I would like start this month’s Director’s Corner with a big THANK YOU! For those of you who do not know, I was unable to attend this year’s Spring Predict Race because of a death in my family. Addie and Julie stepped up to the challenge, and with the help of the first and second year practicum students, this year’s Spring Predict Race was a success!

As many of you know, we are “losing” both Addie and Julie as they are graduating and moving on to bigger and better things. I know I am speaking for everyone at Adult Fitness when I say it was truly a pleasure to work with them both. Addie and Julie—please know you have done a tremendous job working for the Adult Fitness Program and will truly be missed!

On a more cheerful note, I just heard news that we have been approved to receive a rather large amount of new equipment. I realize that change can sometimes be unnerving, but the additions we will be making to the weight room will only serve to further enhance your workout and increase your safety.

In order to make room for the new equipment, we will be getting rid of some of the older equipment. If a piece of equipment you regularly use is replaced with a newer one, please ask and we can help you set up and explain the benefits of the new machine.

This is an exciting time at Adult Fitness. We anticipate the new equipment (and possibly refinished floors) by June 30th. We are still working out many of the fine details, but I promise to keep you all updated and informed along the way.

With that, I’ll leave you with a quote that is sure to make you giggle:

“Change is inevitable, except from a vending machine”

—Robert C. Gallagher

~Kellie Walters, M.S.

Mental Health May

"Do More for 1 in 4" is a new and effective way to bring more action, education, and help to more than 50 million adult Americans who suffer from some form of mental disorder. The name corresponds with the fact that 1 out of every 4 adults in the United States suffer with a mental health condition. Of that number, only half of them seek help due to the societal view associated with mental illness and the cost of long term treatment programs. Other social factors may also be included such as social and economic status. The general public should be aware of the signs (see column to the right) of mental illness and the improved quality of life that is produced with treatment from a qualified professional.

What do you need to know and understand about mental illness? First, you should have an idea of the signs and symptoms of mental illness, and talk to family and friends about possible treatment programs. Help them understand and give support every chance you can. Continue education; do what you can to get the word out within your community. Convey the message that getting help is ok and should be undertaken in order to improve and help manage their quality of life.

Signs of Mental Illness

- Confused thinking
- Prolonged depression
- Feelings of extreme highs/lows
- Excessive fears and anxieties
- Social withdrawal
- Dramatic changes with habits
- Strong feelings of anger
- Delusions or hallucinations
- Growing inability to cope
- Suicidal thoughts
- Denial of obvious problems
- Numerous ailments
Healthy Recipe: Buckwheat Pancakes

Ingredients

- 2 egg whites
- 1 tablespoon canola oil
- 1/2 cup fat-free milk
- 1/2 cup all-purpose (plain) flour
- 1/2 cup buckwheat flour
- 1 tablespoon baking powder
- 1 tablespoon sugar
- 1/2 cup sparkling water
- 3 cups sliced fresh strawberries

Directions

**In a small bowl,** whisk together the egg whites, canola oil and milk.

**In another bowl,** combine the flours, baking powder and sugar. Add the egg white mixture and the sparkling water and stir until slightly moistened.

Place a nonstick frying pan or griddle over medium heat. When a drop of water sizzles as it hits the pan, spoon 1/2 cup pancake batter into the pan. Cook until the top surface of the pancake is covered with bubbles and the edges are lightly browned, about 2 minutes. Turn and cook until the bottom is well browned and the pancake is cooked through, 1 to 2 minutes longer. Repeat with the remaining pancake batter.

**Serving Size:** 2

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Monounsaturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Potassium</th>
<th>Calcium</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>134</td>
<td>5 g</td>
<td>23 g</td>
<td>3 g</td>
<td>Trace</td>
<td>2 g</td>
<td>Trace</td>
<td>149 mg</td>
<td>215 mg</td>
<td>80 mg</td>
</tr>
</tbody>
</table>

Addie Middleton

Addie moved to Fort Collins, CO last August to attend CSU’s Masters program in Health and Exercise Science. She is a transplant from South Carolina and has fallen in love with the area. Prior to relocating, Addie worked as a physical therapist, and she has decided to return to working as a therapist at the end of the semester. Her hope is to stay in the area and is focusing her job search on Fort Collins. One of the highlights of the past year for Addie has been her involvement with the Adult Fitness program. “The members of the program have made me feel like I have a family out here. Coming to ‘work’ was something I looked forward to and will truly miss.”

Julie Barnes

Julie Barnes is graduating with a Master of Science in Health & Exercise Science this month. She will continue to live in Fort Collins for the immediate future as she will be working in the Human Performance Clinical/Research Laboratory through October. Julie hopes to stay in the Front Range and work in exercise promotion and diabetes education. Julie would like to thank all of the staff, members, and students of Adult Fitness for making the past two years such a wonderful experience. She considers it a joy to know each of you and will miss seeing all of you at the South College gym. She encourages you to stay active – and keep smiling!