



FITSTOP FORUM

September
2022

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Hello Everyone! Can you believe that summer is almost over already? Well thankfully we can honestly say that it really has been a nice one; hot, but nice! I wanted to run an idea by you all to see what you think. Since we haven't had a holiday party in the past 2 years due to the pandemic; I am thinking that this would be a good year to "go for it," and have one again. I am checking out our usual venue at Barbagallo's, to see if there is availability for sometime in the first week of December. I will let you know all those details when I get them. I know in the past, we have all enjoyed looking forward to and getting together for our annual party. I look forward to your input and I also look forward to seeing you very soon at the gym! Kathy

September Birthdays:

09/03 me!

09/03 Marypat G.

09/07 Nicole H.

09/16 Stan K.

09/25 Bill W.

09/29 Debbie 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 Member: We would like to extend a warm welcome to our newest member Debbie P! We are very happy to have you here!

Shake up those healthy habits!:

According to an article in the August/September 2022 issue of AARP, when you do same healthy habits day in and day out, it often mean that you could be missing out on a variety of options and activities that could offer a wider array of benefits. Experts in medicine, nutrition, and exercise were asked about the healthy habits they wish people would take a break from. Here are 5 habits they came up with that could use

some shaking up. **#1.** "You stay out of the Sun." For the most part that is good, but sunlight tells you to start the day, cues your body to feel awake and energized, and regulates appetite, mood and sleep. However, people in their 50's and early 60's spend less than an hour a day on average in sunlight. Here's what is suggested: at a minimum, go outside every morning for 15 to 30 minutes and again in the late afternoon or evening. **#2.** "You eat energy bars." Nutrition or energy bars may sound healthy, but many of them are covert sugar bombs that pose as health foods, according to this article. Even the best nutrition bars are still processed foods and some can deliver more sugar than a person should eat in an entire day. Here's a tip: Look at the label and add up the grams of protein and fiber. If the total is higher than grams of total sugar, your bar is probably healthy. **#3.** "You drink when you are thirsty." By the time you feel thirsty, you are probably already dehydrated. Plus, our internal mechanisms for triggering thirst become less sensitive as we age. Chronic dehydration can increase our risk for urinary tract infections and may even increase the risk of diabetes as well as colon and bladder cancer. To protect against this, drink enough water so that you need to urinate every two to three hours during the day. Or, eat water: plants are loaded with it, and their fiber helps keep water inside the body for longer periods. **#4.** "You walk every day for exercise." Walking is great: It helps maintain strength in your heart, brain and joints. But with age, people often ditch other workouts

because they fear injuries or worry that they are too old to run or lift weights say physical therapists from Hinge Health in San Francisco. As we age, we lose muscle mass and joint mobility at a faster rate—unless you strength train. It is recommended to get at least 150 minutes per week of moderate exercise (brisk walking, water aerobics) or 75 minutes of robust cardio (jogging, swimming), and at least two days per week of muscle building activity. Also, don't forget to work on your balance! Try walking backwards for example or try standing on one leg. **#5.** "You constantly wear supportive shoes." Arthritis can make it hard to take off shoes, but wearing shoes all day deprives our feet of a chance to work. Our toes need a chance to push into the ground to maintain balance, and our foot muscles contract to maintain balance and posture according to functional podiatrists. Supportive shoes and insoles do most of the work instead of the feet, and thick soles rob the bottom of our feet of crucial sensory stimulation, helping you keep good posture, stay balanced and avoid falling. The more you wear shoes, the less your brain practices those skills. The suggestion is to go barefoot at least 30 minutes a day, particularly when cleaning and cooking, since your movements are more varied (you are on your toes, bending and lifting and so on).

Something to Think About: "Whatever course you have chosen for yourself, it will not be a chore but an adventure if you bring to it a sense of the glory of striving, if your sights are set far above the merely secure and mediocre."

_____David Sarnoff

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.