



FITSTOP FORUM

December
2023

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Hello Everyone! December is here and this wraps up yet another wonderful year at the FitStop! We have had some new faces join us along with some returning faces coming back and it has been especially nice this year to have welcomed personal trainer Mike C., along with his wonderful training clients! The gym is all decorated for the season, looking so beautiful and I would like to send out a big **“Thank you”** to a few of our “Elves”, for working so hard to help me. Carol K, MaryAnn O. and Julia C.; you ladies are **AWESOME!** I couldn’t have done it without you! Our Annual FitStop Christmas Holiday party is coming up this month and I know most of you have given me your R.S.V.P, however if not, or if your situation has changed, don’t delay and please let me know this week! Have a very Merry Christmas, a truly healthy and happy New Year and I look forward to seeing you all very soon!

December Birthdays:

- 12/05 Ashley L.
- 12/07 Rob S.
- 12/10 Frank C.
- 12/14 Vicki M.
- 12/17 Sandy S.
- 12/21 Jimmy C.
- 12/23 Pam S.
- 12/27 Usha S.
- 12/27 Patti A.
- 12/30 Bill G.

****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 Members:

We would like to welcome two of our newest members, Annie T. and Sue K! And, a big “Welcome Back,” to former member Patti A! We are so happy to have you all here and back here again!

Health Lessons from the World’s Blue Zones:

Last month we learned about the predominance of plant based diets, eating meals earlier in the day as well as slower and more mindful eating among the people who live in the regions known as

the Blue Zones. This month we are continuing on with identifying more of the common threads, according to an article in *IDEA Fitness Journal*, written by explorer Dan Buettner, that bolster health, happiness and extended longevity, so that we can incorporate these ideas into our lifestyle to reap some of the same benefits. Next on the list: **Physical Activity Fills the Day in Blue Zones.** Physical activity in all Blue Zone areas involves a consistent flow of natural movements, including those involved in gardening, pounding corn by hand to make tortillas, practicing tai chi daily and shepherding livestock in the hills. Studies have shown that lifelong exercisers had similar cardiovascular health to people three decades younger and the American Cancer Society reported that older adults who walked 2.5-5 hours per week had a lower risk of dying from heart and lung disease as well as cancer than those who were not active. Experts also state that higher intensity activity is also beneficial as their study showed that participants who engaged in higher intensity exercise lived an average of 17% longer than the general population. And they also included that it’s a great idea to combine frequent daily movement with some higher intensity sessions. **Action Points:** Get up and move, often. Beyond going to the gym for an hour a day, add more movement in daily life. Go for a walk while talking on the phone, take stairs instead of the elevator, develop an active hobby and set a timer to signal active movement breaks after sitting for more than an hour. Our next lesson: **Sleep Nourishes Lifestyles:** Sleep is much more

than luxury. It is a key health behavior that we should be paying more attention to. People of the Blue Zones typically obtain 8-10 hours of sleep each night and some are known for cherishing afternoon naps as researchers found that those who did once or twice weekly for 5-60 minutes had only about half the risk of cardiovascular disease compared with those who did not nap at all. **Action Plan:** Practice good sleep hygiene. The key is to establish a good bedtime routine that is conducive to sleep. Refrain from digital devices at least one hour before bedtime, fit in a nap, remove light pollution from the bedroom and designate an earlier sleep time. Our last lesson today states that: **Purpose Defines a Long Life:** Elders who begin each day with a sense of purpose and fulfillment, while recognizing how they contribute to their communities, seem to live long lives, or at the very least, feel very positive, upbeat and happy. We all need a good reason to get out of bed in the morning. Experts state that many of the things that accompany purposeful living, such as reductions in stress and depression and an increase in social activity, can drive health and longevity. **Action Points:** Find and cling to your purpose, immerse yourself in a hobby or volunteer time to worthy causes. Turns out, lessons from the Blue Zones may be as much about the quality of years as the quantity. Next month we will finish up with a few more lessons from the **Blue Zones.** Stay tuned!

Something to Think About!

“You can tell a lot about a person by the way they handle three things; a rainy day, lost luggage and tangled Christmas tree lights.”
____Maya Angelou

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.