats" are gifts that are not guaranteed tomorrow. As the saying goes, that's why they call today the "present."

Let's fix our focus and be grateful for everything we have in life. When we approach our day with this frame of mind, it just makes our problems and the stress we face much less of a burden; but it doesn't mean problems aren't going to happen. When we are going through challenging times and stressful moments, we need to go right back to gratitude and focus on all the good things that are going on right in that moment, not just the bad things.

Dr. Livingood reminds us that truly stressful situations such as losing a loved one or something happening to a child does happen to us. But, we've gotten to the point, especially in America, where we treat everyday stresses as if we've lost or are losing one of our loved ones. We shouldn't do that to ourselves every day. Put things in perspective. Most stuff is just not that big a deal. Focus- you have a ton to be grateful for!

In our next newsletter, we will be focusing on how to "Fix our Food." Stay tuned!

Something to Think About:

"You woke up today. Do you know how many people didn't?" _____ 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.