



FITSTOP FORUM

May
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Hi Everyone! I am glad to see that so many of you are getting back into the swing of things now that spring is here. This is such a great time of year to really focus on getting back on track. I also want to say “thanks again” to my wonderful clients who are so accommodating with their training sessions to allow more people to join in our training! As you know from last months’ newsletter, I was planning to add in an 11:30 class on Friday mornings; we started it a couple of weeks ago and we are calling it Free Style Friday. So far so good! It seems like people enjoy being surprised as they show up for the “mystery class” each week; as the class style is a different format each time. Variety is the spice of life! See you soon!



May Birthdays:

- 05/06 Ronnie S.
- 05/10 Derrick T.
- 05/16 Ron K.
- 05/26 Jinnette G.
- 05/26 Eileen C.
- 05/28 David S.

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! A great big welcome to our newest members Georgi M. and Kathy T! It’s so nice to have you here with us!

Fix Your Fitness!: Last month we featured some tips from Dr. Livingood’s book, *Living Good Daily*, to help us “Fix our Food,” choices and this month we will continue on our fitness journey as we share his tips on how to begin to “Fix our Fitness” Dr. Livingood says that the simplest, most efficient way to kill disease, lose weight and experience real health is movement. But, how you move makes all the difference. I really love what

he has to say about this because we are already doing the type of exercise he suggests at our club on a regular basis! Dr. Livingood believes that when it comes to optimal function of your body, it’s all about short bursts, more muscle, less fat, less sugar in your system and optimized hormones. He notes that a typical long-distance runner’s body will have fat stored in reserve for long runs. Instead of bulky sprinter muscles, a long distance runner will have smaller more slender muscles. A person doing higher intensity, shorter durations like a sprinter, is going to have higher amounts of muscle mass. The more muscle a person has, the higher their fat burning will be. They will burn sugar quickly, melt away fat and be much more toned. Since most people are looking to be more toned, want more muscle and less fat, Dr. Livingood recommends high-intensity, short duration workouts or HIIT. He notes that the hormones inside of your body are the key to unlocking weight loss and fitness. When you do HIIT type workouts, you get a huge testosterone boost; more than any other type of workout. The more testosterone a person has, the more muscle is built and the less fat there is. Consider hormones like cortisol, the stress hormone. Do you need more stress hormones in your life? Longer distance and longer workouts create more stress on our bodies. Short duration, high- intensity workouts decrease cortisol, giving you a sense of relief; it also increases your dopamine and serotonin hormones and makes you happier. Insulin may be the biggest bully hormone you have says Dr. Livingood. It suppresses

good hormones and enhances the wrong ones, like stress. When you do HIIT workouts, you are burning up the sugar that is in your blood. Once you burn up all the sugar in your body, your body is now out of that fuel and has to switch to its’ other fuel, which is fat. This resets the insulin receptors in your body which now allows you to be a fat burner instead of a sugar burner. It suppresses insulin and your body loves it. Longer workouts, runs, triathlons and Ironmans are all still fine to do but if you are looking for quick, time saving results, HIIT (high-intensity, interval training) workouts are the key. There are 2 keys to the results though. The first key is intensity. That means you want to be breathing heavily and working hard. If you are not breathing heavily and can talk to your neighbor easily, you are not working hard enough. You have to breathe hard to burn fat. Key number two is consistency. Dr. Livingood says that even 10 minutes of HIIT 6 days per week can get you into shape. Research shows once you are done with the HIIT workout in which you surged your fat-burning hormones, your hormones will surge over the next 14-24 hours! What could be better news than that for burning fat? Hope to see you in class! Next month we will continue with a few more great tips from Dr. Livingood!

Something to Think About:

“Those who think they have no time for bodily exercise will sooner or later have to find time for illness.” _____Edward Stanley (don’t let this next one be you)

“Whenever I feel the need to exercise, I lie down until it goes away.” _____Paul Terry

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.