



FITSTOP FORUM

October
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Hello Everyone! I hope this newsletter finds you all doing well as we begin the autumn season. We are also enjoying seeing some new faces here at the FitStop, so thank you members for your referrals! I just wanted to let you all know that we will be having our annual Christmas Holiday Party this year! Yay! So, save the date for Tuesday December 13th, at Barbagallo's Restaurant at 6344 Molloy Rd. in East Syracuse. Dress for the holiday, up, down or any way you wish! The party will be from 5:00 til 9:00pm. Dinner will be served and there is a cash bar available. You may also bring a guest, but please be sure to let me know if you & your guest will be attending by no later than Friday November 25th. I hope you all can come this year as we will have a great time as always! See ya soon! Kathy



October Birthdays:

- 10/20 Kathy T.
- 10/24 Kate F.
- 10/30 Maureen W.

REFER-A-FRIEND

Any current member who refers a friend that signs up with us for either a 12-month **Select** or 12 month **Basic** membership only, will receive a \$50 Visa gift card for each referral!

Welcome New Members:

We would like to extend a warm welcome to our newest members Sarah Y, Cindy C, Mary F. and Vicki C! We are so happy to have you all here!

Long Covid and Wellness:

Here is a bit of good news about the value of exercise in relation to the pandemic. Exercise may counter psychological and metabolic aspects of prolonged stress experienced by people with "long COVID," as reported in *Exercise and Sports Sciences Reviews* 2022. Up to 80% of people who have recovered from COVID-19 experience a condition known as long COVID, which can include fatigue, muscle pain, brain

fog, depression, anxiety, lingering inflammation, insulin resistance and or diabetes. Exercise is a key component to a healthy life and research shows that it can be used to break the chain reaction of inflammation that leads to high blood sugar levels and can lead to the progression of type 2 diabetes, said study author John Kirwan, PhD. Researchers hypothesize that since exercise can reduce inflammation, improve mental health and increase insulin sensitivity, it may also provide an effective method to counter COVID symptoms.

Short Bouts of Exercise Help Mental Health!:

Here is some good news to motivate those among us who simply want to exercise so we can feel better. Low physical activity levels, even those below public health recommendations, can reduce depression risks, according to a 2022 study in *JAMA Psychiatry*. An international research group concluded this after reviewing 15 studies that included more than 2 million person-years of data. (One person year refers to one person being studied for 1 year.) Depression is a leading cause of disability that affects approximately 280 million people globally, and is linked with premature mortality from other illnesses and suicide. Adults who completed 150 minutes of brisk walking per week (or the equivalent) had a 25% lower risk of depression when compared with adults who did not exercise. Those who clocked 75 minutes had an 18% lower risk of depression. Higher physical activity only offered minor additional benefit. Study limitations include the fact that physical

activity was self reported therefore additional research that includes device-based activity measurements and longer follow up periods, is recommended.

Eat Better, Live Longer!: A modern study of the link between diet and longevity revealed in a recent *IDEA Fitness Journal* article suggests that if men and women changed their diet at age 20 to include more fruits, vegetables, legumes and whole grains and less processed meat and ultra-processed foods, they could increase their lifespan by 13 and 10.7 years, respectively. The largest gains in longevity were found from eating more legumes, which include beans, peas and lentils. Women and men who start following a more healthful diet at age 60 might add 8 or 9 years of life, respectively, according to a *PLOS Medicine* report. A plant predominant eating style (similar to the Mediterranean diet), could even benefit 80 year olds: Men and women at this age could gain about 3.5 years of extra life from dietary changes. So it's never too late to start the path to eating better.

Something to Think About:

"Be patient with things which are beyond your control. Be disciplined with things which are under your control. And, be wise with things which *could* be brought under your control."

_____Dr. Hansaji Jayadeva Yogendra

"The biggest quality in successful people, I think, is impatience with negative thinking...my feeling was, even if it's as bad as I think it is, we'll make it work."

_____Edward McCabe

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.