



# AUGUST NEWSLETTER

**PARTICIPANT  
OF THE  
MONTH**

**CHRIS  
LONSBERRY**

Chris's biggest piece of advice is to have a positive mindset. Each morning when he wakes up he says to himself, "Hey it's gonna be a great day!"

Crossover symmetry is his favorite piece of equipment.

Chris has been a member since 2025.





# WELCOME THE FIRST YEARS!!!

**Hi, I'm Mike Jones. I'm from Berne Indiana, and I completed my undergraduate degree at Ball State University. I'm passionate about working with and helping individuals, and I'm excited to explore this further in the CEP program. One thing I'm looking forward to is getting more hands on experience with individuals.**



**Mike Jones**



**Peyton Johnston**

**Looking forward to meeting you! My name is Peyton Johnston, and I am actually from Muncie, IN. I did my undergrad at Indiana University-Bloomington. I am incredibly passionate about endurance sports, such as triathlons. I am looking forward to applying my more profound understanding of how exercise can be used medically to the people who come into the APFP and the rehabilitation centers. I am looking forward to meeting all of you!**

**Hi, my name is Ysabella (Bella) Peru. I just graduated from Thomas More University where I was on their women's golf team and dance team. While studying there I majored in exercise science with a minor in psychology. I am from Erlanger, Kentucky which is in Northern Kentucky close to Cincinnati, Ohio. Over the past few years, I have become passionate about helping others and learning new skills that will help with my career goals. I am excited to join this program because I want to learn more about the Clinical Exercise Physiology field and be able to help others while receiving an amazing education.**



**Bella Peru**



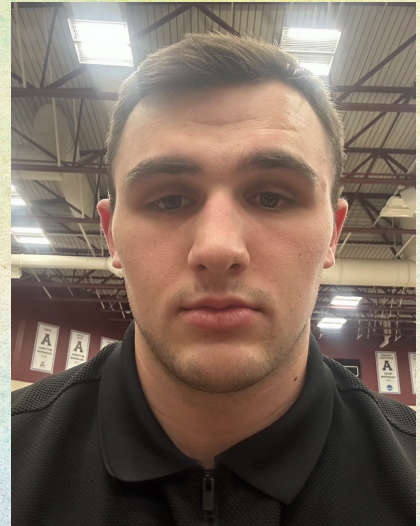
# WELCOME THE FIRST YEARS!!!



**Abbey Eapen**

Hi!! My name is Abbey, I'm 22 and i'm from the suburbs of Chicago. I got my undergraduate degree in Kinesiology at the University of Illinois Chicago, where I developed a strong interest in how exercise can be used as medicine to improve health and recovery. I'm passionate about helping people feel stronger and more confident in their bodies through movement. I'm really excited to dive deeper into the clinical side of exercise physiology and gain invaluable experience working with patients through this program. In my free time, I love trying out different coffee shops with my friends, going on walks in the city, and watching my favorite tv shows.

I'm Dominic Overway from Holland, Michigan. I graduated from Alma College and have always been passionate about helping people feel and perform their best—whether that's athletes or anyone looking to improve their health. I'm excited to keep learning and growing, and I'm really looking forward to starting the Clinical Exercise Physiology (CEP) program as the next step in my journey toward making a real impact in the field.



**Dominic Overway**



**Lilly Pratt**

Hi, I'm Dawayna Pratt, but everyone calls me Lilly. I'm from Nassau, Bahamas, and a proud alum of Saint Augustine's University in Raleigh, NC. With a lifelong passion for sports and helping others, I've also developed a strong interest in health and wellness over time. I'm thrilled to be part of this project, where I can turn my passions into a career and connect with like-minded people along the way.

# BIRTHDAYS



**Deb S. 8/8**

**Steve T. 8/12**

**Carol B. 8/8**

**Mike A. 8/21**

**John C. 8/10**

**Rod H. 8/24**

**Pam S. 8/12**

**David D. 8/29**

# HOURS

Open MWF on the week of August 4th

Open all week of August 11th

**The hours will be 5:30–1:15 and 3:30–7  
MWF starting August 18–September  
19<sup>th</sup> for now.**



# UV Safety

- **Some cardiac medications (e.g., amiodarone, thiazide diuretics, statins) can cause photosensitivity, making the skin more prone to sunburn or rash.**
- **Skin damage increases inflammation and stress on the body, which can affect overall cardiovascular health—especially in vulnerable populations.**

## Safety Tips:

- **Wear broad-spectrum sunscreen (SPF 30+), even on cloudy days.**
- **Cover up with hats, sunglasses, and UPF-rated clothing.**
- **Limit midday sun exposure (10 AM–4 PM).**
- **Ask your doctor or pharmacist if your medications increase sun sensitivity.**

# Traveling with Heart Conditions

## **Cardiac considerations for safe travel:**

- **Long periods of sitting increase the risk for deep vein thrombosis (DVT), especially in people with heart failure, obesity, or on hormonal therapy.**
- **Time zone changes or disrupted schedules can lead to missed medication doses.**

## Smart Travel Habits:

- **Get up and walk every 1–2 hours during travel.**
- **Stay hydrated, but limit alcohol.**
- **Wear compression socks for long flights or car rides.**
- **Pack medications in your carry-on, along with a medication list and your doctor's contact info.**
- **Adjust medication timing gradually when crossing time zones—consult your provider or pharmacist.**