



FITSTOP FORUM

April
2022

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

Hi Everyone! At last, spring is here and it feels good! It is also great to see some of our former members coming back into the gym again! I know that many of you have been gone on vacation or out sick with various illnesses, injuries or commitments, but I wanted to let you know that I was thinking of putting back in our schedule a Friday 11.30 class sometime this month. The class would be a freestyle type class meaning that I would vary the type of class we do each week. It may be cardio, HIIT, strength, flexibility or any combination of those. Please let me know if you would be interested in attending this class as I will need to know how many of you will be here before I make it official. Happy Spring and I will see you soon!



April Birthdays:

- 04/05 Ruth L.
- 04/07 Mary Y.
- 04/09 Mary O.
- 04/27 Satish K.
- 04/28 Angie 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

Welcome Back Members!

Welcome back former members Dan B., Pud B, Joe F., Rick D. and Tom H. It's so nice to have you guys back with us again!

Fix Your Food!: Last month we discussed ways to fix our health focus in Dr. Livingood's book *Livingood Daily*. This month we will share his ideas on how to fix our food choices. If nutrition is the area of health that affects you the most, you are not alone. Everything we do now is based around food – unhealthy food, especially on holidays, gatherings, work time, date nights and vacations. The problem for so

many of us is that every day is a vacation day! Food has become an idol. If every meal is a vacation meal, it's no longer a treat; it's an expense on our pocket and an expense on our health. Dr. Livingood suggests that we tackle this problem with the idea of eating real food, (foods in their purest form) versus fake food, (processed man made food), for a 21 day period. Here he gives us what he calls the

5 C's of fixing our food:

#1. Cut the Sugar.

Look to find all the hidden sugars and all the fake – food carbs that turn to sugar and eliminate those. If you want to burn fat, you can't keep fueling with sugar.

#2. Crank up the Fat.

If we want to burn up the fat in our bodies, one thing must happen nutritionally, we must stop eating sugar. If we do not have sugar as our fuel because we are not eating any of it, then our fuel source becomes fat; we then need to eat healthy fat sources to spark our engines.

#3. Clean up the Protein.

Protein is very important, but we don't want too much of it either. Women should eat 15-20 grams per meal and men should eat 20-30 grams per meal. It's most important that the protein is "clean." Look for organic options when possible. Grass fed beef, free range chicken and wild caught fish. Choose raw nuts and seeds and no soy products, as they are the number one GMO food on the planet.

#4. Care About Nutrients.

Dr. Livingood insists that we find a way to get greens into our system each day as with spinach in a smoothie for breakfast. We must care about the nutrients that we eat. We shouldn't only be eating to satisfy our taste buds; we should be eating to be healthy and build a strong foundation.

#5. Curb Your Consumption.

If you are struggling to lose weight, Dr. Livingood suggests several different fasting approaches. He says that these techniques are incredibly effective at lowering insulin levels which will put you in fat-burning mode. He states that fasting has a huge impact on our system and health. For more in depth details on these fasting methods as well as more information on the **5 C's of fixing our food** along with a Bonus suggestion of supplements that he suggests, refer to his book *Livingood Daily*. Dr. Livingood encourages us to take little steps by developing good habits and start replacing bad food choices with good ones. Just changing our thinking and fixing our food will bring us massive transformation, but there are more layers to go in this health onion! In our next newsletter, we will go deeper by focusing on how to "Fix our Fitness." See you then!

Something to Think About:

"You are not what you eat; you are what you ate."

___Dr. Livingood

"Fuel your vehicle, not your cravings."

___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.