You know that moment. The moment you receive a phone call, and suddenly your whole world changes. I recently experienced this, and the message on the other end made me rethink a few things.

“I should have called more. I should have visited more. I can’t imagine my life without this person.”

Fortunately, I’ve been given more time with this beloved family member. However, I know this doesn’t always happen for us. Viktor Frankl, an Austrian psychologist who survived the Holocaust, had his patients imagine living the day over again before they actually got the day started. This exercise would allow them to think of things they would regret doing or not doing, and then proceed to live their lives so they had no regrets*.

I love this idea. I’d like to live such that, when I eventually have to say goodbye, I know I’ve lived every moment to the fullest with my loved ones, and they know how much I care.

So...if you could live today over, what would you do? With whom would you spend it? To whom would you say “I love you”? ~Brittni

Come Watch Our Student Athletes!

Soccer:
Spring Record: 0-1-1
Maggie Sherman
- From: Vail
- Junior
- Plays: Goal Keeper
- Fun Fact: Plays guitar and the alto sax?

Softball:
Season Record: 22-8
Haley David
- From Erie
- Junior
- Plays: 2nd Base/ Right field
- Fun fact: Born without wisdom teeth.

Shae Rodriguez
- From: Westminster
- Junior
- Plays: Outfield
- Fun Fact: Does NOT like chocolate!

Softball:
Danielle Wikre
- From: Berthoud
- Junior
- Plays: 3rd and 1st base
- Fun Fact: Hates FEET!

Track & Field:
Robert Wasinger
- From: Arvada
- Senior
- Events: 400m, 110m Hurdles
- Fun Facts: Science fiction junky! “May the force be with you!!” – Robert

*Source: Donald Miller, Storyline
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!

New Student Trainers at Adult Fitness

As this year’s graduates turn their tassels and we close out another great year here at adult fitness, it is also that time where we must bid adieu to our Spring semester Student Trainers. Have no fear though, starting May 19th we have a brand new set of students that will be coming to spend their Summer semester with us. As those of you who have worked with students in the past know, this is a great way to give your exercise regimen a fresh look and maybe just the new twist you need to take your fitness to the next level. If you have not worked with a student before, this is a great way to have a student create a great fitness routine tailored just to your needs and goals! Either way, this is a valuable asset that the Adult Fitness program has to offer. If you’re interested in finding a student to work with for the summer, feel free to email Brittni Jensen at brittni.jensen@colostate.edu and she can help you find your perfect trainer match.

Also, don’t forget to say your good-byes and good-lucks to this semester’s faces!

Quinoa Stir Fry

Ingredients —
- 2 tablespoons olive oil, divided
- 2 large eggs, beaten
- 2 cloves garlic, minced
- 1 small onion, diced
- 8 ounces mushrooms, sliced
- 1 head broccoli, cut into florets
- 1 zucchini, chopped
- 1/2 cup frozen corn
- 1/2 cup frozen peas
- 2 carrots, peeled and grated
- 3 cups cooked quinoa
- 1 tablespoon grated fresh ginger
- 3 tablespoons soy sauce
- 2 green onions, sliced
- Sriracha, for serving (optional)

Instructions —
1. Heat 1 tablespoon olive oil in a medium skillet over low heat. Add eggs and fry until cooked through, about 2-3 minutes per side, flipping only once. Let cool before dicing into small pieces.

2. Heat remaining 1 tablespoon olive oil in a large skillet or wok over medium high heat. Add garlic and onion, and cook, stirring often, until onions have become translucent, about 4-5 minutes.

3. Add mushrooms, broccoli and zucchini. Cook, stirring constantly, until vegetables are tender, about 3-4 minutes.

4. Add corn, peas, carrots and quinoa. Cook, stirring constantly, until heated through, about 1-2 minutes.

5. Add ginger and soy sauce, and gently toss to combine. Cook, stirring constantly, until heated through, about 2 minutes.


http://damndelicious.net/2012/10/19/quinoa-veggie-fried-rice-and-a-giveaway/

As the semester comes to a close, we students have realized how much we have grown through interaction with you all every day and we want to thank each and every one of you! “Keep up the hard work as the new students come through the doors!”

- Adult Fitness Students

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