

JANUARY NEWSLETTER

PARTICIPANT OF THE
MONTH

DARYL BAYS



DARYL HAS DEMONSTRATED EXCEPTIONAL CONSISTENCY SINCE JOINING THE APFP IN OCTOBER. HE APPRECIATES THE POSITIVE AND FRIENDLY ATMOSPHERE AND HAS NOTED THAT EVERYONE SEEMS TO BE SMILING WHEN THEY ARE IN THE APFP. RESISTANCE TRAINING IS DARYL'S FAVORITE, BUT HE ALWAYS SHOWS THE TREADMILL SOME LOVE BEFORE HE LEAVES.



January APFP Hours

JANUARY 5TH - JANUARY 9TH

MON-FRI

5:30AM - 8:45AM

11:30AM - 1:15PM

3:30PM - 7:00OPM

* JANUARY 12TH - JANUARY 30TH *

MON-FRI

5:30AM - 7:00PM

* THE APFP WILL BE CLOSED ON MONDAY, JANUARY 19TH *

JANUARY SATURDAYS

1/17 12:00PM - 3:00PM

1/24 12:00PM - 3:00PM

1/31 12:00PM - 3:00PM



FROM THE OFFICES:

HAPPY 2026! A NEW YEAR IS THE IDEAL TIME TO SET GOALS AND THINK ABOUT THE FUTURE. WHETHER YOU'RE AIMING FOR SOMETHING BIG OR WORKING ON DAILY IMPROVEMENTS, HAVING A PLAN TO FOLLOW MAKES A HUGE DIFFERENCE.

WHEN YOU SET YOUR GOALS, IT'S IMPORTANT TO MAKE THEM SPECIFIC, MEASURABLE, ATTAINABLE AND TIME SPECIFIC. THIS ALLOWS YOU TO TRACK YOUR PROGRESS AND CELEBRATE YOUR SUCCESS ALONG THE WAY! YOUR EXERCISE LEADER CAN BE A GREAT SOURCE OF MOTIVATION AND GUIDANCE WITH YOUR FITNESS AND HEALTH GOALS. STAYING COMMITTED TO EXERCISE AND PHYSICAL ACTIVITY IS SUCH AN IMPORTANT PART OF SELF-CARE, AND WE ARE GRATEFUL TO BE A PART OF THAT JOURNEY WITH YOU.

WE WILL HAVE TWO INTERNS THIS SEMESTER, RAYSHAI AND MORGAYNE, WHO WILL BE SPLITTING THEIR INTERNSHIP BETWEEN THE APFP/CEP AND BMH. RAYSHAI WILL START ON JANUARY 5 AND MORGAYNE WILL START ON MARCH 2. WITH THEIR HELP, WE CAN OFFER EXTENDED HOURS AGAIN! THESE WILL BEGIN ON MONDAY JANUARY 12TH AND END ON FRIDAY APRIL 17TH. EXTENDED HOURS ARE MONDAY-FRIDAY 5:30AM-7PM.

WE WILL BEGIN SATURDAY HOURS ON JANUARY 17TH. THESE HOURS ARE FROM 12PM-3PM. THEY WILL EXTEND THROUGH APRIL 18TH WITH THE EXCEPTION OF FEBRUARY 28TH AND MARCH 7TH WHEN WE WILL BE CLOSED DUE TO BSU'S SPRING BREAK.

WISHING YOU AND YOURS A HAPPY AND HEALTHY NEW YEAR!

MAKING NEW YEAR'S RESOLUTIONS WITH...

SMART GOALS

- **S- SPECIFIC**

CLEARLY DEFINE THE GOAL AND THE STEPS IT WILL TAKE TO ACCOMPLISH THE GOAL.

- **M-MEASUREABLE**

HAVE A WAY TO TRACK PROGRESS AS TIME PASSES.

