February 2015

Director’s Corner

As we have successfully made it through one month of the new year I hope you are still keeping on top of your New Year Resolutions, and as we begin a new semester with students I encourage you to keep both your mind and your heart open. Students come through every semester and many of you have come to find the joy and benefit they bring. The experience of working with you all, also serves the students and is one that many students walk away from as grateful for the opportunity. I know for many you have your own routine, but if you’ve been doing the same routine now for a few months (even years) it may be time to switch things up. Be open to working with a student and see if they can help you progress in your individual goals, whether it be as simple as adding a few more balance exercises to your routine, or changing up your workout entirely.

~Kimberly

February is American Heart Month!

Many Americans view the heart as a symbol of love for one another. This month spend some time loving your own heart by staying heart healthy and evaluating your risks for cardiovascular disease (CVD)—one of the most prevalent conditions in our country. CVD not only costs the USA hundreds of billions of dollars in health care services, medications, and lost productivity, but also affects a large portion of our population causing disability and lifestyle limitations. The major lifestyle risk factors for CVD include: poor diet, inactivity, tobacco use, obesity, high blood pressure, high cholesterol, and diabetes. Some ways to manage risks and love your heart are:

- **Monitoring your vitals**—frequently check your heart rate and blood pressure to ensure they are in a normal range.
- **Get your cholesterol checked**—knowing these levels can help you make more informed decisions on diet, medication and exercise.
- **Maintain a healthy weight**—body mass index (BMI) is a simple way to check for disease risk, ask any student about how to calculate it.
- **Take your medicine**—follow medication instructions carefully and talk to your doctor about other options if side affects are too much.
- **Finally, exercise regularly!** Keep on coming to adult fitness and set goals for yourself, try a new routine, or ask us about how to incorporate more cardio into your workout and daily routine.

http://www.cdc.gov/features/heartmonth/
**Good Morning: Breakfast Stuffed Peppers**

- Stuffed red pepper, spinach, cheese, and seared shrimp omelet

Delightful, delectable, delicious, and nutritious! This egg based creation is as tasty as it is pretty. Colorful and bursting with flavor, this omelet contains all of the nutritional elements that one could desire in a satisfying, and scrumptious dish for breakfast, lunch, or anything in between. Crafted with seared shrimp, roasted red peppers, fresh spinach, and cheese, together with protein-packed scrambled eggs, this hearty meal will fortify everyone with enough lasting, healthy energy to take on the day.

Recipe: Serves 2-4
4 eggs, 1/2 pkg precooked shrimp, 4 large red bell peppers, 2 cups spinach, 1/2 lb shredded cheese
- Split whole red peppers on one side and de-seed them
- Sear red peppers and shrimp in pan using a touch of coconut oil, salt, and pepper, for 7-10 min, toss occasionally
- Scramble eggs in separate pan
- Stuff peppers with shrimp, spinach, eggs, and cheese
- Place in casserole dish, sprinkle with cheese and place in oven at 250 degrees until cheese is melted

*adjust salt and cheese accordingly for a lower sodium version

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**Welcome Logan!**

Hi! My name is Logan Howard-Finn and I am this semester's intern here at Adult Fitness. I was born and raised in Fort Collins, and I am completing my Bachelor Degree from CSU in Health and Exercise Science. I love all sports, played lots of baseball, and have an extensive background in fitness, training, as well as sport-specific training, and nutrition. I recognize many of you from my practicum experience, and I look forward to meeting those of you whom I have yet to meet. Please feel free to come to me with any questions, or requests you may have. Also, don’t hesitate to visit my fitness and motivational website www.primalandputtogether.squarespace.com for workouts, dietary info, food and beverage pairing, and much more! Thanks, and I look forward to speaking with all of you soon!

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“Let’s have a moment for all those who are stuck in traffic on the way to the gym to ride stationary bicycles.”
-KM Smith