Identity and control. These two words have crossed my mind several times the last few weeks. I’ve been thinking about the things that make us unlike anyone else and how we can better follow those particular passions. Linked with this is the thought of control. Truly the only thing we can control in life is ourselves—how we react to circumstances, what we choose to eat and drink, whether or not we choose to exercise or sleep enough, whether or not we choose to help someone who needs it, etc. As the rebirth of life comes with the onset of spring, I invite you to think about two questions with me: 1. How are you living out your own unique identity? 2. How can you relinquish your hold on things you can’t control to have the focus and energy to positively change the things you can?

~Brittni

Inclement Weather

Although we hope the snow is through, we can’t deny we still live in Colorado!

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!

Available Now!

We offer 2 additional Adult Fitness times! These are Tuesdays & Thursdays, 11:45 AM-1:15 PM. We utilize the weight/cardio room, gym, and student trainers. Come join us!

What Does Blood Pressure Mean?

Blood pressure is the measure of the force of blood through your arteries. There are two numbers recorded, the systolic pressure and diastolic pressure. Systolic is the number on top, and is recorded when blood is pushed out of the heart, while diastolic (the bottom number) is when the heart is filling with blood. The average blood pressure reading is under 120/80, but what does it mean if your number isn’t close to this? If your systolic pressure is under 120 and diastolic under 80, this is considered a normal blood pressure. If your systolic pressure is 120 or above and/or your diastolic pressure is 80 or above, you could possibly have signs of prehypertension, which can strain the heart. This can be caused by a number of factors, including genetics, a sedentary lifestyle, or poor diet. You should consult your doctor if your systolic pressure is 140 or above, and/or your diastolic pressure is 90, since this can be a sign of stage 1 high blood pressure. Staying active, eating a healthy diet, and staying stress free can help lower blood pressure and keep your heart healthy and happy!

By: Makenzie Stuart

Santa Fe Style Eggs

Ingredients:
- 1 egg, 3 egg whites
- 1 spicy turkey sausage
- Handful of spinach
- 1/3 bell pepper, chopped
- Corn and black bean salsa
- Whole grain toast

Directions:
1. Remove casing from turkey and cut into bite sized pieces
2. Cook turkey in medium skillet.
3. Combine eggs, bell pepper, and spinach together in medium skillet until eggs are cooked.
4. Combine turkey and egg mixture
5. Top with corn and black bean salsa.
6. Serve with a side of whole grain toast.


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