



FITSTOP FORUM

November
2019

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Hi, Everybody! Great job on the fun Halloween costumes that you wore or “agreed” to wear this past week! It was a riot! With only a couple more weeks to go, we are about half way through our FitStop Fall Boot Camp and we are having such a great time! We are also enjoying getting to know our guests from Bristol Myers-Squibb! We hope they will stay with us after boot camp is over! Just a reminder; we will **NOT** be having classes the day after Thanksgiving, on Friday November 29th. Please **SAVE THE DATE**, for our FitStop 10th Anniversary/Holiday party on Tuesday, December 10th. See the attached flier for all the details. We are sure to have a great time and I am looking forward to seeing you all there!

November Birthdays:

- 11/01 Joe C.
- 11/17 Gen K.
- 11/21 Jim M. Jr.
- 11/26 Leslie D.
- 11/29 Steve R.

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!

Welcome Back Members! We would like to give a great BIG “**WELCOME BACK**” to a few of our former members, Craig F. and Stephen R. It’s so good to have you back with us again!

The Weight Debate: Let’s think of it as the point-counterpoint discussion on obesity. In an article in the September 2019 issue of IDEA Fitness Journal, some of the questions that researchers ask are, “Is the healthcare profession overemphasizing the negative consequences of extra weight?” “What are the risks?” and “Is this focus on obesity helping or hurting overweight people?” Some

researchers’ point of view is that healthcare providers should target obesity similarly to other health risk factors (e.g., hypertension, high cholesterol etc...) in their programming. Others counter that individuals with obesity may be better served if they followed programs primarily for enhancing fitness instead of combating fatness. Both parties agree on one important point and that is that **key lifestyle behavior changes**, such as sufficient physical activity, optimal nutrition, less sedentary behavior, no smoking and compliance with prescription medication are best and will lead to the greatest possible health benefits for obese persons. The following are examples of three main components of a “Behavioral Weight Loss Program.” **#1. Behavioral Strategies:** these strategies will help increase adherence to diet and activity goals. ***Self-monitoring:** (keeping a daily record of diet, weight, physical activity and exercise), self monitoring serves as a cue to recognize the effects of lifestyle on body weight and health outcomes. ***Stimulus Control** (removing high-calorie foods from the home and replace them with healthy low-calorie options.) ***Problem-solving and goal-setting.** Establish strategies to manage difficult situations that could tempt one to overeat such as upcoming parties or a stressful event. For goal setting, you could follow the S.M.A.R.T. principal (setting goals that are **Specific, Manageable, Attainable, Realistic and Time-limited.**) **#2. Calorie Restriction:** *For people >200 pounds, advise 1,500-1,800 kcal per day. *For people <200 pounds, advise 1,000-

1,500 kcal per day. *Eating plans should produce a deficit of 500-1,000 kcal per day including physical activity. **#3. Physical activity and exercise:** Exercise at a somewhat-hard intensity: *Begin with 10-minute sessions 5 days a week. *Progressively increase to 30 minutes 5 days a week. *Eventually increase to 200-250 minutes per week. Unfortunately, experience has shown that many after achieving these lifestyle changes put the pounds back on a few months later. According to researchers, those who consistently maintain a lower calorie lifestyle, engage in regular physical activity and exercise, and self-monitor their weight are most likely to maintain weight loss over time.

Recipe for Health: Power tomorrow’s breakfast with heart healthy blueberries. Here’s a recipe for Blueberry Granola Pudding: ¼ C milk, ½ C plain Greek yogurt, 2/3 C frozen thawed blueberries, plus more for topping, 1T maple syrup or honey, ¼ t. cinnamon, 1/8 t. almond extract (optional), 2T chia seeds, 1/3 C low-sugar granola, 2T chopped walnuts, 1T coconut flakes. Place milk, yogurt, blueberries, maple syrup or honey, cinnamon, almond extract, and a pinch of salt in a blender; blend until smooth. Place mixture in a wide mouth jar, add chia seeds and stir to combine. Top with granola, walnuts, coconut flakes and fresh blueberries. Seal shut again and chill overnight to thicken.

Something to Think About:

“A true friend is one who likes you despite your achievements.”

_____ Arnold Bennett

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.