FIT JUST4U

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Aging Well With Strength, Power and Purpose



Care of the Caregiver: Replenishing Your Own Cup

For many years, I have encouraged others to protect their health through movement, proper nutrition, rest, faith, and healthy lifestyle choices. As a retired registered nurse and fitness professional, I understand the importance of self-care. Yet my recent experience caring for my husband, Bennie, reminded me that knowing what to do and actually making time to do it are not always the same.

On June 13, Bennie experienced a massive brain bleed that resulted in an extended hospitalization, including time in intensive care. Our lives changed almost overnight. My days became filled with hospital visits, conversations with healthcare providers, difficult decisions, prayers, business responsibilities, and preparations for his return home. I was deeply grateful for the progress Bennie was making, but I also began to recognize how easily a caregiver's own needs can quietly move to the bottom of the list. When someone you love is ill, your natural instinct is to give everything you have. You focus on medications, appointments, meals, safety, comfort, and recovery. You tell yourself that you will rest later, exercise tomorrow, or prepare a healthy meal when things settle down. But caregiving does not always "settle down" quickly.

I have learned that replenishing your own cup is not selfish—it is necessary. A caregiver cannot continue pouring from a place of complete exhaustion. Sometimes replenishment looks like taking a short walk, eating a nourishing meal, accepting help, sitting quietly in prayer, getting additional sleep, or simply allowing yourself a few moments to breathe. I am still walking through this journey. I do not have every answer, and I do not always get the balance right. But I am learning to extend the same compassion to myself that I so freely give to others. To every caregiver reading this newsletter: you matter too.

Your health, emotional well-being, strength, and peace are not separate from the care you provide—they are part of it. You do not have to earn rest, and you do not have to feel guilty for taking care of yourself.

Our bodies are precious gifts from God, worthy of care and nourishment. Even during demanding seasons, we must remember the words of 3 John 1:2: "I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." As you care for someone you love, remember to pause and ask yourself: What do I need today to refill my cup?

You may not be able to fill it completely in one day, but every small act of care matters. Take a breath. Receive support. Give yourself grace. And remember—you were never meant to carry everything alone.

With faith, gratitude, and encouragement,

Jo Ann Goodie-Charles, RN, CPT
Founder and CEO, Fit Just4U
Aging Well with Strength, Purpose & Power

The Hidden Health Risks of Caregiving
Caring for Yourself While Caring for Someone You Love

WHAT YOU NEED TO KNOW THIS MONTH

Caring for a loved one is one of life's greatest expressions of love. Whether you are caring for a spouse, parent, sibling, family member, or close friend, the role of caregiver is both rewarding and demanding. It often requires tremendous patience, compassion, sacrifice, and resilience.

But while caregivers devote themselves to meeting the needs of others, many unknowingly neglect the person who makes that care possible—themselves. As a Registered Nurse, Certified Personal Trainer, and caregiver for my husband during his recovery from a hemorrhagic stroke, I have experienced firsthand the emotional and physical demands caregiving places on the body and mind. It has reminded me that caregivers need care, too.

The Hidden Toll of Caregiving

Many caregivers spend months or even years putting another person's needs ahead of their own. Over time, this constant responsibility can begin to affect nearly every aspect of health

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Physical Exhaustion

Helping with daily activities, preparing meals, attending medical appointments, lifting or assisting with mobility, and remaining constantly alert can leave caregivers physically depleted.

Fatigue isn't simply feeling tired—it is a state of exhaustion that can weaken the immune system, reduce energy, increase the risk of injury, and make it difficult to think clearly.

Chronic Stress

Caregiving often brings uncertainty, financial concerns, medical decisions, and emotional challenges. When stress becomes constant, the body produces elevated levels of cortisol, commonly known as the "stress hormone."

Over time, chronic stress may contribute to:

- High blood pressure
- Heart disease
- Diabetes
- Weight gain
- Anxiety and depression
- Memory problems
- Weakened immune function



Sleep Deprivation

Many caregivers sleep lightly or wake frequently to assist a loved one during the night. Others struggle to sleep because their minds never truly rest.
Poor sleep affects concentration, mood, decision-making, healing, and overall health. It also increases the risk of falls, accidents, and caregiver burnout.

