



# FITSTOP FORUM

June  
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 love this time of the year and I hope you are all getting outside as much as possible enjoying this wonderful spring weather. In last month's newsletter, we learned about "Fixing our Fitness," as we took in some tips from Dr. Livingood's book *Living Good Daily*. This month we are going to continue on with his tips by focusing on the importance of good posture whether we are sitting, standing or lying down and how essential it is to have for our overall health and well being. He will explain that we can do all the right things with getting nutrition and fitness right and getting our stress under control, but if we miss this point, it can be devastating to our health. So sit tall, chin up, and read on as we learn to "Fix our Frame."

### June Birthdays:

- 06/08 Sandy Mc.
- 06/08 Gina M.
- 06/10 Pud B.
- 06/14 Anita B.
- 06/15 Joey C.
- 06/16 Taylor M.
- 06/17 Julia C.
- 06/17 Gia M.
- 06/18 Jeff C.
- 06/20 Bobby M.
- 06/20 Georgi M.

### \*\*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

**Fix Your Frame!:** Dr. Livingood asks, "What is the most important organ you have? If you said your heart, what controls your heart? It's your brain; it sends messages down your spinal cord and across your nerves to every organ, cell and tissue inside your body. It beats your heart, it breathes your lungs, and it tells you how to love someone." He explains that if there is damage to the nerves that come out of the lower part of the neck that control

the beating of the heart, no amount of nutrition, exercise or heart drugs will fix the problem. The problem lies in the blockage of the nerve getting the healing from the brain to the heart and until that pressure is removed, the body can't heal 100%. He notes that exercise, nutrition etc.. are good to do, but before doing those things, the key lies in taking care of our nervous system. Our frame's job is to hold us up against gravity and protect us from trauma. The strongest structure known to man is the arch, and we have 3 of them in our spine. There is a curve in our neck, another one in our mid-back and one in our lower back. We also have 3 main parts to our nervous system and they must be fully intact to do their job. Part 1 is the brain stem which controls all the subconscious functions of the body such as blood pressure, blood sugar, stomach acid, sleep, mood and concentration. Our brainstem comes out at the top bone of our spine called the atlas. Part 2 of the nervous system is our spinal cord. How important is our spinal cord? If we damage it, we are paralyzed. It is the river of life flowing down through our spine to carry all the messages and all the healing everywhere in our body and is protected by the 3 curves in the spine mentioned above. Too much sitting hinders the function of the spinal cord due to loss in the curvatures in the spine. Dr. Livingood says that it's been tied to decreased breathing rates, decreased heart function and an increase in allergies and asthma. Loss of spinal curves has been shown to increase mortality and take up to 14 years off your life. When you lose the

curves, it creates a horrible posture and puts an incredible strain on your nervous system. Part 3 of our nervous system are the nerves. The brainstem connects itself to the brain then it connects to the spinal cord, then the messages that the spinal cord carries are sent to the body by the nerves like telephone wires. When we sit all day in front of a computer or on a couch watching TV or in a car for long periods or constantly text, looking down at our cell phones, we put so much pressure on our neck. We sit and sleep in weird positions and for every inch that our head moves forward of our shoulders, we have an extra 10 lbs of weight on our spinal cord! We need to find a way to stand more. We can do this by setting a timer to take walk and stretch breaks. When we sit, don't slouch or get some lumbar support. Get a standing desk. We can raise our computer screen, lower our chair... stand more. While sleeping, we can sleep on our back and put a 2"-3" roll under your neck and lower back. If we go on our side, we can support but not over support so the neck is not tilted. We should also try not to be in a twisted position. This will get our frame back to its' normal position at least for a few hours. Bonus: Every day upon waking, we can spend a few minutes stretching! Daily posture exercises and caring for our frame is a must in today's technological world. Stay well!

### Something to Think About:

"The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and the cause and prevention of disease."

\_\_\_\_Thomas Edison

**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](http://Kathysfitstop.com), please email your story to me at [kathysfitstop@aol.com](mailto:kathysfitstop@aol.com).