

APRIL NEWSLETTER

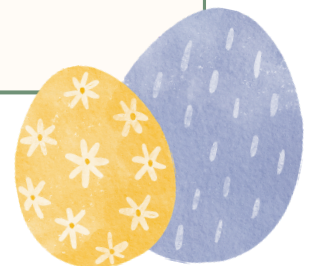
April 2026

Participant of the
Month

Steve Dixon



Steve's favorite thing about being a member of the APFP is the community within it. He appreciates that people engage and talk to one another. When Steve is in the APFP, you will catch him doing his famous stretch routine or riding his favorite stationary bike.





APRIL

APFP HOURS

March 30th - April 3rd
April 6th - 10th
April 13th - April 17th
April 20th - April 24^t

5:30AM - 7:00PM

April 27th - May 1st

5:30AM - 8:45AM

11:30AM - 1:15PM

3:30PM - 7:00PM

Saturdays:
April 4th, April 11th,
& April 16th

12:00PM - 3:00PM



From the Second Years



Hello everyone!

I hope you are all doing well. I'm enjoying my time at cardiac rehab and am learning so much. I am looking to stay in the field of cardiac rehab and phlebotomy for a while after graduation. I've picked up running within the past year and have already completed two SK races! Also, I got a cat! She's about 8 months old now, and her name is Feta... yes, like the cheese. Anyways, I look forward to graduation and these next steps ahead of me!

**From,
Hannah**



APFP DATES OF NOTE



Tuesday, April 14th

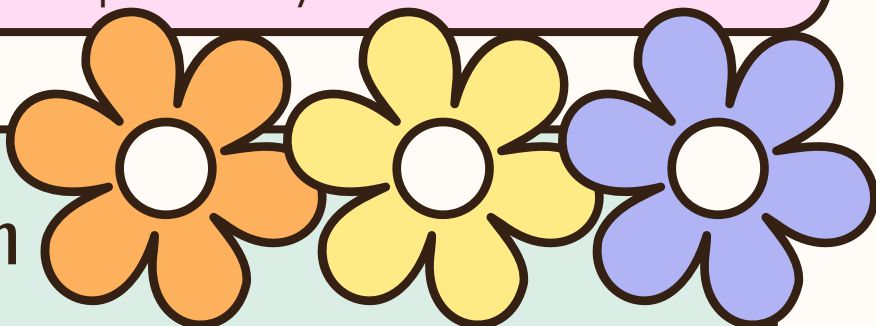
Join us as we bid farewell to our graduating class
of 2026

When: Tuesday, April 14th

Time: 7:00 pm

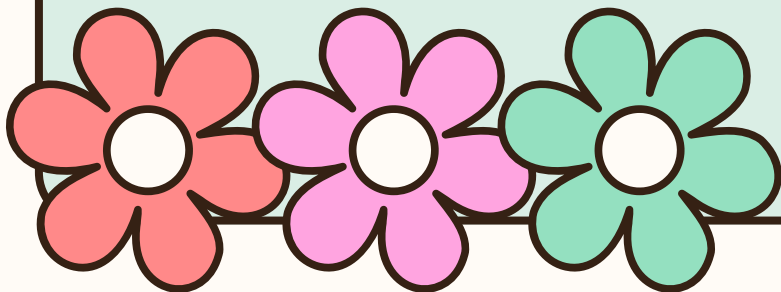
Where: BSU Arena Lounge
(the lower level of the arena)

We hope to see you there!



Friday, April 10th

Our parking spots will have the cones in place Friday, April 10th due to it being Admitted Students Day. You may park in one of our spots, just make sure to move the cone and replace it when you leave. If our spots are full, you may park in the yellow lot that is not blocked by barricades. Thank you for your patience and understanding!



FROM THE OFFICES

April



IMPORTANT INFO:

SPRING PROGRAM UPDATE:

Spring has finally arrived, bringing with it a sense of renewal, growth, and forward momentum within our program. We are excited to share several updates from the past few months as we continue advancing our mission and strengthening our community.

Prospective Faculty Visit:

In April, we will host an on-campus interview with a prospective faculty member who brings a new and valuable perspective to our team. We are eager to continue growing our faculty with individuals committed to excellence in teaching, research, and mentorship.

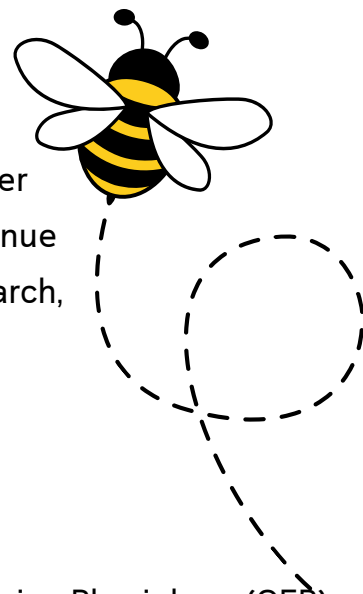
CEP Accreditation Progress:

Our team has been working hard throughout the past year on the Clinical Exercise Physiology (CEP) Program accreditation process. This has involved extensive internal review, documentation, and planning to ensure our program continues to meet and exceed national standards. As part of this effort, we hosted three virtual CEP alumni panels, giving current students the chance to learn from graduates representing various stages of their professional careers. These sessions offered meaningful insights into job paths, clinical experiences, and the impact of our program in the real world.

