Director’s Corner

I guess the first thing to start with is, Hello, but that seems a little odd as I have been around for three years. Perhaps it would be best to say, welcome! Over the years I have introduced myself to many of you, and to those whom I haven’t made it to yet, let this be my formal introduction. I am thrilled to be serving as Director of Adult Fitness, not only for the work opportunity but to remain here in a program I have come to enjoy so much. I have served every level of the program, from Student Trainer, Graduate Student and now Director. Keeping in mind what I have learned all along the way I hope to provide you all with a wonderful and welcoming environment to pursue your fitness goals.

As summer slowly ends we have a new school year to look forward to. Sad to say our summer students will be leaving us, but new ones are right around the corner. We are also going to experience the loss of Brittni, but new faces like Ricky Pimentel, our new graduate student (bio to come in September!) are sure to fill the void. With change comes many opportunities, of course we want to remember those who have helped us grow. But we also want to invite people into our lives in the hope of experiencing something we didn’t even know we were missing. So make sure to say goodbye, but also say hello!

~Kimberly

- Announcements -

Congratulations and goodbyes go out to Brittni, as she is getting married in early August, and will conclude her time here on the 15th. We thank her for everything she has done, and will certainly miss Adult Fitness’s biggest encourager.

Thank all our summer students who have endured the summer heat to be here. Their time comes to an end on the 9th. Say goodbye and maybe exchange some contact information to stay in touch with those who impact our lives.

New students arrive on the 25th! If you enjoy working with the students they’ll be more to come, so be prepared for new faces and new energy.
Session Changes
As the new semester starts on Monday August 25th, Tues./Thurs. noon sessions (11:30-1:15) will be moved back into the gym area for warm-up and classes. As a shared space track will begin to utilize the field house.

The pool will re-open for the Tues./Thurs. noon session on Tues. 8/19 for the remainder of the school year.

Quote
Exercise should be regarded as a tribute to the heart.
- Gene Tunney

Skinny Overnight Oats

Skinnytaste.com
Servings: 1 • Serving Size: 1 jar • Old Points: 5 pts • Points+: 6 pts
Calories: 243 • Fat: 10.6 g • Carbs: 35.4 g • Fiber: 8.5 g • Protein: 6 g • Sugar: 12 g
Sodium: 94.7 mg

Directions:
Place all the ingredient in a jar, shake, cover and refrigerate overnight. Add your favorite crunchy toppings such as nuts, granola, etc. and enjoy the next day!

Ingredients:
- 1/4 cup quick oats
- 1/2 cup unsweetened almond milk (or skim, soy)
- 1/4 medium banana, sliced (freeze the rest for smoothies!)
- 1/2 tbsp chia seeds
- 1/2 cup blueberries
- 4-5 drops NuNaturals liquid vanilla stevia (or your favorite sweetener)
- pinch cinnamon

for the topping:
1 tbsp chopped pecans (or any nut)

August in Fort Collins

NEW WEST FEST - New West Fest is a free, 3-day music festival located at historic downtown Fort Collins. Come celebrate the 10th anniversary of this event starting at 7:00pm from August 15-17th.

RUN FOR HOPE 5K - A run/walk race, the Run for Hope 5k is dedicated to individuals fighting cancer and their families. The event will be held in City Park at 8:00am on August 16th.

SHOP LATE FRIDAY -- The second Friday of the month several Down Town Shops will be open late and offering special discounts during these later hours.