Announcements

* We will be updating AF clients information and adding pictures to your profiles. Pictures will be taken February 4th through the 8th during normal AF hours. Make sure to get your picture taken.

* If you have a success story of your own or someone else here at AF, please talk with Melissa. She will be making a display board to show the achievements from all your hard work here!

* Have something you want to know more about or see here at AF? Let us know by filling out a comment card by the office or talking to staff. We are here to help you! Let us know and we will do our best.

Welcome Kimberly Burke!

Kimberly Burke is a Colorado native from Highlands Ranch. As a child she was active in soccer and then played volleyball all through middle and high school. She later went on to coach volleyball. She attended Colorado State University and got her BS in Health and Exercise Science with a concentration in Health Promotion. Through her degree she spent two semesters in Adult Fitness as a practicum student and is so excited to be back! Kimberly is a Certified Group Fitness Instructor (ACE), and enjoys a good workout; whether her own or instructing others. She enjoys baking, movies and spending time with family and friends. Kimberly is very happy to be back working with the Adult Fitness program and getting to see all of the participants again.

Monthly Quote

“Celebrate any progress. Don’t wait to get perfect.”

Ann McGee Cooper

As many of you know, February is America Heart Month. As such, we’ve listed a few interesting facts about heart disease that may be useful for you.

- In the U.S., more than 200,000 people a year suffer from a heart attack
- Know your ABCS: Ask your doctor if you should take an Aspirin every day. Find out if you have high Blood pressure or Cholesterol, and if you do, get effective treatment. If you Smoke, get help to quit
- More women die from heart disease per year than men. Visit goredforwomen.org for more information and to calculate your risk
- Symptoms of a heart attack differ by sex. As with men, women’s most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/
Ingredients

- 1 C quick cooking rolled oats
- 1/2 C whole wheat flour
- 1/2 C Grape Nuts cereal
- 1/2 tsp ground cinnamon
- 1 beaten egg
- 1/4 C applesauce
- 1/4 C honey
- 3 T brown sugar
- 2 T vegetable oil
- 1/4 C unsalted sunflower seeds
- 1/4 C chopped walnuts
- 1 7 oz bag chopped dried mixed fruit

Directions

- Preheat oven to 325°F
- Line 9” square baking pan with foil, spray with cooking spray
- In Large missing bowl combine oats, flour, cereal and cinnamon. Mix well.
- Add egg, applesauce, honey, brown sugar and oil. Mix well.
- Add seeds, nuts and dried fruit.
- Spread evenly in pan
- Bake 30 minutes until firm and lightly brown along edges
- Let cool, use foil to remove from pan, cut
- Refrigerate or enjoy

Welcome Melissa Hoffman!

Let me take a minute and introduce myself. I am a Senior here at CSU in the Department of Health and Exercise Science. I was apart of the Adult Fitness program in Spring 2012 as a practicum student and very much enjoyed it.

I went to college for two years after high school and studied Athletic Training and Sports Medicine before joining the Army in May 2005 as a combat medic. I served in the Army for six years before returning to college here at CSU. During my tenure in the Army, I was stationed in Italy, Germany and Colorado Springs with a 15 month deployment to Afghanistan as a part of the 173rd Airborne Brigade Combat Team.

I have two children, ages four and two and have a wonderful husband who is in the CSU Veterinarian school. We both graduate in May before we go wherever the Army takes us again. I look forward to meeting and working with you all.

Welcome Laura Graf!

I am a senior in the Human Development and Family Studies program with a minor in gerontology, and I am also working on the pre-occupational therapy requirements. This is my second bachelor’s degree. The first was in journalism from Colorado Mesa University a very long time ago. Eventually, I plan to earn a master’s degree in occupational therapy, and hope to work with the Veteran’s Administration in Grand Junction, or Indian Health Services in the four corners area, but we’ll see what happens. While I’m not a Health and Exercise Sciences major, I am really excited about this internship. I enjoy working with people of all ages and look forward to interacting with the clients, the grad students, and other interns. I don’t have a lot of spare time, but when I do, I try to spend as much of it as possible with my children. I also try to squeeze in time for exercise, hiking, long drives around town or in the country, and SHOPPING -- at least, window shopping.