Social Isolation

Caregiving can become an around-the-clock responsibility, leaving little time for family, friends, church activities, hobbies, or recreation. Over time, many caregivers begin to feel lonely, disconnected, and emotionally overwhelmed. Maintaining meaningful relationships is not a luxury—it is an important part of maintaining emotional well-being.

Compassion Fatigue and Burnout

Even the most devoted caregivers have limits. Compassion fatigue occurs when prolonged caregiving leaves a person emotionally, mentally, and physically drained. Signs may include irritability, hopelessness, difficulty concentrating, loss of motivation, and feeling emotionally numb. Recognizing these signs early allows caregivers to seek help before reaching complete burnout.

The Bottom Line

Caregiving is a journey of love, but it should never come at the expense of your own health.

Remember, your loved one needs more than your time and energy—they need you. By caring for your body, protecting your mental health, nurturing your spirit, and asking for help when needed, you become stronger, healthier, and better equipped to continue serving those you love.

At Fit Just4U, we believe healthy aging includes caring for the caregivers who so faithfully care for others.

Because when caregivers are healthy, families are stronger, recovery is supported, and hope grows.

Take care of yourself... because someone you love is counting on you.

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Member Spotlight:
Stronger Together: Daisy Morales & Clark Rea
Journey of Love, Fitness and Healthy Aging



Healthy aging is not a journey we have to take alone. Daisy Morales and Clark Rea are a wonderful example of how love, encouragement and a shared commitment to wellness can make the journey both meaningful and enjoyable.

Married for 31 years, Daisy and Clark have built a life grounded in partnership and mutual support. That same spirit of teamwork is now helping them become stronger, healthier and more confident together.

When they first came to Fit Just4U, their goals were clear: to improve their strength, balance and mobility, while also addressing Clark's chronic back pain. Through consistent exercise, determination and a willingness to challenge themselves safely, they have made encouraging progress. Their strength, balance and mobility continue to improve, and the chronic back pain that Clark experinced that once affected his daily life is has made 180 degree improvement.

Their journey reminds us that exercise after age 50 is about far more than appearance. It is about developing the strength needed to rise from a chair, climb stairs and complete daily activities. It is about improving balance to reduce the risk of falls and maintaining mobility so we can continue enjoying the people and activities we love.

Working out as a couple also provides something especially valuable—accountability. On days when one person may not feel as motivated, the other can offer encouragement. Daisy and Clark showed us that progress is not about perfection. It is about showing up, supporting one another and remaining committed to the process.

Their positive energy is easy to see. Whether they are completing strength-training exercises, working on balance or sharing a smile during a challenging workout, they demonstrate that fitness can be effective and enjoyable. Their 31-year partnership brings laughter, encouragement and teamwork into every session.



Fitness is even better when you share the journey with someone you love. Our Couples Personal Training Special gives you the benefits, accountability, encouragement, and personalized attention of training together while making fitness more affordable. Get the benefits of personal training by sharing a session with a buddy or partner at 1/3 of the cost. A 45-minute personal training session regular cost is $384.00. Invest in your health, strengthen your bodies, and enjoy quality time together while working toward greater strength, balance, mobility, and healthy aging. Couples who get stronger together, thrive together!

What's Up at Fit Just4U
Ladies OnlyWeekend Warrior Boot Camp



What to Expect at Saturday Boot Camp

Our Saturday Boot Camp is designed especially for ladies 50 and older who enjoy a challenge, want to get stronger, move better, and feel more confident in a supportive environment. You'll exercise alongside peers who share similar goals and understand the journey of staying active as we age.

Each session will focus on building strength, improving mobility, increasing endurance, and supporting balance and everyday movement. Exercises can be modified to meet different fitness levels, so you can feel challenged without feeling intimidated. Come as you are, move at your level, and grow stronger with a community that understands you.

End of Summer Sisterhood Close Out – Cost $80.00 Time: 7:30 am – 8:15am



At Fit Just4U, we believe taking care of our bodies is part of honoring the gift God has given us. Buddy Camp is more than a workout—it's an opportunity to strengthen your body, lift one another up, and remember that "I can do all things through Christ who strengthens me." — Philippians 4:13



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Fit Just4U Personal Training & Wellness Center

“Investing in health today. Transforming tomorrow. Strengthening lives. Building legacies.”