FROM THE OFFICES

We hope you are all enjoying your summer! Be sure to hydrate properly all year round, but especially in the summer when it is hot and humid out.

Reminder that we will be closed on Tuesday July 4 and the week of July 24th.

We are always working to make things better for our participants and students. We will have a suggestion box in the fitness center starting this month to help us gain some feedback from you. Participants have suggested classes before, which we have tried and then not many attend and due to lack of space. We heard that you wanted the extra 15 minutes in the summer in the noon hour, so we made that happen. We are just wanting to hear from you and see what we can do to make the APFP (Adult Physical Fitness Program) better for all and will look into implementing what we can in the upcoming year.

DID YOU KNOW?
Cardiorespiratory fitness (VO2 max, which we measure here in our program) is one of the newer vital signs? It is a good indicator of overall cardiorespiratory health and can help predict morbidity and mortality. Always remember your goals and why you are here. We want to help you get what you want out of the program. Keep up the great work!
JULY BIRTHDAYS

7/2 - Jim N.
7/4 - Mark P
7/4 - Steve S.
7/6 - Omar B.
7/9 - Fred C.
7/10 - Pete S.
7/13 - Jerry S.
7/14 - James W.
7/15 - Dave R.
7/16 - Mary Ella Y.
7/16 - Alice W.
7/18 - Gary S.

INCENTIVES

Did you know at the beginning of August the Track and Field World Championships will be held in London? This last month leading up to the competition is crucial, with everyday serving a purpose. Just like those athletes it is time for you to train for the championship! During the month of July we will be holding a competition to see who can win some prizes. Each day you will be able to earn points in a variety of different ways.

Points you can earn every day are as followed:

1) Any aerobic machine for 30 minutes = 5 points
2) Your full resistance training program = 5 points
3) Every extra 10 minutes on an aerobic machine after 30 minutes = 1 point
4) Flexibility/balance = 1 point.

On top of these points each day there will be a new challenge on the board to gain an additional 5 points EACH CHALLENGE! Good luck to all of you!

REMINDER

We are missing some watches in the APFP. If you have accidentally taken one home by mistake, we would really appreciate if you could bring it back!

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