



FITSTOP FORUM

February
2024

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Hi Everyone! I hope you are all doing well and I also hope that those of you who have been battling sickness over the past month are finally starting to get better. I know that some of you also leave for a while during these winter months to head south. Just remember that if you would like to join in on a class or join in for personal training, you can always Zoom in! It's a great way to stay on track and stay connected! Just let me know if you are interested and if you need the link. Also, just letting you know that I will not be doing any training sessions and there will be no classes held from Friday Feb. 2nd though Monday Feb. 5th, as I will be out of town on those dates. I will confirm with you by Monday the 5th about classes and training for Tuesday Feb. 6th. I will tape up a circuit workout on the fitness floor for anyone who would like to use it. Until next time, stay well and Happy Valentines Day!



February Birthdays:

- 02/11 Carm R.
- 02/16 Sandy S.
- 02/18 Joanne A.
- 02/20 Rick D.
- 02/20 Jim M. Sr.

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 Newest Member:

Welcome to our newest member and to my brother Greg J. We are so happy to have you here with us!

5 Healthy Habits to Kick Start Your Health Journey:

According to a recent blog from the American Council on Exercise, we all now know that dieting is out. We also have heard that going Keto and cutting out carbs and joining Weight Watchers don't tend to lead to sustainable weight loss and they can often have you gaining weight back after it is

over. Most experts are now preaching that healthy habits are the best way for the vast majority of people to hit their goals, maintain them and live life to its fullest all at the same time. The phrase "healthy habits" can sound vague, so today we will look at 5 habits from the recent ACE blog that can transform your life! The first healthy habit is to "**Fluff with Veggies**": The blog states that if you can get into the habit of fluffing your meals with high fiber, low carb, low calorie veggies, you can likely achieve a moderate calorie deficit without counting, tracking or cutting out anything. Make 2 or even 3 meals a day be about a half plate of veggies. Even when you are having a casserole, mac and cheese, stew or a bowl of soup or chili or even oatmeal, keep the "half a plate" in mind but think "fluff" by adding frozen or fresh veggies. The second healthy habit is "**Sips not Chips**": Boredom eating, stress eating, emotional eating, and habitual eating while you are working or watching T.V. all present themselves as unhealthy habits that can be hard to get rid of. Instead of completely stripping away the habit and comfort of having something to munch on in those times, ACE suggests replacing the habit with SIPS. This can include coffee in the morning, herbal tea, sugar hot cocoas, decaf unsweetened lattes or naturally flavored water. By doing this, it allows you to keep the comforting and mindless behavior of having something to keep in your hands and mouth busy if you want to, while staying true to your health goals for the day. The third healthy habit is called

the "**10 Second Breather**": If you are coming up on a big box of donuts and want all of them or just feel like eating to distract yourself from life, take a deep 10 second breather, dial into what your body really needs, and either enjoy your treat mindfully or move on; whatever you decide. By allowing yourself those 10 seconds, you get to make a choice about what would really feel good for your body and get you closer to your goals. Sometimes you will choose the treat, but you may reduce the likelihood of a binge. Other times you'll move on, go for a walk, or do something else that will support you and your health goals. The fourth habit is to "**Do the Little Things**": There's no pretty way to say this but, don't be lazy. Get off your butt and put your dishes in the sink, fill the dishwasher, fold your clothes and put them away. Go to the grocery store yourself instead of insta-carting it. Get in the habit of doing the little things that make you move more. It will keep you alert and decrease the chances of you getting sluggish. A little really does go a long way. The last habit is to "**Talk Kindly to Yourself**": The Ace blog says that if you really want change, you need to talk to yourself like you deserve change because, let's be real, you do deserve it! Talk to yourself the way you would talk to your best friend. Just remember, habits take time to develop and build. Take it slow, give yourself grace and be consistent!

Something to Think About!

"In February, there is everything to hope for and nothing to regret and though February is short, it is filled with lots of love and sweet surprises."

___Author 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.