



FITSTOP FORUM

November
2023

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



Hello Everyone! The Holiday season will be coming up this month and with Thanksgiving just around the corner; I would like to take this time to let you all know how grateful I am for each and every one of you! This month is our 14th anniversary at the FitStop and also 14 of the best years of my life and that is because of God blessing me with all of you in my life to make our gym such a pleasure and joy to be a part of. **“Thank you”** from the bottom of my heart! Our party is coming up next month, so be sure to R.S.V.P. as soon as possible for this year’s annual Christmas party! It will be at a new location: **Bella Domani’s Restaurant**, on Monday December 11th, 5:00-9:00pm. **Also**, if you are a **“Baker”** and would like to bring your homemade cookies this year to our party, **please** let me know! See attached flier for more details! Let’s all stay thankful for all we are blessed with and I’ll see you at the gym!

November Birthdays:

- 11/01 Joe C.
- 11/12 Mary F.
- 11/13 Cheri B.
- 11/15 Patti G.
- 11/16 James J.
- 11/21 Akhila T.
- 11/26 Leslie D.
- 11/29 Stephen 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!

Health Lessons from the World’s Blue Zones:

There are regions around the globe where pockets of people appear to live a longer, healthier life expectancy. In these so-called **Blue Zones**, located in Okinawa (Japan), Sardinia (Italy), Nicoya (Costa Rica), Ikaria (Greece) and Loma Linda California (USA), residents statistically live the longest (100 years old and above), at seemingly extraordinary rates. We originally touched on this topic in our January 2023 FitStop Forum issue, but the subject has peaked more interest as of late, so we will go into more detail over the

next few months as to how we can adopt these practices and patterns of behavior in our own lives. In an article in *IDEA Fitness Journal*, explorer Dan Buettner and his team of anthropologists, demographers and epidemiologists identify a number of common threads that bolster health and happiness and help secure above average life expectancy. These threads show that it’s about more than winning the genetic lottery. When discussing longevity, **diet** is a good place to start. The first lesson is; **Plant based diets predominate in the Blue Zones**. Most Blue Zone residents aren’t strict vegetarians; they just eat meat less often and in smaller amounts. Legumes, whole grains, local garden vegetables and herbs are the cornerstones of their eating style. One of the many reasons why a plant based diet is so good for your health is the hundreds to thousands of disease-risk-reducing phytonutrients they possess. A lower calorie density that contributes to the maintenance of lower body weight through the life cycle also helps, as does the presence of a healthier balance of fatty acids and multiple types of fiber, which seems to support a healthy microbiome, (gut health), for improved immunity. **Action Points:** Look for ways to add more plants and slice out some of the meat. Wedge in a few meatless meals each week and serve smaller portions. Senior medical writer, Suzanne Dixon says that the key to achieving the effects of a Blue Zone-type diet lies in the proportions of food types consumed. “About two thirds to three quarters of the plate’s surface should be

covered by plant foods,” and she urges, “Instead of what comes in a package, focus on minimally processed plants including vegetables, fruit, legumes and whole grains.” She also advises being adventurous by trying plant foods from around the world to make this way of eating more exciting. The next lesson from the Blue Zones is that **Most Calories are eaten early in the day**. The long living people of Nicoya and Loma Linda tend to eat their largest meals early in the day and end with smaller dinners. Consuming a higher % of daily calories within 2 hours of waking in the morning was associated with lower risk of being overweight or obese as compared with consuming a bigger chunk of daily calories within 2 hours of going to bed. Eating earlier in the day gives us a chance to burn more calories when our metabolism is higher. **Action Points:** Eat breakfast like a *king*, lunch like a *prince* and dinner like a *pauper* and skip the late night snacking. The next lesson is **Mindful, Slower Eating Defines Meals**. It’s not just *what* we eat, it’s *how* we eat. Residents of the Blue Zones tend to practice an undistracted, slower more mindful approach and eat until they are only 80% full. **Action Points:** Consume meals in calm, quiet places. Chew more slowly and unplug from the T.V. and cell phones while eating. This really helps with portion control! Next month we will look at more lessons and tips from the residents of the Blue Zones that can help to lead us to longer healthier lives.

Something to Think About!

“The more you practice the art of thankfulness, the more you have to be thankful for.” — Norman Vincent Peale

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.