Director’s Corner

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 28th at Martinez Park in Fort Collins. The race, which includes a 1 mile, 2 mile, and 5 k course, will start promptly at 8:00am. Registration for the race starts Monday April 2nd and will be available at the blood pressure table on 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 (no watches allowed!) 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 will be on the blood pressure table next to the registration sheet.

The Spring Predict Race is an event where Adult Fitness Members and their loved ones can participate in an activity that encourages movement and camaraderie. 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.

Benefits of Resistance Training

Did you know that resistance training is beneficial for endurance athletes, including runners? In fact, resistance training can actually improve your performance! Studies have shown that as little as 10–20 minutes of resistance training daily can reduce one’s risk of becoming injured. Lower injury rates mean more time spent training and improving.

The type of resistance training is important, and should mimic similar movements done while running. This includes exercises such as lunges, squats, leg lifts, push-ups and planks. It is recommended that individuals start by doing 3–5 different exercises. For each exercise, one should complete 2–3 sets of 4–8 repetitions. Or, the exercises can be timed (i.e. hold planks for 2–30 seconds).

Another thing to keep in mind is to complete the resistance training on days you do easy or moderate level runs. Begin with body-weight resistance sessions (they are less intense) and progress to higher intensities when you are ready!

~Sara Rider

Looking for a FREE MONTH at Adult Fitness? Refer a friend to AF, and receive a month free. It’s that simple!

Monthly Quote

“Success isn’t how far you got, but the distance you traveled from where you started.”

~Anonymous
Ingredients
- 2 firm-ripe mangoes
- 1/4 cup finely chopped red onion
- 2 tablespoons chopped cilantro
- 1 tablespoon lime juice
- 1/4 teaspoon salt
- 1 fresh jalapeno pepper, seeded and minced

Directions
1. Peel mangoes. Slice fruit off pits and peel and cut into 1/2 inch chunks
2. In a bowl, mix mangoes, onion, cilantro, lime juice, and salt. Add pepper to taste.

Nutrition (per serving)
- Calories: 28
- Total Fat: 0 g
- Saturated Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 74 mg
- Total Carbs: 7 g
- Dietary Fiber: 1 g
- Protein: 0 g

Fitness Tips to Help Boost your Workout!

Protect Your Neck
⇒ Put your tongue on the roof of your mouth while doing crunches. Studies show this helps align your head properly which will reduce neck strain.

Muscle Up Your Back
⇒ While doing lat pull downs, instead of wrapping your thumb around the bar, place it on top along side of your index figure. This decreases the involvement of your arm muscles so more of the focus is placed on your back. This tip works for pull ups too!

Blow Off Your Belly
⇒ While doing abdominal crunches, try exhaling forcefully at the top of your movement. This makes your abs work harder during the exercise.

Squat for a Six-Pack
⇒ Squats and Dead Lifts. Research shows that these two exercises force your abdominal muscles to do a significant amount of work to keep your posture in the correct position.

Lose Your Weak Spot
⇒ Don't like a particular exercise... start doing it more. One of the reasons you may not be doing it is because you're need improvement...remember, practice makes perfect!

With this warm weather we've been having, it is very tempting to spend a lot of time outside! However, stay smart by protecting your skin and staying healthy. As always, keep a balanced diet and exercise routine. Also, make sure if you are outside to wear sunscreen with an appropriate SPF and reapply as necessary! It is best to try and avoid being outside between the hours of 10 and 4pm, when the sun rays are at their highest power. Protecting your skin with sunscreen can give you health benefits without all the sun damaging effects on your body!