



FITSTOP FORUM

July
2023

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Hello Everyone! I hope you are all having a wonderful start to your summer. I would like to say “great job!” to all who participated in our FitStop Spring/Summer Boot Camp last month! We challenged our mobility, core strength and balance as well as enjoyed (as we always do), each others’ company during our outdoor cardio walks for the past 4 weeks! I am confident that all of you in the Boot Camp will continue with their commitment to a healthy active life style because you are all off to a great start! I look forward to you all as well as anyone else who would like, to participate in our next Boot Camp! I will let you know when that may be in the coming months. Just a reminder that we will not be having any classes on Tuesday July 4th; but as always, the gym is open and you are welcome to use it then if you wish. Have a safe holiday, a happy summer and I will see you at the FitStop!



July Birthdays:

- 07/21 Debbie A.
- 07/21 Gary C.
- 07/21 Kristi K.
- 07/28 Susie W.
- 07/30 Anita 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!

Get up and Go!:

Going big at breakfast may not drive up metabolism, as some people have been led to believe, but it could help people following a calorie conscience eating pattern feel more satiated throughout the day and help dampen the drive to eat more. This is the conclusion of an investigation published in *Cell Metabolism*. In the study, 30 overweight or obese individuals followed two 1-month calorie restricted eating plans of equal total calories. One diet skewed more calories towards breakfast and the other diet had participants eat more of their total calories later in the day. While there was no

difference in metabolic rate between the groups, the morning-loaded trial resulted in study subjects reporting significantly lower hunger throughout the day. Since hunger can make it more challenging for someone to stick to a calorie controlled diet, the idea that frontloading calories can help bolster satiety might encourage people to try eating a substantial breakfast and lighter dinner. So it looks like eating early may be the key to helping control appetite.

Together for Mental Health:

According to the National Alliance on Mental Illness, “mental health is an incredibly important part of overall health. With growing numbers of Americans experiencing mental health symptoms, we need to join together to advocate for improving our nation’s mental health care system.” One of the keys to balanced mental health is having a sense of community. No one likes to be or feel alone, particularly when times get tough. Reaching out to friends who might need your support as well as being open to receiving support when you need it yourself, is a vital element of our collective mental health. Similarly, when it comes to establishing and maintaining a physical activity routine, having a community of like-minded people who share your goals provides essential social support and is one of the primary factors in predicting long-term success. Here are some of the ways that regular exercise improves mental health: * Exercise elevates the production of neurotransmitters that can stimulate the production of new brain cells. *Learning

how to do new things including new types of exercise can improve cognition and mental clarity. *Exercise can boost your self-esteem by offering a sense of accomplishment and success, which has a direct effect on your mental health. *Exercise can improve sleep, an often overlooked element on good mental health. *Exercise can provide a break from your busy routine. Taking some time for your own physical and mental well being is essential. Many people with anxiety or depression use exercise as a positive coping mechanism. * Exercising as a part of a group- and this is where togetherness comes into play-is an opportunity to connect, make friends and feel like part of a positive and supportive group. You can reap the benefits of exercise on your own, but your chances of long-term adherence are greatly improved as a part of a group or with a friend or family member. Social support provides camaraderie, accountability and motivation, and makes physical activity a lot more fun. Simply knowing that someone is counting on you to show up makes it more likely that you will do so—and this is a two-way street that helps keep your friends on track as well. One final thought: Think of exercise as a celebration of what you are capable of and celebrating it with friends just makes it that much sweeter!

Something to Think About!

“Anything is possible when you have the right people there to support you.”

_____Misty Copeland

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.