Can you believe how quickly this year is passing? With a new month upon us, we prepare for warmer weather, summer vacations, and of course, the Spring Predict Race. This year, the race will be held on Saturday April 30th at Martinez Park in Fort Collins. The race, which includes a 1 mile, 2 mile, and 5k course, will start promptly at 8:00am. Registration for the race starts Friday April 1st and will be available at the blood pressure tables by the track during every Adult Fitness session until race day.

The Spring Predict Race is slightly different than most other races for two main reasons: 1) the winner is denoted as the person who predicts their time to complete the course most accurately and 2) the “race” environment is very friendly and non-intimidating.

After everyone completes their course, we will celebrate with a potluck brunch where the first place finishers (both male and female) for all three courses will be given their prize. Additional raffle prizes will be given away during this time as well. A signup sheet for those interested in bringing (and eating) food after the race is now placed on the blood pressure tables.

When Sherri Linnell started the Spring Predict Race, she wanted to create an event where Adult Fitness members and their loved ones could participate in an activity that encourages movement and camaraderie. The Spring Predict Race does just that, so lace up those sneakers and join us for a fun filled morning spent with friends, family, and the Adult Fitness community!

~Kellie Walters, M.S.

Mental Toughness

We have all heard the term “mental toughness”, but what does it mean? How do I know if I have the right mental toughness for exercise, racing, or goal achievement? Can I teach myself to develop better more efficient mental toughness? Let’s start with a clear understanding of mental toughness.

**Mental toughness** is having the natural or developed psychological edge that enables you to:

- Cope with the many demands that are placed on you as a performer.
- Be more consistent and better than your opponents in remaining determined, focused, confident, resilient, and in control under pressure.

**Developing Mental Toughness**

1. **Attitude/State of mind**— Know what your confidence is all about, being better prepared, and putting your skills all on the line.
2. **Visualize success**— Know that you are going to do well, see yourself doing well, and not settling for anything less.
3. **Routine**— Put together a steady workout program and hold yourself accountable, push yourself every time.
4. **Composer**— Let go of little mistakes and/or set backs. Use those to make corrections and keep pushing forward.
5. **Be a difference maker**— Set yourself a bar and push past it.

These steps can help improve your mental toughness. Take and apply them to your workout, job, and lifestyle.
Healthy Recipe: Stuffed Eggplant

**Ingredients**
- 1 medium eggplant
- 1 cup water
- 2 tablespoons olive oil
- 6 ounces boneless, skinless chicken breast, cut into strips 1/2 inch wide and 2 inches long
- 1/4 cup chopped onion
- 1/4 cup chopped red, green or yellow bell peppers
- 1 cup canned unsalted tomatoes, drained except for 1/4 cup liquid
- 1/4 cup chopped celery
- 1/2 cup sliced fresh mushrooms
- 1 cup whole-wheat bread crumbs, Freshly ground black pepper, to taste

**Directions**
Preheat the oven to 350 F. Lightly coat a baking dish with cooking spray.
Trim the ends off the eggplant and cut in half lengthwise. Using a spoon, scoop out the pulp, leaving a shell 1/4-inch thick. Place the shells in the baking dish and add the water to the bottom of the dish. Chop the eggplant pulp into cubes. Set aside.
In a large, nonstick frying pan, heat the olive oil over medium-high heat. Add the chicken strips and saute until the chicken is lightly browned and no longer pink, about 5 minutes. Add the diced eggplant, onion, peppers, tomatoes and reserved tomato juice, celery, and mushrooms to the chicken. Reduce heat and simmer until the vegetables are tender, about 10 minutes. Stir in the bread crumbs and black pepper. Scoop half of the mixture into each eggplant shell. Cover with aluminum foil and bake until the eggplant is softened and the stuffing is warmed through, about 15 minutes. Transfer the eggplant and serve.

**Serving Size:** 2
**Calories:** 388
**Protein:** 26g
**Carbohydrate:** 35g
**Total Fat:** 15g
**Saturated Fat:** 2g
**Monounsaturated Fat:** 10g
**Cholesterol:** 49mg
**Sodium:** 185mg
**Fiber:** 12g
**Potassium:** 1209mg
**Calcium:** 54mg

Gaining Health While Giving Back

Volunteering is something that many people enjoy doing and enables people to experience the “gift of giving”. Additionally, volunteers are a great resource for those in need around the world. What are the benefits to those who volunteer?
Satisfaction of incorporating service into their lives or making a difference in their community. Pride, satisfaction and accomplishment are also benefits for those who give up their time to help serve others. Now we can add health benefits to that list as well!
Several studies over the past two decades have lead researchers to conclude that those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer. Studies also state that older volunteers are the most likely to receive greater benefits from volunteering because of the physical and social activity, which also incorporates a sense of purpose or fulfillment.

Member of the Month: Robert Pasqual

Robert has been a recent addition to the Adult Fitness Program. He joined AF in late January after a recommendation from a medical professional. Robert is originally from the Michigan area, where he joined the United States Air Force as a crew chief in 1952. During his military time as a crew chief, Robert was trained to fix Air Force aircraft while stationed in the Boston area.

After the military, Robert’s achievements lead him to a career with General Motors. He retired in 1985 and 6 years ago relocated to the Fort Collins area to be closer to his family. Robert and his wife, Lois, enjoy spending their time watching their 5 year old granddaughter during the week. They are very active in their church and have enjoyed the membership Robert has with Adult Fitness. The one on one time has been very beneficial to Robert which is evident in his continued progress with his physical activity.