Director’s Corner

Welcome back everyone! I hope each of you had a wonderful holiday season, focused on that which is most important: love, giving, family & friends. As we kick off 2014, I’m excited for a fresh start, brought in by the new year. My best friend creates a theme for every new year, and I’d like to share her theme for 2014 with you.

The theme is: This is the year we will FLOURISH.

I invite you to join us in making this your motto for 2014. What will it mean to you? It can be something different for each person. Will it be the year you flourish with physical health? Will it be the year you flourish in a new group fitness class or a new hobby or skill? Will it be the year you pour into others, creating relationships that flourish? You decide.

Welcome back, each and every one of you. This is the year YOU will FLOURISH. ~Brittni

This year, rather than focusing your efforts on writing New Year’s resolutions, why not write down daily or weekly positive affirmations? Positive affirmations are just another way of describing positive self-talk. Often, these serve as daily reminders for why we do what we do. Thus, it is no wonder so many people use these positive affirmations to motivate and inspire them to achieve their goals—whatever they may be. Today I’m going to share with you one of my favorite positive affirmations: I can and I will. Watch me.

How to use positive affirmations:

- Look up, or write your own, favorite positive affirmations
- When writing your own, make sure to write is as “I am” not “I will be”
- Set aside a moment (that’s all) each day to say at least one of these to yourself. Repeat daily!

Now, try writing one yourself:

___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

Monthly Quote

“The way to get started is to quit talking and begin doing.”
~Walt Disney Company

Looking for a free month at Adult Fitness?

Refer a friend to AF, and receive a month free. It’s as simple as that!
(Limit 1 free month per member)
Inclement Weather
With two significant snowstorms under our belt, we can’t deny winter weather any longer!
AF will remain open as long as CSU is open. You can check the status Adult Fitness closures by calling 970-491-SNOW.
If CSU is closed, then so are we!

Did You Know?
Greek Yogurt has twice the amount of protein as regular yogurt? Try adding 1/3 cup of berries to 1 cup of Greek yogurt. Sweeten with a few drops of stevia and you’ll have a great snack for 166 calories.

Starting Jan 21st!!!
Beginning with the spring semester, we will offer 2 additional Adult Fitness times!
These will be Tuesdays & Thursdays, 11:45 AM-1:15 PM. Come join us!

New Year’s Resolution Tips

Tips for setting New Year’s Resolutions: Follow the SMART principle

S- Specific- Be specific in the goal that you want to set instead of making it a broad goal. For example, set a goal that you want to lose five pounds in two months rather than setting a goal just to lose weight.

M-Measurable- Keep track of your goal and the progress you have made.

A-Attainable- Make it a goal that you know you will be able to reach, rather than a goal that would be disappointing if you don’t reach it.

R-Realistic- Make sure your goal is one that you are willing and able to achieve.

T-Timely- Set a timeline. This creates a sense of urgency so that you will accomplish your goal rather than procrastinating.

Here is an example of a goal following the SMART principle:

GOAL: I have never run a 5K and I want to be able to run an entire 5K by May 2014 (5 months from now).

Steps in order to run a 5K:

First 2 weeks of January- walk one mile every other day.
Last 2 weeks of January- jog for 1-2 minutes, walk for 1-2 minutes for one mile every other day.

Month of February- try to jog at a constant pace for 1 mile at least 3 days a week.
Month of March – start to increase length of jog. Start out at 1 mile for week 1, increase to 1.25 miles for week 2, increase to 1.5 miles for week 3 and 1.75 miles for week 4. Jog 2-3 days a week.

Month of April – continue to increase length of jog. Week 1: jog 2 miles, week 2: jog 2.25 miles, week 3: jog 2.5 miles, and week 4: jog 2.75 miles.

Month of May – continue to increase length of jog. Week 1: jog 3 miles, week 2: jog 3.1 miles (5K).
For the rest of May stay consistent with running 3.1 miles twice a week until race day.

Beet, Carrot, Apple + Ginger Juice
Serves 1
1 large or 2 medium beets, cut into wedges
2 large carrots
1 large apple, cut into wedges
A 1-inch piece of fresh ginger
1/2 lemon, zest and pith removed

Juice everything into a glass. Alternatively, you can finely chop all the ingredients and pop them into a powerful blender with 1/2 cup of water, then pass the mixture through a fine-mesh strainer into a glass. Stir and drink immediately.

Source: “It’s All Good” cookbook, by Gwyneth Paltrow & Julia Turshen