



# FITSTOP FORUM

September  
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 know it always goes by so fast, but I hope you are all enjoying the final days of summer, because before we know it, autumn will be upon us! The fall is my most favorite time of year because, not only is it beautiful, it also gets most of us back into the “Back to School” mentality with our fitness regimen. It really is a great time to set some goals and really make a commitment to take a serious look at our health and consciously make those changes that we need to make with our fitness and nutrition so we can stay healthy and well for our future. And, for those of you that have stayed on track all summer, “Good job, keep it up!” By the way, **SAVE THE DATE!** This years’ Christmas party will be at a new location: ***Bella Domani’s Restaurant*** on Monday December 11th 5:00-9:00pm. More details will follow in future newsletters. Looking forward to seeing you all back at the gym!

### September Birthdays:

- 09/03 Marypat G.
- 09/03 me
- 09/05 Cindy C.
- 09/15 Francesco R.
- 09/16 Stan K.
- 09/17 Craig F.
- 09/29 Debbie S.

### Welcome New Member!

We would like to extend a warm “WELCOME” to our newest member Randi J. We are very happy to have you here with us!

### \*\*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!

### Weight Training & Inflammation:

New research, according to an article in the 2023 summer edition of *IDEA Fitness Journal*, adds insights into potential mechanisms for why weight training may have an anti-inflammatory effect that’s particularly beneficial for older adults. Resistance training is known to have an anti-inflammatory effect (in

addition to improving body composition, flexibility and balance). For older adults, health issues include higher systemic inflammation levels as well as muscle mass loss. Healthy cells protect against systemic stress from the accumulation of certain proteins that contributes to the increase in systemic inflammation observed with aging. Researchers analyzed activation, inflammatory pathways and production of certain other proteins that contribute to the ability of cells to stay healthy and active among older adults in a resistance training program. The results showed that inflammatory protein levels remained unchanged and indicated that resistance training may have contributed to the maintenance of the protective effect. Regular physical activity is suggested to be an effective intervention in improving age-related diseases such as osteoporosis, sarcopenia or muscle loss, and dynapenia or loss of muscle strength. All I have to say is “NO SLUMPING; JUST KEEP PUMPING!”

### Carb Confusion:

A tightly controlled feeding study at the National Institutes of Health challenges the idea that high-carb diets per se spur on people to overeat. Study subjects who were classified as overweight based on their body mass index, consumed either a plant based, low-fat diet or an animal-based, low-carb diet for 2 weeks. Then they switched for 2 more weeks. The low-fat diet was high in carbohydrates while the low-carb diet was high in fats. Participants were housed for 4 continuous weeks in the

NIH’s research center, which offered investigators strict control over monitoring food intake. The study subjects were given three calorie matched meals a day, plus snacks, and could eat as much as desired. The findings, published in *Nature Medicine*, showed that the low-fat diet offered significantly lower calorie intake overall. When people were on the low-fat diet, they voluntarily reduced their calorie intake by about 550-700 calories per day compared with the low-carb weeks. And they didn’t report any differences in hunger, fullness or satisfaction with the meals along the way. This conclusion is contrary to current thinking, the researchers noted, which tends to knock low-fat meals because they provide lower satiety—raising the risk of overeating. The higher-carb diet, however, did result in higher insulin and blood glucose levels. And despite the considerable differences in calorie intake between the diets, total weight loss after the first 2 weeks was similar, but only those in the low-fat group dropped a notable amount of body fat. These findings suggest factors resulting in overeating and weight gain are more complex than the amount of carbs or fat in one’s diet. I guess we are still learning!

### Something to Think About!

“Good health is not something we can buy. However, it can be an extremely valuable savings account.”

\_\_\_\_Anne Wilson Shaef

“Self care is not selfish. You cannot serve from an empty vessel.”

\_\_\_\_Eleanor Brown

**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).