



FITSTOP FORUM

April
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Hello Everyone! Spring has sprung and it's a great time for new beginnings! Speaking of new; you may have noticed some new faces around our gym lately. I am happy to tell you that personal trainer Mike Constantino has recently joined us at the FitStop and he will be training his clients here with us now! I use to work with Mike about 15 or so years ago at a former gym, before each of us branched off to open up gyms of our own. Mike is a great guy and he has a lot of experience and expertise and his training clients are a delight to have here as well. Be sure to meet him and all our new members! Before I forget, just a little reminder for everyone: **please** remember to turn off the lights if you happen to be the last person out the door, even if it's still early in the day! And lastly, we will be collecting items to donate to Francis House. **Please see attached for details!** Thanks and Happy Spring!



April Birthdays:

- 04/05 Ruth L.
- 04/07 Mary Y.
- 04/07 Sarah Y.
- 04/09 Mary Ann O.
- 04/18 Chris H.
- 04/18 Deb P.
- 04/20 Joel L.
- 04/22 David C.
- 04/27 Satish K.
- 04/28 Angie 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!

Welcome New Members!

A great big **WELCOME** to our new personal trainer Mike C, and to all of our newest members, Ira D, Kevin F, Ryan H, Ashley and Joel L, David C, Arnie and Libby R and Carol Y. We are very happy to have you all here!

Booze Brain:

For some time now, the medical community has known there is a negative association between consistent high alcohol intake and brain functioning. Now,

scientists at the University of Oxford, England, according to a recent article in *IDEA Fitness Journal*, have uncovered a potential culprit: iron. Using brain scans and self reported consumption of over 20,000 participants (mean age 55; near equal split of males and females) reported that drinking as little as about 4 cans of beer or 4 glasses of wine a week was associated with higher iron levels in the basal ganglia.. That group of brain regions is associated with control of motor movements, learning, cognition and emotion. Iron accumulation in the brain has been linked with Alzheimer's and Parkinson's diseases and is a potential contributor to alcohol-related cognitive decline. While we still don't have proof that higher iron build up from drinking alcohol causes brain disorders, there is growing evidence that even moderate alcohol consumption can adversely impact brain health. And the more a person imbibes, the more iron may accumulate in the brain, which may contribute to oxidative damage and a greater chance for poor cognitive functioning. It seems in this case "pumping iron" is not a good thing!

Frequency over duration: Heads up for the weekend warrior! When it comes to hitting training goals, *daily* activity may be more important than meeting a weekly total minute goal, particularly if that goal is accomplished in only one session, according to findings in the *Scandinavian Journal of Medicine and Science in Sports* 2022. Researchers from institutions in Japan and Australia collaborated with three

groups of healthy young adults doing sets of six maximal muscular contractions. One group performed one set on one day, another group did one set of each for 5 days; and the third group did 5 sets all on one day. Members of the 5-days per week group experienced significant increases in both muscular strength and muscular thickness—more than those in the once weekly training groups. Those who only did one set per week experienced no measurable muscular changes. "Muscles need rest to improve their strength and their muscle mass, but muscles appear to like to be stimulated more frequently," said study author Ken Kazunori Nosaka, PhD, director of exercise and sports science, Edith Cowan University in Western Australia. He states: "If you are just going to the gym once a week, it's not as effective as doing a bit of exercise every day at home. We need to know that every muscle contraction counts and it's also how regularly you perform them that counts." It looks like training more often matters more. Get moving and keep moving!

Something to Think About!

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

_____Thomas Edison

"If you are stressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment."

_____Marcus Aurelius

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.