

APFP NEWSLETTER

JULY 2025



PARTICIPANT OF THE MONTH

Pete has been a member of the APFP since 1978. His favorite form of exercise is to go golfing! His words of wisdom for everyone is to “just keep on moving!” We are so proud of you!

JULY HOURS

Closed on July 4th and the week of July 21st

Open Monday-Friday from 6am-8:30am, 11:30am-1:15pm, 3:30-6pm

Only open MWF on the weeks of July 28th and August 4th

**PETE
SAMUELS**



JULY CHALLENGE

APFP BINGO

B I N G O

WEAR AN APFP SHIRT TO WORKOUT	DO RESISTANCE AND AEROBIC IN SAME DAY	USE CROSSOVER SYMMETRY	MEET THE HEART RATE GIVEN BY EXERCISE LEADER	WEIGH YOURSELF AND REPORT IT
5-MIN WARM UP AND COOL DOWN	PLANK 60 SECONDS	TRY A NEW CARDIO MACHINE FOR 5 MINUTES	TRY THE TRX BANDS	BRING A FRIEND
BRING WATER BOTTLE	BRING EXERCISE LEADER A PRESENT	FREE SPACE	TRY BALANCE MACHINE	TRY HOIST MACHINE
STRETCH FOR 10 MINUTES	WALL SIT FOR 45 SECONDS	10 PUSHUPS	TRY ASSISSTED PULL UP MACHINE	ANSWER TRIVIA QUESTION CORRECTLY
UPDATE MEDS WITH EXERCISE LEADER	TRY JUST DANCE ON THE TV	TRY KETTLEBELL WORKOUT	5 FARMERS CARRY LAPS	COMPLETE RENEWAL PAPERWORK

RULES:

-GA or intern must check off that you completed a square

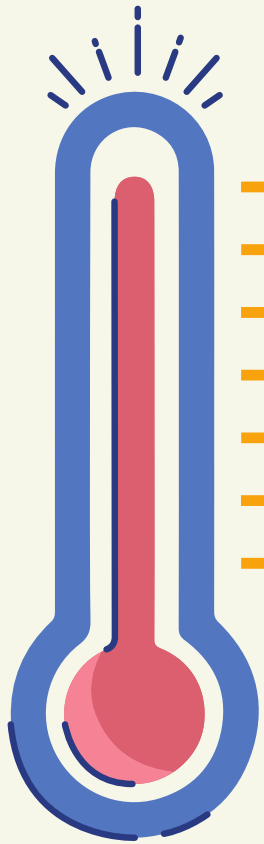
-If GA or Intern doesn't see you do it, it doesn't count!!!

First 10 to get BINGO will receive a cooling towel as a prize!

HEAT & HEAT STROKE

WHAT YOU NEED TO KNOW

Heat stroke is a serious condition where the body gets too hot and can't cool down. It can be life threatening!



SIGNS TO WATCH FOR

- High body temperature
- Profusely sweating
- Confusion, dizzy, fainting
- Rapid heartbeat or breathing
- Headache or nausea

Wear loose, lightweight clothes and...

STAY HYDRATED!!!

The average Indiana weather in July:

