



# FITSTOP FORUM

January  
2024

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Hello everyone and welcome to a brand new year! I hope you all enjoyed the holiday season. The Christmas party this year was amazing and the only thing that would have made it better would have been to have those who were sick, be well and able to come. Hopefully next year everyone will be healthy and able to attend! By the way, I have our 2024 party already scheduled for Friday December 13<sup>th</sup>, from 12:30-4:30, at the same place, Bella Domani's! So pencil that into your calendar! Let's take a deep breath now and relax because it's time to get back to our regular routine. Let's all strive to have an even better and healthier routine than you have ever had in the past! Take a moment to reflect on how much you have accomplished in 2023 & remember that the future is your story to write, so make next year the best with a fresh new start in 2024! Hope to see you all very soon! Happy New Year!



### January Birthdays:

- 01/03 Jane M.
- 01/03 Gary W.
- 0/07 Cindy H.
- 01/10 Debbie G.
- 01/15 Wally P.
- 01/18 Carol Y.
- 01/21 Dan B.
- 01/26 Joan D.
- 01/26 Sue K
- 01/28 Chris B.
- 01/30 Pam 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, (this does not include the 12 month **Senior** Membership), will receive a \$50 Visa gift card for each referral!

### Welcome New Members:

Welcome to new member Justin C. And Gia M has now become an official member! We are so happy to have you here with us!

### Health Lessons from the World's Blue Zones:

Last month we looked at three more lifestyle traits of the people of the Blue Zones including how physical

activity, sleep and how having a purpose in life, helps them achieve a long life. This month we will finish up with a few more lifestyle habits that the people of Blue Zone areas embrace on a regular basis for a more fulfilling life. The first this month is **Nature Nurtures Active Lifestyles**. Whether they are gardening, herding sheep or taking a stroll in the mountains, Blue Zone people typically spend ample time outdoors. We as Americans, spend on average 87% of our time indoors and another 6% of our time in an enclosed vehicle. Researchers state that going outside frequently can work indirectly to increase our health by acting as a buffer against stress and promoting increased physical activity as well as increase levels of vitamin D. **Action Points:** Get outside and encourage others to enjoy the great outdoors with you by engaging in hiking, biking, or even enjoy an outdoor picnic any time of the year! The next lifestyle habit of the Blue Zone individuals is that **People Connect in Person**. It's no secret that most Americans are seemingly always **connected**: the average person spends nearly 4 hours a day staring down at a mobile device. The potential stress, distraction and negative mental health effects of being tethered to our devices and the constant fast paced shifts in focus it encourages, should not be taken lightly. This behavior over time can be detrimental to health because it causes them to be sedentary, isolated and not mindful about eating. **Action Points:** Look for ways to curtail use of digital devices and social media. Try a daylong break from all

devices 1 day per week and use your new found time to go for a walk, cook more meals and engage in face to face time. Our final tip from the Blue Zones is that they believe that **Social Circles Reinforce Health**. Humans are social creatures and are hardwired to thrive on social interactions. Researchers have found that loneliness and depression can accelerate aging to the same degree as health conditions. Investigators on this subject found an association with having more social relationships and being at lower risk of testing poorly on physical health measures. Conversely, those who were more isolated were found to be more at increased risk for health-hampering inflammation and hypertension. **Action Points:** Aim to engage in daily socialization with family and friends. Schedule get-togethers with friends, join and exercise class, join a sport that involves group play, volunteer for a cause that forces interaction with others, and find ways to enjoy more of your meals in good company. Here is the bottom line: The Blue Zone regions are home to some of the oldest and healthiest people in the world. Although their lifestyles differ slightly, they mostly eat a plant-based diet, exercise regularly, drink moderate amounts of alcohol, get enough sleep and have good spiritual, family and social networks. Each of these lifestyle factors has been shown to be associated with a longer life. By incorporating them into your lifestyle it may be possible for you to add years to your life.

### Something to Think About!

"Every day is a new beginning. Take a deep breath and start again."

\_\_\_\_\_Unknown

**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](mailto:kathysfitstop@aol.com).