



FITSTOP FORUM

May
2024

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Hi Everyone! Happy Spring and I hope this newsletter finds you all staying well. BTW..., In case you haven't already noticed, when you turn the corner to come to the club, you no longer will see my 2007 Red Rav 4, aka "The FitStop Mobile". Don't worry! I am still here but am now traveling by way of my "Serene Green FitStop Machine". So when you see that Green Toyota Sienna, you will know that I am here! Also, my license plate is still "FitStop!" On another note, our gracious, longtime FitStop member Pam S. happens to also be a member of the Skaneateles Rotary Club. She has asked if we would like to help donate to the Skaneateles Rotary Food Drive. If so, we have a box in our hallway by the first bench, to drop off items that would benefit this great cause. The items will be collected **this week** by the morning of May 4th. See the list below for more info and needed items. Thank you all in advance!



May Birthdays:

- 05/06 Ronnie S.
- 05/10 Derrick T.
- 05/12 Kevin F.
- 05/16 Ron K.
- 05/26 Jinnette G.
- 05/26 Eileen C.
- 05/28 David S.
- 05/29 Vicki C.
- 05/30 Arnie R.

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 FitStop Members!

We would like to give a BIG *Welcome* to new members Peter M. and Patty M. Also welcome back to a couple of former members, David S. and Craig F! We are very happy to have you all here!

Rotary Food Drive:

Please assist the Skaneateles Rotary Food Drive along with Scout Troup 61 to replenish the Skaneateles and Spafford

food pantries. These pantries provide food used in tens of thousands of meals per year, fulfilling a great need in our community. If you can assist, please bring donations on or before Saturday May 4th by 9:30 A.M. Any non-perishable groceries are appreciated, but these are top requests:

- *Canned fruit- all sorts
- *100% fruit juices-apple, grape, cranberry
- *Granola
- *Crackers
- *Jams and Jellies
- *Flavored rice
- *Laundry detergent
- *Personal hygiene items
- *Paper towels
- *Kitchen and bathroom cleaning products
- *Reusable bags

Monetary donations are also welcome with all proceeds passed directly to the pantries. They accept Venmo, online, <https://skaneatelesrotary.com/donate>, or by check to "Skaneateles Rotary Foundation" with "Food Bank" in the memo field and mailed to Skaneateles Rotary Club, P.O. Box 316, Skaneateles, NY 13152. Thank you so much for your support!

Fight Chronic Inflammation:

In a recent IDEA Fitness Journal article, researchers offer insights into why exercise reduces chronic inflammation. They executed a 6-week exercise intervention involving 78 people with arthritis. Roughly half of the participants engaged in a 15-minute daily exercise program and half did not. After the study period, only those who exercised had reduced pain and increased gut microbes that produced substances that

helped with chronic inflammation. The study clearly showed that exercise increases the body's own cannabis-type substances, which can have a positive impact on many conditions such as diabetes and obesity. Common triggers of inflammation are infection and tissue injury. Air pollution, poor water quality and other environmental factors can also trigger and sustain inflammation. In certain instances **acute inflammation** is vital in the healing process, but problems arise when the acute inflammatory response fails to resolve the harmful cellular intrusion, which can lead to **chronic inflammation** and a host of potentially serious health challenges. The good news is that regular physical activity is an effective protector and treatment against chronic diseases associated with chronic low-grade inflammation. Researchers have found that moderate intensity levels (approximately 45 minutes 3 days a week), of aerobic activity were more successful in managing low-grade inflammation. This level was effective at reducing pro-inflammatory proteins and increasing the helpful anti-inflammatory proteins. The same beneficial anti-inflammatory effects were noted with moderate intensity resistance exercise using (3-5 sets, 10 repetitions), which also plays a positive role in its anti-inflammatory effects.

Something to Think About!

"We make a living by what we get, but we make a life by what we give."

____Winston Churchill

"As we work to create light for others, we naturally light our own way."

____Mary Anne Radmacher

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.