Director’s Corner: I Will If You Will

Change is hard. Change typically comes with a cost, a sacrifice. However, change is necessary for growth and progress. I don’t know about you, but as I look back on my life, the moments of intense change were typically those that formed and shaped who I am today, more so than any other circumstance. My guess is that you feel the same as you reflect on your personal journey.

Now let’s think about your time at Adult Fitness. Everyone has a story about why they began with the program and how fit or unfit they were when they started. As you look back, I hope you can be proud of all of the work you’ve put in to furthering your health. I hope you know how your hard work is a testimony to myself and the students about the importance of maintaining a healthy lifestyle throughout the years. But I also want you to be honest with yourself. When asked about your exercise regimen, how long has it been since it CHANGED?

Studies show that the older adult population is at greatest risk for failing to progress in their workouts. Just like anything else in life, if we routinely do the same things, we will get the same results. But...if we want to improve...yep—you guessed it! We must CHANGE!

Although any health-related change can be difficult, we try to make it as easy as possible for you. This is a great reason to elicit the help of our student trainers. These guys and gals are full of fresh ideas and are trained to progress your health and fitness, not just leave you where you are.

I, too, have a health-related change I need to make. Mine comes in the nutrition realm. I’ve discovered my body functions best if I eat a Paleo Diet. However, I have not been committed to putting good food/fuel into my body as of late. So, I’d like to propose something to you in regards to making healthy changes: I will if you will. I will commit to making necessary changes in my diet (and you can hold me accountable!) if you will commit to analyzing your workout routine and recognizing when it is time to change. If you’re not seeing the results you long for, change may be necessary. So, if this pertains to you, remember we are all here to help and are committed to your change!

~Brittni
Even in the relaxed (and hopefully enjoyable) environment of Adult Fitness, there are still some rules to follow that will help to make the overall gym experience a good one, for everyone. These rules fall under the heading of Gym Etiquette, and you are probably following most of the rules without even realizing it! Important to remember: Adult Fitness is all a shared space, so please treat it and the others around you with respect. Here are some necessary precautions to take to help create an atmosphere that allows for everyone to be comfortable.

**Juicy Thanksgiving Turkey**

**Ingredients**

- 2 tablespoons dried parsley
- 2 tablespoons ground dried rosemary
- 2 tablespoons rubbed dried sage
- 2 tablespoons dried thyme leaves
- 1 tablespoon lemon pepper
- 1 tablespoon salt
- 2 stalks celery, chopped
- 1 orange, cut into wedges
- 1 carrot, chopped
- 1 (14.5 ounce) can chicken broth
- 1 (750 milliliter) bottle champagne
- 1 (15 pound) whole turkey, neck and giblets removed

**PREP TIME:** 20 minutes  
**COOK TIME:** 3 hours

**Directions**

1. Preheat an oven to 350 degrees F (175 degrees C). Line a turkey roaster with long sheets of aluminum foil that will be long enough to wrap over the turkey.
2. Stir together the parsley, rosemary, sage, thyme, lemon pepper, and salt in a small bowl. Rub the herb mixture into the cavity of the turkey, then stuff with the celery, orange, onion, and carrot. Truss if desired, and place the turkey into the roasting pan. Pour the chicken broth and champagne over the turkey, making sure to get some champagne in the cavity. Bring the aluminum foil over the top of the turkey, and seal. Try to keep the foil from touching the skin of the turkey breast or legs.
3. Bake the turkey in the preheated oven for 2 1/2 to 3 hours until no longer pink at the bone and the juices run clear. Uncover the turkey, and continue baking until the skin turns golden brown, 30 minutes to 1 hour longer. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C). Remove the turkey from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area 10 to 15 minutes before slicing.

Recipe & photo courtesy of: http://allrecipes.com/recipe/juicy-thanksgiving-turkey/

**GYM ETIQUETTE**

If everybody follows the rules ... everybody benefits!

- **Put it where you found it.** The equipment is meant to be used, so please do so. We just ask that you take the time to put it back where you found it!
- **If you used it, clean it.** Got a good sweat going? No problem! Just make sure to wipe down your machine after using it with the towels and spray provided for you.
- **Lift it up, and set it down (gently).** When using free weights and the circuit machines try to push yourself by incrementally increasing the weight or workload to see more results. When increasing the weight make sure to use more caution when setting it down so as to not “bang” the equipment and make a loud noise that might distract others.
- **Give everyone some space.** Leave plenty of room between yourself and others when using free weight and circuit machines so as to avoid collisions. And don’t block access to alternate pieces of equipment while doing your exercise. Please don’t bring your belongings into the weight room or field house that don’t belong there (e.g. bags, purses, shoes, clothing). It creates an extra obstacle that others have to walk over and we do provide lockers for you.
- **Keep it here.** We try to provide Adult Fitness with quality pieces of equipment so please don’t take anything from the gym for use on your own at home.

Please make sure to always wear closed toed shoes when in the weight room.

If you ever have an issue, please tell us about it. Find a student or Adult Fitness staff member if there is a problem you would like us to address. We hope to make Adult Fitness a pleasant experience for everyone!

Picture courtesy of: http://www.todaysfitnesstrainer.com/proper-gym-etiquette-dummies/