



FITSTOP FORUM

February
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Hello Everyone! I truly hope this news letter finds you all feeling *well* and doing *well* as we fly through these winter months. In other words, I hope you are experiencing *wellness* in your everyday life. Wellness can be defined as any behavior, large or small, that contributes to health and vitality. Speaking of “well”, the concept of being well or wellness, according to an article in *ACE Fitness Journal*, has 2 main problems; #1. It is too vague and often perceived to be a separate, segregated part of our day, and #2. There is too much focus on the “packaging” of wellness. As you read the section below about Every Day Wellness, we will look at ways to clear up both problems while leaving you with ample options for integrating wellness into your everyday life that won’t take a long period of time for it to be considered wellness. Take a look and see what you think! Until next time, stay *well*!

February Birthdays:

- 02/11 Carm M.
- 02/15 Barb H.
- 02/16 Sandy S
- 02/18 Joanne A.
- 02/20 Rick D.
- 02/20 Jim M.Sr.
- 02/27 Beth D.

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!

Everyday Wellness: Exercise and healthy eating are wellness, but so is taking a walk with someone, doing an exercise that challenges balance or performing familiar actions in different ways. Additionally, these behaviors can be done for just minutes per day to be effective. Here are some practical ways to integrate wellness into your everyday moments. ***Stand while putting on socks/shoes.** Rather than sitting down, stand on one leg while taking off or putting on

your shoes or socks. Stand close to a wall or other solid object to lean on to catch your balance, if necessary. This wellness benefit offers a quick dose of balance, mobility and coordination training. *** Put on pants/jackets with non-dominant leg/arm first.** Without realizing it, we get into patterns of doing everyday actions the exact same way. The wellness benefit of consciously doing activities differently creates a slight cognitive and coordination challenge that benefits both your body and brain. *** Use a visual marker in your house to perform an extra activity or movement throughout your day.** Visual cues can remind us to take action. As an example, you can place 4 straws in different areas of your house. As you move through your day, the straws serve as a reminder to do a few simple exercises like press-ups, chair squats or calf raises, for example. The goal is to get to all the straws by the end of the day. These brief episodes of activity offer the opportunity to boost your strength without having to change your clothes or schedule workout time. ***Vary your gait while walking up and down stairs.** Try walking up stairs with a slightly wider gait than normal. Take two stairs at a time, go up the stairs sideways, or go slightly faster or slower than your normal pace.

The wellness benefit by changing up your movement can help improve balance, coordination, strength and confidence when walking on stairs. For some fun cognitive challenges, try the following; mentally recite the alphabet while skipping every other or every third letter. Count backward from 100 by threes or sevens. Mentally recite as many words as you can that start with a specific letter. Count the number of various objects you see or hear. You can also try tossing a ball to a friend while walking and add variations like increasing the speed or adding a bounce or tossing it increasingly higher to each other until you miss a catch. These are not methods you need to use every single day, but they are a sampling of ideas that you can adopt to your specific spaces and places. Some will work for you, while others don’t. The point is to figure out what works best for you because these strategies can make it better for your brain, your body and your sense of enjoyment!

Something to Think About:

“Do today what others won’t, so tomorrow you can do what others can’t.

_____Jerry Rice

“Motivation is what gets you started. Habit is what keeps you going.”

_____Jim Ryun

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.