



FITSTOP FORUM

December
2022

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Hello Everyone! I hope you are all doing well and staying healthy this holiday season. Thanks to all who participated in our CPR/AED class last month and as always, Mark did an awesome job teaching. I just wanted to let you know that the certification cards should be in very soon and I will get them to you right away. If you have not done so yet, please R.S.V.P. me as soon as possible as to our upcoming Christmas party on Tuesday December 13th from 5:00 until 9:00 at Barbagallo's Restaurant! **ALSO, please see below regarding more on our party!** The schedule for our classes this month will continue on as normal through Friday December 23rd. There will be no classes offered from Saturday December 24th through Sunday January 1st. Classes will resume again on Monday January 2nd, 2023! Please feel free to come in and use the club as much as you wish on your own! Happy holidays and see you soon!

December Birthdays:

- 12/02 Theresa H.
- 12/07 Rob S.
- 12/14 Vicki M.
- 12/17 Sandy S.
- 12/21 Jimmy C
- 12/23 Pam Sp.
- 12/27 Usha S.
- 12/27 Patti A.
- 12/29 Bill G.

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!

More on our Party! I thought it would be a nice idea if any of you would like to share a fun or meaningful yet brief FitStop moment or memory at our holiday Christmas party. If you do have something you would like to share, let me know so I have an idea of how many people will be stepping up to the mic! **Also**, if you are planning to bring a dessert, (ie... cookies), for the party, please let me know

so I have an idea of what we may need. **Lastly**, we will be having our regular photographer Paul again this year, to get some fun party and group pics. I really want to encourage you to step up to the camera for lots of them. It's been 3 years since we did this so let's get lots so we can update our picture boards at the club! ... say "*cheese!*"

Stretch for Success! Most people take part in aerobic activity to improve their cardiovascular endurance and burn fat. Many people weight train to maintain lean muscle tissue and build strength. Some think that those are the two most important elements of a fitness program. Actually, there are three important elements and regrettably, flexibility training is often neglected. According to a recent article in ACE Fitness, some people are naturally flexible but flexibility is primarily due to one's genetics, gender, age, body shape and level of physical activity. As people grow older, they tend to lose flexibility, usually as a result of inactivity and partially because of the aging process itself. The less active you are, the less flexible you are likely to be. As with cardiovascular endurance and muscular strength, flexibility will improve with regular training. Numerous studies support the short and long term benefits of various types of stretching, including static stretching, dynamic stretching and PNF, just to name a few. Here are some of the reasons why we all should include stretching on a regular basis... Stretching

will decrease stress, reduce pain and stiffness, enhance range of motion, improve muscle function, improve blood flow and circulation, minimize wear and tear on joints, may reduce the risk of injury and improve your health and quality of life. A few tips for successful stretching are first, to make sure you are warmed up prior to beginning. Be sure to breath and slowly exhale as you gently stretch the muscle to the point of tension and don't strain, bounce or push a muscle too far. Ease up if it hurts! Time constraints keep many people from stretching, so here are a few tips for fitting stretching into an overbooked schedule. Ideally, at least 30 minutes, three times a week, should be spent on flexibility training. But a mere five minutes at the end of an exercise session is better than nothing. All aerobic and strength activity should be followed by at least a few minutes of stretching. If you don't have time to warm up before stretching, try doing a few stretches immediately after a shower or while soaking in a warm tub. Try a few simple stretches before you get out of bed in the morning. Wake yourself up with a few full body stretches by gently pointing your toes and reaching your arms above your head. This can clear your mind and help jump start your morning. And last but not least, try taking a stretching class, as this will help you to stick with a regular stretching program. (See you all in Flex Fusion class!)

Something to Think About: (I just love this!)

"Be who you is, not who you ain't. Cause if you ain't who you is, you is – who you ain't."

___Brennan Manning

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.