Improving quality of life for the adult population through caring, understanding, and education.

Membership Freeze Form
Are you going on vacation or do you anticipate being gone from Adult Fitness for a significant period of time? If so, ask an Adult Fitness staff member for a “Freeze Form” or access the form on our website and we will cancel your billing during the months that you are gone. It’s just that.

Director’s Corner: Welcome Erin and Drew!

Believe it or not, summer is over and the fall semester has begun. If you haven’t noticed yet, we have two new Graduate Students: Erin Rauh and Drew Harms. They are wonderful people who are eager to get to know you all. So, the next time you see them, make it a point to introduce yourself and say hello.

~Kellie Walters, M.S.

Drew received his Bachelor’s Degree from the University of Kansas in Human Biology and is currently pursuing a Master of Science in the Health and Exercise Science Department. He immediately felt a connection with the faculty and department, making the decision to attend CSU and easy one. After completing his Master’s degree, he hopes to obtain his PhD in a field related to Public Health and Physical Activity.

Drew enjoys being active outdoors, including surfing, swimming, hiking, and backpacking. He loves to travel, meet new people, and experience new challenges and adventures.

Drew was raised as a college gypsy moving from one college town to another, following his father’s schooling. He has lived in 6 states, with the last 3 years being spent on Maui where he was the Director of Fitness and Wellness and the Grand Wailea Resort. We are lucky to have such an experienced and knowledgeable staff member!

In 2009, Erin earned her Bachelor’s Degree from Penn State in Biobehavioral Health, with a minor in Kinesiology. Upon graduation, she worked as a Clinical Research Coordinator at the University of Pennsylvania where she coordinated an observational study that focused on eating behavior in children. The overarching aim was to identify particular eating behaviors that may put children at risk for obesity. After two years as a Research Coordinator, she decided she was ready to go back to school to pursue her graduate studies! Erin chose CSU because of the department’s focus on exercise as it relates to overall health and was also drawn to the program because of its interdisciplinary nature and the opportunity to form collaborations in surrounding fields. She will also admit that living in Colorado was a welcome and exciting change!

Erin’s hobbies focus on being active including running, hiking, yoga, and pilates. She loves to cook and is always trying out new recipes. Erin hopes to eventually earn her PhD and to teach/conduct research at the university level.

Monthly Quote:
A mistake is simply another way of doing things.
~Katharine Graham

CSU Adult Fitness Newsletter

Generation Wellness

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Roast Chicken With Balsamic Peaches

Ingredients:
- 1 chicken (3.5 to 4 lbs)
- 3 tablespoons olive oil
- 2 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 4 peaches, quartered (peeled, if desired)
- 4 small shallots, halved
- 1 tablespoon balsamic vinegar
- 6 sprigs fresh thyme

Directions:
Heat oven to 400° F. Pat the chicken dry with paper towels. Rub the chicken with 1 tablespoon of the oil and season with 1/2 teaspoons of the salt and 1/4 teaspoon of the pepper. Place in a baking dish. In a small bowl, combine the peaches, shallots, vinegar, thyme, and the remaining oil, salt, and pepper. Scatter the peach mixture around the chicken. Roast until the chicken is cooked through and a thigh registers 180° F on a meat thermometer (~1 hr and 10 min). Let rest for 10 minutes before carving. Serve with the peaches and pan sauce.

Serving Size: 4
- Calories 390
- Fat 28g
- Saturated Fat 5g
- Cholesterol 85mg
- Sodium 1,022mg
- Carbohydrate 13g
- Fiber 2g
- Sugar 9g
- Protein 22g

Members of the month: Marion and Doug Adams

Marian and Doug met at Good Shepherd Church, when amongst a group of people, the topic of an upcoming talent show came up. Laughing, Marian promised to belly dance while Doug said he would sing a country ballad. Only one of them followed through.

For the first 10 years of her life, Marian grew up in Santiago, Cuba. As a military brat she lived in many places, finally settling in Laporte, CO in 1969. Marian spent many years as a stay at home mom, but has since then been a driver for a semi-truck, owned a day care center, and now for the last 18+ years, she has been a social worker. Doug was born in Idaho and moved to Greeley, CO before he was 1 years old. Like a Renaissance man, Doug has worn many hats in his life: bartender, salesman, country singer, Pastor, and finally, house painter.

Marian thinks Adult Fitness is a non-threatening, friendly atmosphere. Doug came along to support Marian and soon found a new dream (his new love running) to run the Boston Marathon. They believe that being active is the fountain of youth...which is evident in how youthful they both look!