- **A- ACHIEVABLE**

MAKE YOUR GOAL SOMETHING THAT IS WITHIN YOUR CAPABILITIES, WHILE UNDERSTANDING IT WILL BE CHALLENGING.

- **R- RELEVANT**

MAKE YOUR GOAL SOMETHING THAT IS IMPORTANT TO YOU AND UNDERSTAND WHY THAT GOAL IS IMPORTANT TO YOU.

- **T- TIME**

MAKE A CLEAR CUT DEADLINE FOR WHEN YOUR GOAL NEEDS TO BE ACCOMPLISHED, AND KEEP YOURSELF ACCOUNTABLE TO IT.

ALUMNI LETTER

APP CREW! AFTER GRADUATING FROM THE CEP PROGRAM IN MAY, I DECIDED TO STAY A CARDINAL BUT TO CROSS OVER FROM STUDENT TO INSTRUCTOR. THIS FALL I BEGAN TEACHING AS AN ASSISTANT LECTURER OF EXERCISE SCIENCE.

IT'S BEEN A CHALLENGING YET REWARDING TRANSITION. I'VE HAD TO NAVIGATE LEADING LARGE GROUPS OF STUDENTS, REGULARLY ASKING MYSELF HOW I CAN MAKE LEARNING ENGAGING AND FUN AT THE SAME TIME. AT THIS POINT, I CAN HAPPILY SAY THAT I MADE IT THROUGH MY FIRST SEMESTER. OTHERS HAVE TOLD ME THAT IT'S THE HARDEST... I THINK THEY'RE RIGHT.

MY WIFE, HOLLY, AND I LIVE HERE IN MUNCIE AND HAVE NO INTENTION OF LEAVING. WE HAVE WONDERFUL FRIENDS, A GREAT CHURCH FAMILY, AND SIMPLY LOVE THE COMMUNITY. YOU ALL ARE PART OF THAT AWESOME COMMUNITY. WHEN I'M NOT WORKING ON INSTRUCTOR-RELATED DUTIES,

I'VE

BEEN ENJOYING READING SCIENCE-FICTION BOOKS, PLAYING VIDEO GAMES WITH HOLLY, AND GOING ON WALKS WHEN I CAN. AS A NEW SEMESTER IS COMING, I'M LOOKING TO CHRIST TO HELP ME THROUGH IT. HE IS MY HELPER AND MY ULTIMATE DRIVING FORCE BEHIND WHAT I DO EVERY DAY. I HOPE YOU ALL HAD A GREAT HOLIDAY SEASON.

From
COLE



January is National Blood Donor Month

CONSIDER DONATING AT ONE OF OUR
LOCAL BLOOD DRIVES

**JANUARY
20TH & 21ST**

**ANGELS FOR LIFE | BALL STATE
UNIVERSITY**

OR VISIT [REDCROSSBLOOD.ORG](https://www.redcrossblood.org) TO FIND A
LOCATION NEAR YOU





AN UPDATE FROM THE SECOND YEARS

HELLO!

I MISS EVERYONE AND BEING DOWN IN THE APFP! I HAVE BEEN WORKING AT THE HOSPITAL AND CONTINUING TO WORK ON MY THESIS. OUTSIDE OF THE HOSPITAL AND SCHOOL, I HAVE BEEN HANGING OUT WITH MY BOYFRIEND AND MY DOG. I HAVE BEEN TRYING TO READ MORE BOOKS AS WELL. I AM EXCITED TO SEE WHAT I GET TO AFTER I GRADUATE!

Sasha



JANUARY BIRTHDAYS

CHRIS L.

1/06

ANDREA G.

1/08

DEBBIE B.

1/08

DREW W.

1/10

JOSHUA D.

1/10

KEITH D.

1/11

PENNY C.

1/12

LARY B.

1/12

JOESEPH E.

1/15

DAVID C.

1/17

MARYJULE S.

1/19

SCOTT W.

1/20

JAMES S.

1/25

RUTH S.

1/27