This summer session has gotten off to a great start. We’ve got 22 students working with us this summer, and we are thrilled to have them. Make sure to introduce yourself and take advantage of the warm-ups and classes they’ll be teaching. Summer students will be with us through Friday, August 7th!

Going anywhere this summer? If you are and you’d like to put your membership on hold just ask one of the Adult Fitness staff. We can freeze a membership for a minimum of one month if you’ll be taking advantage of the opportunity to travel. Just let us know your departure and return date, and we’ll take care of the rest!

Although the May weather seemed to be in revolt of summer approaching we’re hoping June gets a little warmer with a little more sun. The field house may get hot with the weather but remember the weight room is air conditioned!  

~Kimberly

Important Closures
Coming up in July Adult Fitness will be closed Friday July 3rd, and Saturday July 4th in the observance of the Fourth of July Holiday. Please take this time to be active on your own. You can join in on the Firecracker 5K here in town!

Youth Sports Camps will start up June 1st. If we can better serve you in this time, let us know. We’ll do our best to keep you informed and update on last minute changes.

Regular Exercise may add 5 years to Lifespan!

Researchers in Norway have found that participating in 30 min of physical activity (PA) for 6 days a week correlated with a 40% mortality risk reduction in elderly men. Published last month in the British Journal of Sports Medicine, scientists followed a cohort of nearly 15,000 men since 1972. When comparing sedentary and moderate to vigorous exercisers, lifetime was found to increase by 5 years on average for the active group. The researchers speculated that participation in regular moderate to vigorous PA throughout the lifespan had a longevity improvement similar to smoking cessation. They concluded in saying that public health strategies for the elderly should aim to increase PA efforts in line with smoking reduction.

Parking Updates
Over the summer session you may park in Q, W, X, and Z lots without a permit. A lots are enforced year round. With construction planned for the summer look to the following site for the latest updates on parking lot and road closures for summer 2015.
http://source.colostate.edu/construction-and-parking/

Ingredients:
- Steak—1 lb cut into 3x0.25 in strips
- Rice
- French Fries—frozen bag
- 3 Tomatoes—cut into strips
- 1 Onion—cut into strips
- Green onion—cut into strips
- Serrano pepper if desired
- Soy sauce—dash or to taste
- Parsley—2 tbs chopped
- White vinegar—1/4 cup
- Vegetable oil as needed
- Salt and pepper to taste

Lomo Saltado
A nutritious and filling traditional Peruvian stir fry

Directions:
Prepare bag of French fries according to package directions. While the fries are cooking, heat oil in a frying pan over medium-high heat. Season the sliced meat with salt and pepper to taste. Fry meat until just cooked, and juices begin to release. Remove the meat from the frying pan, then cook the onions in the juice. Stir in the tomato and peppers; until the tomato softens. Pour in the vinegar and soy sauce, add the French fries, cover, and cook until the beef is done. Season to taste with salt and pepper, and sprinkle with chopped parsley to serve. Serve rice on the side.

Welcome McKenna!

McKenna Casey grew up on the Western Slope of Colorado in the beautiful town of Glenwood Springs. She moved to Fort Collins in 2010 to attend Colorado State University as a Health and Exercise Science major. As she completed her degree, she decided that 4 years at CSU wasn’t enough, so she decided to pursue her Master’s degree in the same program from which she graduated. As with most Coloradoans, McKenna loves all the “ings” such as biking, hiking, rafting, skiing and anything outdoors. She also loves good food and spending time with friends and family over delicious meals. McKenna is a certified personal trainer with experience in group fitness, gym management and personal training.

"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.”

-Arnold Schwarzenegger