Academic & Program Updates

Incoming Class Selection Underway:

We are in the final stages of selecting next year's incoming class of students. The applicant pool has been strong, and we look forward to welcoming a new group of motivated learners into our program.



FROM THE OFFICES

April



IMPORTANT INFO:

Research & Community Collaboration:

We continue to pursue grant opportunities and are actively collaborating with other labs and local organizations on several developing projects. These partnerships allow us to expand our impact, generate new research, and create additional experiential opportunities for our students.

Membership Updates **ATTENTION**

APFP Membership Fee Adjustment:

Beginning July 1, 2026, membership fees will adjust to:

- \$240 for new members
- \$250 for renewing members

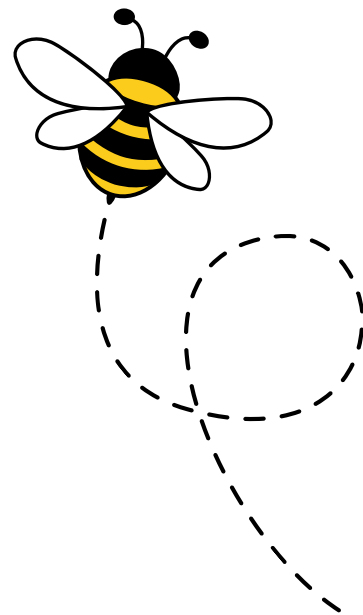
We have delayed increasing fees for more than a decade, but rising costs—state budget reductions, equipment needs, supply expenses, and facility updates—have made this change necessary to sustain the quality of our program. In past years, we have absorbed costs related to parking, laundry, and facility enhancements, and this adjustment will help us continue offering strong support and resources.

Refer-a-Friend Program:

Don't forget when you refer someone who joins the program; you receive an extra month of membership. Simply have the new member mention your name at sign-up, or let our staff know directly.

Thank You:

We appreciate your continued support and engagement with our program. Your participation and enthusiasm help us grow, innovate, and create meaningful experiences for our students and community. Here's to a vibrant and productive spring season ahead!



ALUMNI LETTER

I CURRENTLY WORK FOR PUBLIC SAFETY MEDICAL WITH ASCENSION HEALTH. I CONDUCT CARDIAC STRESS TESTING PRIMARILY ON FIREFIGHTERS AND LAW ENFORCEMENT OFFICERS DURING THEIR YEARLY PHYSICAL TO ENSURE THEY ARE HEALTHY WHILE RESPONDING TO EMERGENCIES. I CONDUCT THE SAME TESTING ON APPLICANTS FOR DEPARTMENTS AND FOR PEOPLE WHO ARE GETTING CLEARED TO GO BACK TO WORK.

ON TOP OF THE STRESS TESTING, I ALSO CONDUCT BODY COMPOSITION ASSESSMENTS, MUSCULAR ENDURANCE AND FITNESS TESTING, AND I DO MOVEMENT SCREENS WITH THE FUNCTIONAL MOVEMENT SCREEN AND A COMPUTERIZED SYSTEM THAT IS CALLED THE "DARI."

I DON'T HAVE A LOT OF PICS IN MY EXERCISE PHYSIOLOGIST ROLE, BUT SINCE I HAVE GRADUATED, I GRADUATED FROM MY BASIC OFFICER LEADERSHIP COURSE OUT IN FORT LEE, VIRGINIA. I HAVE ALSO BEEN DOING A LOT OF TRAVELING TOO. I HAVE TRAVELED TO WASHINGTON, D.C.; PHOENIX, AZ; CHICAGO, IL; AND NYC! HERE ARE SOME PICS FROM ALL THOSE ADVENTURES!

From
CADEN



April is Stress Awareness Month



Small Habits, Big Impact

Developing simple, healthy habits can support your mental wellness and create lasting positive change.

Focus areas

Stay physically active to boost mood and reduce stress naturally.



Nourish your body with balanced meals that support brain health.

Embrace these habits gently. Every small step you take nurtures your well-being.



ZZZ Prioritize sleep to restore your mind and body each night.

MORE INFORMATION ON STRESS MANAGEMENT



<https://www.stress.org>



APRIL 2026

APFP BIRTHDAYS

Kathryn M.	4/4
Joyce M.	4/6
Tammy H.	4/10
Randy C.	4/11
Nick B.	4/12
Lynne C.	4/14
Mathilda O.	4/19
Cindy D.	4/19
Betsy S.	4/22
Sheryl S.	4/23
Kathleen J.	4/25
Scott K.	4/28
Cheryl B.	4/28
Alan Y.	4/29