



# FITSTOP FORUM

May  
2023

215 W. Manlius St. East Syracuse NY 13057 Phone: 315-214-5466 or 315-415-4043 E-mail: kathysfitstop@gmail.com



Hello Everyone! I hope you are all enjoying our wonderful spring season! This is also a great time for ramping up your efforts to improve your fitness goals as summer approaches. One way to do that is to get outside and move, run or walk! Did you know that taking up to 9,800 steps daily is not only great for you physically, but also lowers the risk of all-cause dementia and stepping at a higher intensity was linked with even more risk reduction, according to a research study reported in an article in *JAMA Neurology*. And, if you are a runner and are game for something different, try adding jump rope to your weekly routine, as researchers showed that jumping rope for 5 minutes 2-4 times per week before a run (as part of the warm-up), improved speed, jumping ability, reactive strength and arch stiffness. So do your body and brain some good and get moving! Stay well and I'll see you soon at the gym!

### May Birthdays:

- 05/06 Ronnie S.
- 05/10 Derrick T.
- 05/12 Kevin F.
- 05/26 Jinnette G.
- 05/26 Eileen C.
- 05/28 David S.
- 05/29 Vicki C.
- 05/30 Arnie R.

### \*\*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 Member!

Welcome new member Frank C. We are happy to have you with us and welcome back former member Craig F. So glad to see you here again!

**Quit Quitting!:** Many people set goals to keep active, but fail within the first few months. That's why this is a good time to discover how the psychology of motivation can help protect you from the forces determined to derail your dreams. Andrea Bowden, MS, leader and teacher in the fitness industry since 1984 and the "Quit

Quitting Expert," shares three top challenges you may face when getting started or restarted with exercise and some research-based strategies for staying on track.

**#1. CHALLENGE: Identifying Motives for Change. Self-determination theory** says that you need to identify a motive for change and design a strategy to stay motivated. For example, let's say you want to lose weight because you feel ashamed of the way you look. To keep yourself motivated, you will want to steer *away* from feelings controlled by shame and *toward* higher-level goals, such as decreasing the need for medication or having more energy to go out with friends or perform your work. Creating a plan that helps you connect personal values like "getting off medication" or "having more energy" with your goal of losing weight helps you feel less controlled and more autonomous. Working with a personal trainer to brainstorm goals can also be helpful. **#2. CHALLENGE: Conflicting Priorities.** The **theory of planned behavior** says that to follow through with what you say you'll do, you have to believe what you are doing is going to get you where you want to go. But what if "where you want to go" conflicts with other priorities of life? To be successful in your workout program, you'll need to figure out how to take control and meet your various goals simultaneously. A personal trainer can help you with a Plan B when Plan A can't be put in place. **#3. CHALLENGE: Perceive Competence.** Competence is a need that must be met before someone is

motivated. If you have quit exercising many times in the past, you may think you are not competent to succeed now. Help develop competence by recalling your many successes in the past (within fitness and otherwise). Remember that you have done hard things before and succeeded. Use those strategies to do the same here and brainstorm potential obstacles and create that Plan B. Competence can also be honed with small, daily, process-oriented goals like "walk 15 minutes every day." Developing a process oriented plan can help develop your feelings of self-efficacy, which will build competence.

**Fat Chance:** Exercise can improve the health of your *body fat*, even without weight loss. Researchers at the University of Michigan found that moderate and high intensity continuous training over 12 weeks improves fat tissue structure and does so in ways that boost metabolism and reduce inflammation. They found structural changes in the fat tissue, including smaller cells, increased collagen type, increased capillary density and changes in proteins that regulate body fat remodeling. However, these changes reverted within 4 days of no exercise. This is one of the big reasons why it is so important to be physically active most days of the week! Keep moving!

### Something to Think About!

"Obstacles cannot crush me. Every obstacle yields to stern resolve. He who is fixed to a star does not change his mind."

\_\_\_\_LEONARDO DA VINCI

**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](http://Kathysfitstop.com), please email your story to me at [kathysfitstop@aol.com](mailto:kathysfitstop@aol.com).