



FITSTOP FORUM

August
2023

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Hello Everyone! I hope you are all enjoying a warm and wonderful summer! I also hope you are all staying physically active (outside the gym as well), because as we know, whether we are relaxing at the beach on vacation, sitting in a theater or home watching movies or sitting at a desk at work in front of a computer, prolonged sitting is bad for our health. In addition, new research finds a connection between loneliness, unhealthy weight gain and physical inactivity. We know that for optimal health, we need to move regularly throughout the day in addition to our daily exercise routine. Researchers have also found that you can gain improvements in blood pressure, blood sugar, mood and fatigue by simply walking 5 minutes for every thirty minutes of sitting. See below for more ways to incorporate more activity into your day! In the mean time, get up and “Walk it off!” Stay well and see you soon!



August Birthdays:

- 08/04 Doreen D.
- 08/10 Laurie V.
- 08/18 Christine G.
- 08/18 Mike C.
- 08/21 Kari D
- 08/22 Barb S.
- 08/27 Libby R.
- 08/28 Mazen B.
- 08/29 Sara H.
- 08/29 Jack S.

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!

Ideas for adding More Movement:

Here are several great suggestions from a recent article in the Spring 2023 edition of *IDEA Fitness Journal*, to help you increase your daily activity and develop a more physically active lifestyle. They are as follows: * Get up and walk around your house upon awakening each day. *Walk during your lunch hour, (before or after you eat—or both). *Walk instead of drive whenever you can. *Take a family walk after dinner.*Take a brief walk

every time you refill your water glass. *Vacuum more frequently. *Walk around the grocery store before you start shopping. *Walk your dog regularly. *Replace the Sunday drive with a Sunday walk. *Bring your groceries in the house one bag at a time. *Walk and talk while making phone calls (in a safe area). *Plan some playtime with your dog at the park.*Wash the car by hand. *Walk fast when doing errands. *Pace the sidelines at your kids’ or grandkids’ athletic games. *Keep walking around in the airport departure area instead of sitting to wait. *Walk to a co-workers’ desk instead of emailing or calling. *Take a brief walk before and or after a coffee/tea break. *Try doing some walking meetings with co-workers. *Take a brief walk after work (or before if you have more time). *Take the stairs instead of the elevator or escalator when possible. *Walk in place or do some alternating knee lifts during TV commercials. *Do toe lifts or step touches while brushing your teeth. *Play with your kids or grandkids for 30 minutes. *Dance to music while you brush your hair. *March in place when doing your laundry or dishes. *Turn on music and dance while you prepare a meal. *Park at the far end of a lot (in a safe area). And finally, as we touched on above, *Get up and briskly move for a few minutes for every 30 minutes of sitting.

Warm Weather Self Care:

Enjoying warmer days, means taking care of your body. And now that it is summer here, we have some suggestions from fitness and wellness experts from across the country on how to nurture your body

during this season. They advise for *physical* self-care to always have water handy as the warmer weather and sunshine can really dry us out. The rule of thumb is to drink a half an ounce of water for each pound of your body weight. Also when outside, reapply protective sunscreen with an SPF of 30+, and a wide brimmed hat during the day. And if you are just starting an exercise program or just getting back into one, remember to go slowly and appreciate small gains in performance. This will help prevent injury and illness. For a couple of *spiritual* self-care tips, one suggestion is to wake up an hour earlier to set the tone of your day. Having some time in the morning to do things that you love like journaling, lingering over a cup of tea, or even some yoga, starts your day off calm and content. You can then take that energy into the most hectic days. Another suggestion is to catch yourself every time you have a negative thought and replace that thought with a positive one. Gratitude thoughts are great replacements for this practice. Some *emotional* self-care tips include putting together a playlist of your favorite songs that make you feel grateful or hopeful and listen to them while doing chores or running errands. And if you sing along, you will get extra endorphins! And balance exercise stress with equal recovery time that can include sleep, meditation, yoga, and volunteerism. As the Chinese proverb says, “We can’t serve tea from an empty teapot”. Take care!

Something to Think About!

“Never say never. Because, limits like fears, are often just illusions.”

_____Michael Jordan

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.