



FITSTOP FORUM

January
2023

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Welcome everyone to a brand new year! I hope you all had a restful and relaxing holiday season; my guess is however, most of us are a bit wiped out and exhausted from all the work and preparation it took us to make it a memorable holiday for our families. It is time for all of us to slow the pace back down to a more normal level and to get back on schedule with taking care of ourselves again. In addition to coming back to work out and taking classes again, try to carve out a few minutes each morning to begin your day drinking warm water (may-be add a slice of lemon), and do some gentle stretching; especially stretches that will help with your posture, (see me for tips on those!) Also, plan and make time to eat more healthfully at each meal and snack. And lastly, make getting a good nights' sleep a priority! Let's take care of ourselves and make 2023 the best year yet! Happy New Year!!



January Birthdays:

- 01/03 Jane H.
- 01/03 Gary W.
- 01/07 Cindy H.
- 01/10 Debbie G.
- 01/15 Wally P.
- 01/16 Yvonne H.
- 01/21 Dan B.
- 01/26 Joan D.
- 01/30 Pam S.

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!

Tools for Self-care and Improved Emotional Well-being!

In 1999, researcher Dan Buettner set out to discover secrets of people who live in **Blue Zones**, which are areas in the world where inhabitants are living well and living long, with an impressive number of people living into their nineties and beyond, according to an article in Lifestyle Medicine. The **blue zones** are comprised of five regions: Ikaria-Greece,

Nicoya-Costa Rica, Sardinia-Italy, Okinawa-Japan and Loma Linda-California. He discovered that not only was longevity common in these areas, but there was also an absence of many chronic illnesses, such as obesity and heart disease, that plague many other cultures in the world. The people spent less time in sedentary behaviors and seemed to experience less stress. Their health and longevity remarkably, is directly related to their lifestyles. These people live in environments that make it possible for them to live their best lives by moving naturally, connecting to their "right tribes" and eating foods that are largely unprocessed, seasonal and fresh. Buettner identified nine traits that contribute to the **blue zone** longevity. Here they are: **#1. Move Naturally**, **#2.Purpose** (this can add years to your life) **#3.Downshift** (pray) **#4. 80% Rule**, (eat less), **#5.Plant Slant**, **#6. Wine** (in moderation), **#7.Belong** (faith based) **#8. Loved Ones First** (care for family), and **#9.Right Tribe** (healthy social circles). If you are wondering how you can begin to incorporate any or all of these strategies to improve your quality of life try out the following: Moderate-intensity activities such as walking and gardening offer substantial health benefits, particularly when they include a social component.

Identify your passions and life's purpose by asking questions like: What are my gifts? What do I care about? Why do I get up in the morning? Answering these questions may help achieve greater peace of mind and happiness. Consider volunteering for a cause you care deeply about. This may provide a sense of being part of something bigger and evoke a sense of purpose. Cultivate friendships and rekindle past relationships. Good friends relieve stress, provide comfort and joy, prevent loneliness and isolation and may even strengthen physical health. Commit to lifelong learning because knowledge is power and can boost brain health. Keeping a journal or writing your own life's story can be therapeutic and can give you perspective on what you have achieved as well as opportunity to address unresolved issues or to express gratitude on a regular basis. Set aside time to play, listen to music, read a book, sing, paint or dance, for example. Developing self-care habits that lead to better overall health is a process. Allow yourself to make changes slowly and let go of trying to be perfect. Taking these steps will help you to become your best self!

Something to Think About:

"New day, new start, new you, new year! It's never too late to start anew. Merely throw out the old and bring in the new."

____Jean Renee Porter

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.