



# FITSTOP FORUM

June  
2024

215 W. Manlius St. East Syracuse NY 13057 Phone: 315-214-5466 or 315-415-4043 E-mail: kathysfitstop@gmail.com

Hi Everyone! I hope you are all doing well and enjoying our beautiful springtime weather. I would like to thank everyone who donated to the Skaneateles Food Bank last month. Your generosity was very much appreciated. This is a great time of year to do some spring cleaning. We did some spring cleaning and updates to our club this month too; including getting most of the interior of the club repainted. We also finally have our water fountain fixed and flowing!! Yay!! And next week we will be getting our annual carpet cleaning done! I love that feeling when everything is all clean and fresh and ready to go. With that said, it's also a great time to think about sprucing up our diets and exercise routines as well. It's all about new beginnings and if you have not done so yet, now is the best time to make that decision! Remember that you can start fresh and new every day and I am here to help!



### June Birthdays:

- 06/03 Debbie W.
- 06/08 Sandy Mc.
- 06/08 Gina M.
- 06/14 Anita B.
- 06/15 Joey C.
- 06/16 Taylor M.
- 06/17 Julia C.
- 06/17 Gia M.
- 06/18 Jeff C.
- 06/20 Gerald A.
- 06/20 Bobby M.
- 06/20 Georgi M.
- 06/27 Randi J.

### \*\*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 our newest members Jennifer G. and Peter E. M. We are very happy to have you here!

### Body Positivity: Find the Balance:

The concept of body positivity has gained

significant traction, according to an article in the May 2024 blog by American Council on Exercise. It is a movement with the idea that champions acceptance and appreciation for bodies of all shapes and sizes and abilities. At first glance, this movement is positive and necessary. However, like any movement, it's important to strike a balance and avoid falling into the trap of extremes. Today we will explore the importance of navigating the extremes of "weight focus" and "weight neutrality" to discover true harmony in our relationship with our bodies. At one extreme, a focus is on body weight alone by the pressure to conform to society's narrow standards of beauty. We are bombarded with images of unattainable an unrealistic "perfection" at every turn. This can all lead to feelings of inadequacy and disordered eating which takes a toll on physical and mental health. At the other extreme, we see glorification of unhealthy habits under the guise of body positivity. It's important to acknowledge that obesity, like other health conditions, can have negative impacts on health and we must not downplay, deny or ignore these risks. To find harmony between these two extremes we can take a holistic approach by shifting our mindset from comparison and judgment to one of compassion and self care and celebrate our body for its strength, resilience and capacity for growth while we prioritize nourishing ourselves with wholesome foods, staying active in ways that bring us joy and practicing self care rituals that honor our body and mind. Consider the following acronym

I.N.S.P.I.R.E. to help you take steps in balancing your body positivity.

**I= Ignore Extremes:** Find compassionate reasons for embracing behaviors that feel best.

**N=No Single Right Answer:** What may be right for someone else may not necessarily be right for you.

**S=Set Boundaries:** Limit exposure to media content that prompts negative thoughts.

**P=Practice Self Compassion:** Talk to yourself like you would talk to a friend.

**I=Illuminate your Plate:** Prioritize nourishing foods that fuel your body and support health. Eat mindfully and stop when you are satisfied.

**R=Reach out for Help:** If you are struggling with body image issues or disordered eating behaviors, seek professional support.

**E=Enjoy Movement:** Find physical activities that you enjoy and that make you feel good. Shift your mindset from thinking of exercise as a means to change your body to considering exercise as a way to honor and care for your body. Above all, finding harmony with your relationship with your body requires kindness, patience and self compassion. It's a journey that unfolds over time. We should try to strive to create a world where each unique approach to self care is honored because it is ours alone.

### Something to Think About!

"The beginning is always today."  
\_\_\_\_\_Mary Shelley

"Every day is a chance to begin again. Don't focus on the failures of yesterday. Start today with positive thoughts and expectations."  
\_\_\_\_\_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](mailto:kathysfitstop@aol.com).