Adult Physical Fitness Program

Hot and Humid Weather

July can be hot and humid so remember to take certain precautions when exercising or working outside.

- Drink PLENTY of fluid
- Take breaks when exposed to these conditions
- Wear sunscreen and a hat

Dehydration can cause heat cramps, heat exhaustion, and heat stroke!

Reminder: The APFP will be closed July 3rd in observance of Independence Day

7/2 Jim N. 7/10 Pete S. 7/16 Marry Etta Y.
7/4 Steve S. 7/12 Janet C. 7/18 Adrienne B.
7/5 Don W. 7/13 Jerry S. 7/22 Sandra P.
7/6 Omar B. 7/15 Dave R.
Cleaning Reminder:

When cleaning equipment in the APFP, please spray a gray towel not the piece of equipment as this can damage the electronic displays.

Safety Tip:

Please be sure to pause or stop your equipment when getting off of it in the fitness center to prevent someone else from not noticing it was left on and falling. Thank you!

SAVE THE DATE: July 6th–31st !!!!

This challenge will take place from July 6th through July 31st. As a participant, you are challenged with beating your Exercise Leader’s step count for the entire month. Prizes for winners will be determined by each Exercise Leader! We will be updating our step counts on the front marker board each week. We also ask that you keep track of your own steps and report them to your Exercise Leader on a weekly basis. We recognize that everyone who wants to participate may not have a pedometer. Check the smaller box next to your name when signing up at the front desk for a pedometer ONLY IF YOU DO NOT CURRENTLY HAVE A WAY TO TRACK YOUR STEPS and we will lend you a monitor for the month.