



FITSTOP FORUM

April
2024

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Hi Everyone! I hope this month finds you all doing well and staying healthy. Let's hope the spring weather is on its way and here to stay as April can be such a great time to start to get out doors again for walks, jogs or hikes as well as enjoy a little more sunlight. With that in mind, it seems that morning exercise, according to a couple of recent *IDEA Fitness Journal* articles, can really benefit us cognitively and if heart disease is a concern, you may also want to choose morning exercise, as it can lower heart disease and stroke risks. This is good news for those who love morning workouts. And, as a bonus, if you exercise outdoors, it can be an invigorating way to start the day. It may also stimulate adequate blood flow levels to the brain as well throughout the day; **even during lengthy periods of inactivity!** So, there may be something to the adage, "The early bird catches the worm!" See you soon!



April Birthdays:

- 04/05 Ruth L.
- 04/07 Mary Y.
- 04/07 Sarah Y.
- 04/09 Maryanne O.
- 04/18 Chris H.
- 04/18 Deb P.
- 04/20 Joel L.
- 04/22 David C.
- 04/27 Satish K.
- 04/28 Angie 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!

Exercise for Diabetes:

Physical activity can prevent **type 2 diabetes** and help those who live with the disease to manage it effectively. To help those who manage the condition, the American College of Sports Medicine (ACSM) issued updated guidelines on exercise for diabetes based on new substantive evidence. These guidelines are

applicable to most people coping with the condition, including youth, and they go beyond exercise to include more lifestyle activity and less sedentary time. Recommendations about exercise for diabetes from the new consensus statement include: *Doing small "doses" of physical activity throughout the day to break up sitting time, particularly for those with insulin resistance and higher body mass index. *Participating in regular aerobic exercise to help manage blood glucose. *Choosing high intensity resistance exercise (rather than low to moderate intensity) to reap more benefits *Completing moderately high volumes of exercise 4 or 5 days a week to reduce body fat.* Getting active after meals to reduce blood glucose; and last but not least*Lowering insulin, if possible, or consuming more carbohydrate-rich foods before going to the gym to avoid blood sugar crashes.

Self Massage Tools at Home:

Have you ever tried self-massage tools? They are relatively inexpensive and can help prevent or treat pain or imbalances in your body. Which are the optimum tools? There is no simple answer. A product that one person finds too painful to use—or cumbersome or ineffective—might be a lifesaver for someone else. Educating yourself on how different devices work will help you assess their effectiveness at providing the desired benefit to the targeted part of the body. Here, Paul Kleiman, president of MassageU and U-Selfcare.com, explains a few kinds of

massage tools. First, people have been using tennis balls, golf balls, and pretty much any small, hard spherical object to compress and release trigger points for quite some time. The hard rubber **lacrosse ball** is a popular self-care product as it offers the right size and firmness for self-trigger-point work. You can roll your feet with one, using your body weight to control pressure, or place a ball under the center of a glute and sit on it, focusing on the piriformis muscle to relieve sciatica pain. You can also use it on your upper back area by placing it on a wall and pressing your body against it for trigger point release. **Foam rollers** also work with your body weight and are easily used on most parts of the body. Because of their shape, rollers are best for back, hips, buttocks and legs. In addition to massaging muscles, foam rollers help with myofascial pain by compressing trigger points. **Cane shaped tools** with nodes and handles are also very effective for small areas. You simply position the tip of the cane or one of the nodes on a trigger point or muscle knot and compress it by pulling on the handles or leaning on the device. These massagers come with links to video instructions. These tools are usually durable and affordable and offer a great way to self-administer trigger-point techniques, even on hard to reach places, such as the inner edge of the scapula which is a problem for many.

Something to Think About!

"You've got to get up every morning with determination if you are going to go to bed every night with satisfaction."

—George Horace Lorimer

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.