



# FITSTOP FORUM

March  
2024

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Hi Everyone! I hope you are all doing well as we approach the coming spring. I am grateful for such a light winter, but as they say; “March can be very unpredictable”! What we can count on very soon however, is the coming of longer days as we spring forward one hour into **Daylight Savings Time**. This all happens as of the second Sunday in March. Researchers, according to an ACE Fit Facts Blog, remain uncertain about how far reaching the consequences are of (DST). Our bodies thrive on routine, rhythm and balance and although losing an hour of time does not seem significant, it is to the body as our rhythmic balance is disrupted. See tips below from **Columbia University Irving Medical Center**, as to how we can combat the effects of losing that precious hour of sleep! Also, just a reminder for everyone to be sure to wear their **clean** indoor sneakers in the gym! We gotta keep it clean; thanks!



### March Birthdays:

- 03/01 Stan E.
- 03/03 Pam K.
- 03/04 Beth B.
- 03/06 Marie T.
- 03/08 Maggie O.
- 03/15 Tom H.
- 03/16 Cameron D.
- 03/22 Carol K.
- 03/25 Patty B.
- 03/27 Ira D.

### \*\*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 our newest members Jerry A. and John H. We are all so happy to have you here with us!

### Tips to Combat the effects of Daylight Savings Time:

Wherever you are when a clock change happens, there are ways to minimize the effects that it can have on your body such as fatigue, mood swings, increased

hunger, cluster headaches and difficulty sleeping. Here are a few suggestions from Alexandra Brown MD, a physician with Columbia Primary Care. \*Shift your sleep schedule in advance, by 15 minutes. Go to bed and wake up 15 minutes earlier each day for two or three days before the clocks change. \*Avoid light stimulation, like electronic screens, one hour before bedtime. \*Take a walk outside within two hours of waking up, especially if the sun is shining. \*Spend time in the glow of a sunlight-mimicking lamp. Lights that mimic outdoor light can help regulate circadian rhythm. \*Talk to your doctor if your physical or mental health remains off after one week. \*Drink one cup of coffee or tea. Caffeine can help with minor symptoms of fatigue in the morning, but not to excess and not at night. “You cannot use caffeine copiously to stay awake,” says Brown. “That works against you.”

### Short Sleeper Syndrome:

Too many Americans are sleep deprived. What is known, according to an article in the *Wall Street Journal*, is that one primary function of sleep is to conduct basic metabolic processes that allow the brain to function normally when we are awake. Short sleepers can apparently perform these janitorial duties much more efficiently. Short Sleeper Syndrome (SSS) is a sleep condition characterized by sleeping fewer than six hours each night. Most adults need seven or more hours each night to feel rested in the morning. Those with (SSS), however, can function normally throughout the day despite less

sleep. These individuals are different from short sleepers who choose to limit their sleep. Minimal sleep requirement occurs naturally for people with (SSS). They don’t restrict or avoid sleep and their sleep pattern is the same on most nights, including weekends and holidays. Those with (SSS) comprise maybe 1% to 3% of the population at most and as a bonus, they seem to be slimmer than average, more optimistic, more psychologically resilient and have a higher pain tolerance. This pattern begins in childhood and continues into adulthood. Ying-Hui Fu, a professor for Neurology at UC-San Francisco’s Weill Institute for Neurosciences, has been studying short sleepers for more than a decade. Fu and her colleagues have identified numerous genes that unlock this trait. These gene mutations may be what enables people to function so well on such little sleep. Fu published a new study suggesting that having a short sleeper mutation could also protect the carrier from neurodegenerative diseases. The results were exciting because one of the genes studied can be targeted by existing pharmaceutical drugs, raising the potential for a treatment that could safely make sleep more efficient for the majority of the population that is truly sleep deprived. Good night and sleep tight!

### Something to Think About!

“In March, winter is holding back and spring is pulling forward. Something holds and something pulls in us too.

\_\_\_\_\_Jean Hersey

March, when days are getting long, let thy growing hours be strong to set some wintry wrong.

\_\_\_\_\_Caroline May

**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).