Temperature = 89 degrees

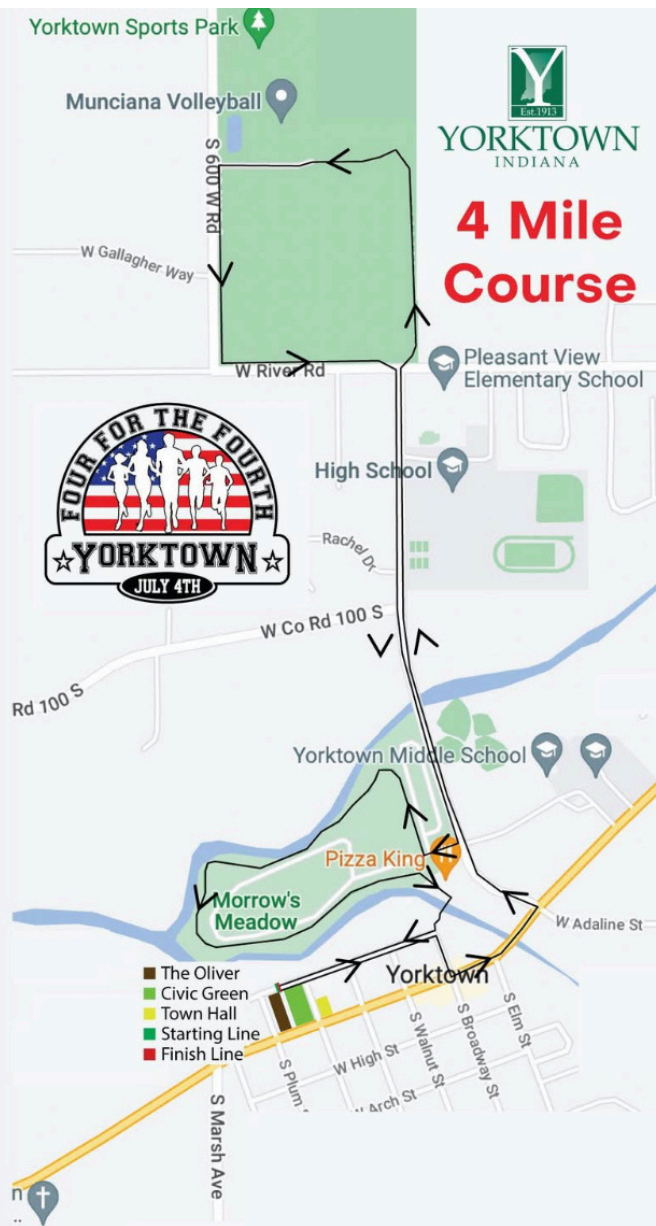
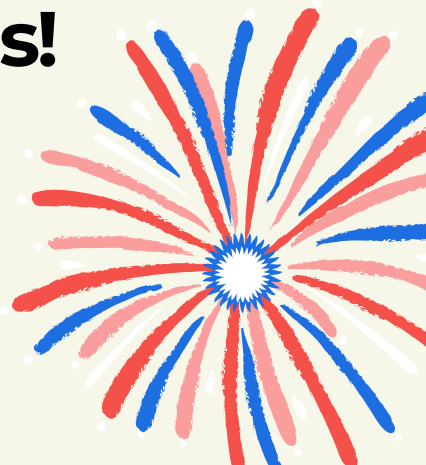
Humidity = 70%





**4 for the 4th
event coming
up!**

**Four for the fourth
is a 4th of July, 4-
mile run in
Yorktown, Indiana
that supports
students and
projects at
Yorktown
Community
Schools and
benefits local trail
systems!**





Fred F. 7/1

Steve S. 7/4

Robert G. 7/5

Mike M. 7/9

Kathy W. 7/9

Fred C. 7/9

Pete S. 7/10

Mitch C. 7/13

Connie K. 7/13

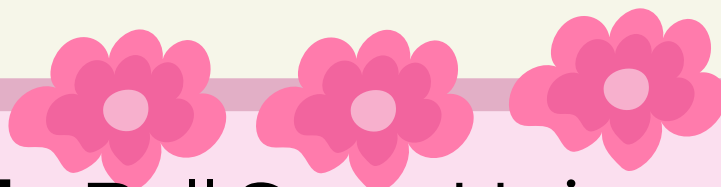
John S. 7/14

Gary S. 7/18

Steve J. 7/19

Norb H. 7/25

Brian J. 7/27



Facebook: Ball State University Adult
Physical Fitness Program

APFP Phone Number: (765) 285-2377

Youtube: BSU Adult Physical Fitness
Program

FRIENDLY REMINDER: Please return
HHQs ASAP if you were given one!