February 2024

Adult Physical Fitness Program

National Wear Red Day Feb 2nd & American Heart Month

February is American Heart Month, and we would like to raise awareness for cardiovascular disease which is the leading cause of death nationwide. To spread awareness, Go Red for Women is asking women everywhere to join in and wear red on February 2nd to support and raise awareness for women with heart disease. We ask you to please wear red in the APFP for your mother, your daughter, your friends, and for yourself. When we come together and Go Red, the more powerful we are against our greatest health threat.

Valentine Lift-A-Thon

Love is in the air, and what better way to show your muscles some love than with some resistance training? Throughout the month of February, you can participate in our Valentine lift-a-thon by recording your resistance training on the challenge papers found at the APFP desk.

“Work hard, and success finds you.”
We are happy to welcome our new interns for the semester, Aldo and Ella.

Hello, my name is Ella Park, I'm from Syracuse, Indiana. I'm a senior majoring in Exercise Science with a concentration in Health and Fitness! I hope to get a job working in Cardiac Rehab after I graduate in May! I swam from the age of 5 to 18 and finished my 12-year career in high school. I like to do crafts in my free time outside of the APFP!

Hello, my name is Aldo Cervantes, I'm from Elkhart, Indiana. I'm a senior majoring in Exercise Science with a concentration in pre-Physical Therapy. In May I will be attending IU Indianapolis for their Doctor of Physical Therapy program in which I hope to land a career in sports rehab or musculoskeletal Orthopedics. I played the Trombone for my high school Jazz Band.

Birthdays

Ann S. – Thu the 1st
Adrienne J. – Sat the 3rd
Sherry B. – Wed the 7th
Susan T. – Sun the 11th
Eddie W. – Mon the 12th
Gary K. – Wed the 14th
Mary H. – Tue the 20th
Christi M. – Fri the 23rd

Hours

M/T/W/TH/F: 5:30AM–7:00PM
Sat: 12:00PM–3:00PM