



FITSTOP FORUM

June
2023

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Hello Everyone! I hope you are all doing well and staying healthy. As you know from my email last month, our Summer Boot Camp is coming up next week on Monday June 5th. There is still time to let me know if you are interested in joining in with us, as I am extending the R.S.V. P. for the Boot Camp until Friday June 2nd. So if you are still considering this opportunity and would like to participate with us, please let me know this week! Our Boot Camp is going to be a great way to start your day as well as help you get on track to a healthier summer and a healthier lifestyle. For all the details regarding our Summer Boot Camp, please read the attached flier. I sincerely hope that everyone, whether or not you join in on our Boot Camp, keeps up with their fitness regimen, including classes and outdoor activities this summer, so that you can be the healthiest version of yourself possible! See you soon!



June Birthdays:

- 06/08 Gina M.
- 06/10 Pud B.
- 06/15 Joey C.
- 06/16 Taylor M.
- 06/17 Gia M.
- 06/17 Julia C.
- 06/18 Jeff C.
- 06/20 Georgi M.
- 06/20 Robert M.

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 Mazen B! So happy to have you here with us!

Bone of Contention:

For health and environmental reasons, more people are turning to plant-based diets. But, as stated in a 2023 IDEA Fitness Journal article, there is a chance that this may come as a risk for weakened bones according to an investigation in *BMC Medicine*. The study showed that, among about 26,000 British women ages 35-69, those who never

consume meat may be more likely to break a hip than those who regularly include meat and/or fish in their diets. The women filled out food frequency questionnaires, and these were compared with hospital records to see who suffered a hip fracture during about 20 years of follow up. The study authors suspect that low body mass index and the potential for certain nutrient shortfalls play a role. While a lower BMI is beneficial for many health conditions, people with less fat mass have less cushioning during falls, which are the major cause of hip fractures. And animal based foods are reliable sources of several key nutrients for bone health, including protein, vitamin B12 and vitamin D. Indeed, in the study, vegetarians had lower intakes of protein and vitamin B12 than folks who ate meat or more times each week. But by no means does adhering to a vegetarian diet doom women to break-prone bones. Maintaining a regular resistance training and a diverse plant based diet that meets all the requirements for key nutrients will go a long way in keeping bones strong.

Exercises for Osteoporosis:

As mentioned in the above article, we need to include regular resistance training as part of our plan at keep our bones strong, because exercise improves bone mineral density for people with osteoporosis, but questions remain regarding safety and effectiveness. The current global population with high osteoporotic fracture risk is 158 million, and that number is expected to double in

40 years. Experts from Loughborough University developed guidelines that consist of the following recommendations for all people with osteoporosis to maintain bone strength. However, if you have experienced any hip or vertebral fractures and for those who are frail and less able to exercise, check with your doctor, to see what guidelines are recommended for you. You can also check out the full guidelines published in the *British Journal of Medicine* (2022; 56 [15]).

Here are the recommendations:

- *Do muscle-strengthening physical activity and exercise 2-3 times per week.
- * Include progressive resistance training, starting with 8-12 reps at maximum resistance building up to 3 sets. Begin with lower – intensity exercise to ensure good technique before increasing intensity.
- *Target all muscle groups-particularly the back- to promote a strong spine.
- *Spread physical activity across the day as a minimum and avoid prolonged sitting.
- And finally,
- * include impact exercise 4-7 days per week, with each session including 50 jumps. (Do 3-5 sets of 10-20 jumps with 1-2 minutes of rest in between).

Something to Think About!

“The greatest mistake you can make in life is to continually fear that you will make one.”

_____Elbert Hubbard

“I love those who can smile in trouble, who can gather strength from distress, and grow brave by reflection.”

_____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, please email your story to me at kathysfitstop@aol.com.