



FITSTOP FORUM

November
2022

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Hello Everyone! I hope you are all doing well! I would like to remind everyone who is interested in renewing or receiving a CPR/AED and or First Aid certificate, that we will be offering a certification class here at the FitStop on Saturday November 12th, at 10:00a.m. This offer is also open to any of your friends and family as well. Officer Mark Bender will be teaching the class and as always, he does a great job in a very efficient time frame; we are usually finished in about an hour and a half! The cost is \$40.00 per person for the CPR and AED certifications, and an additional \$10.00 for the First Aid if you want that too. If you have not already done so, please contact me if you are interested in joining us that day for this potentially life-saving class! Have a very Happy Thanksgiving! See you at the club!



November Birthdays:

- 11/01 Joe C.
- 11/12 Mary F.
- 11/13 Cheri B.
- 11/21 Akhila S.
- 11/26 Leslie D.
- 11/29 Steve R.

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!

Holiday / Christmas Party! I hope you can all join us for our Christmas Holiday party this year on Tuesday December 13th, at Barbagallo's Restaurant. I ask that you be sure to let me know if you or you and a guest will be attending, as I need to give a solid number to the restaurant by the end of the month. Be sure to see the attached flier for all the details! We will all have a great time, as always!

Gut Health!: Research directed toward the health impacts of a robust gut *microbiome* shows

that including a few not-so-fresh foods in our diet can have a positive impact on our gut ecosystem. As reported in a recent article in *Cell*, consumption of fermented foods may improve overall microbial diversity in the digestive tract, while reducing levels of 19 inflammatory proteins associated with conditions like diabetes and arthritis. To a large degree, the bacteria in our colon control our immune system. It appears the more fermented foods we eat, the greater the gain in bacterial diversity in our gut *microbiome*. That keeps inflammation on the down-low and our immune system in tiptop shape. Here are some good choices: kefir, kimchi, kombucha, miso, sauerkraut and yogurt. It's time for some "bug love"!

Standing Up for Better Health!: You know that being active is vital for your health. That means sitting less, standing more and moving a lot during your waking hours. According to a Fitness Handout article in IDEA Fitness Journal, researchers have recently proven that regularly getting up and sitting down (sit-to-stand) during the day will also lessen your risk for type 2 diabetes and obesity. A major finding among the researchers was that women who were most sedentary on a daily basis had twice the odds of having diabetes than the women who were least sedentary. Why? When you sit for long periods without getting up, the major weight bearing muscles of the legs are not contracting. With no muscle contractions, these muscles cannot efficiently utilize the sugars and fats circulating in the blood.

Sustained over time, this leads to overweight/obesity and Type 2 diabetes. Here are some strategies to help you stand up for better health. **#1.**Get up and move after reading 4, 6 or 8 pages. **#2.** Stand and move every time you change television channels. **#3.**Do heel lifts while teeth-brushing or hand-washing. **#4.**Take a brief walk after each meal or snack. **#5.**Each time you drink water, take a movement break as well. **#6.**Instead of emailing colleagues in your building, walk to their workspace and speak to them. **#7.**Every 30 minutes, get up from sitting and move for 3 minutes. **#8.**Try brief exercise bouts at home or at work. For example, do 10 partial squats followed by 20 alternating knee lifts. **#9.**When the phone rings, stand up to answer; and keep moving during your conversation. **#10.**Stand and move around every time you check your mobile devices for text messages. Older adults can and should break up long sitting bouts with light to moderate activity. Increasing these sit-to-stand transitions daily will contribute positively to using more calories and it will help protect against the development and management of type 2 diabetes.

Something to Think About:

"Thank God for dirty dishes; they have a tale to tell.

While other folks go hungry, we're eating pretty well.

With home, and health and happiness, we shouldn't want to fuss; For by this stack of evidence, God's been very good to us.

_____Anon

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.