

APFP

NEWSLETTER

DECEMBER 2025

STEVE BROOKS



PARTICIPANT OF THE MONTH

Steve likes the APFP because through this program he feels much healthier from exercising regularly. His doctor even told him that he's one of the fittest people she sees in his age group. The stairmaster has become his favorite machine because it really helps him keep his stamina up.

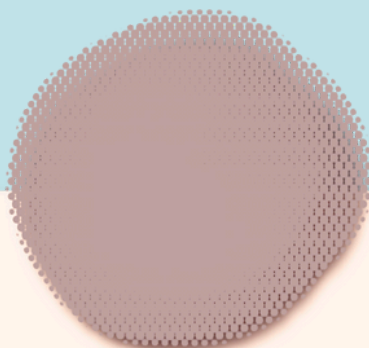
- December 1st-6 APFP open Monday and Wednesday 5:30am-1:15pm, 3:30-7:00pm
- Tuesday, Thursday, Friday hours: 5:30am-8:45am, 11:30-1:15pm, 3:30-7:00pm
- December 15-19: open 5:30-8:45AM, 11:30AM-1:15PM and 3:30-7PM.
- CLOSED: December 22-January 2

HAPPY BIRTHDAY!

John B.	12/1
Mikey M.	12/2
Mary M.	12/4
Todd M.	12/6
Cathy J.	12/9
Amy V.	12/10
Kyle B.	12/11
Michael J.	12/12
Terry R.	12/12
Carolann M.	12/14
Christine D.	12/17
Eva Z.	12/17
Vickie D.	12/26
James M.	12/29
Pat G.	12/30
Neil R.	12/31



Healthy Gingerbread Cookies Recipe



Ingredients

- 1 1/4 cups Almond Flour
- 1 cup Gluten Free Oat Flour
- 1/2 cup Granulated Erythritol or preferred dry sweetener
- 1 Tbsp Ground Ginger
- 2 tsp Ground Cinnamon
- 1/8 tsp Ground Nutmeg
- 1/8 tsp Ground Cloves
- 1 tsp Double-Acting Baking Powder
- 1/2 tsp Salt
- 1/2 cup Molasses
- 1/3 cup Coconut Oil melted
- 2 tsp Vanilla Extract
- 1 tsp Stevia Extract

INSTRUCTIONS

GINGERBREAD COOKIES



- 1. Preheat your oven to 350°F.**
- 2. In a small bowl, whisk together the almond flour, oat flour, erythritol, ginger, cinnamon, nutmeg, cloves, baking powder and salt.**
- 3. In a stand mixer bowl with beater attachment, add the molasses, coconut oil, vanilla and Stevia. Mix on low speed until completely mixed.**
- 4. Dump the dry ingredients in the stand mixer and mix until completely mixed. Dough should be dark, sticky, and sweet.**
- 5. Roll 1/3 of the dough in between two silicone baking sheets until about 1/8-inch thick.**
- 6. Sprinkle some extra oat flour on a small plate or shallow dish and dip your gingerbread man cookie cutter. Dust off the excess flour and punch cookie shapes into the dough. Peel away the dough surrounding the gingerbread man cookies and transfer the silicone sheet with all the cookies on it onto a cookie tray.**
- 7. Bake for 12 minutes, then carefully transfer the silicone sheet onto your counter or a wire cooling rack to cool completely. Keep re-rolling the dough and baking until all the dough is used up.**
- 8. These cookies are best served the day they are made, but will keep in an airtight container at room temperature for about 3 days.**

What do we do as Clinical Exercise Physiologists?

Although the program is academic, the resulting professionals are actively engaged in patient care, wellness, and clinical spaces.

- We design, implement and supervise exercise programs for people with chronic diseases, conditions or physical limitations.
- We work with patient populations in hospitals, outpatient clinics, rehab centers, wellness centers, and research labs.
- We work closely with physicians, nurses, rehab therapists, dietitians and other medical professionals as part of the broader health care team.
- We perform health and fitness assessments, then build individualized exercise prescriptions.

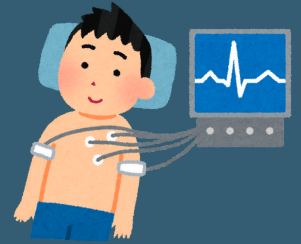
How is this different from a doctor, personal trainer, or physical therapist?



- A doctor diagnoses and treats disease with medication or surgery.
- A physical therapist focuses primarily on rehabilitation after injury or surgery, treating acute or chronic pain, movement impairment, etc.
- A personal trainer usually works with healthy individuals to improve fitness, athletic performance or general health; certification and educational requirements are much lower.
- A Clinical Exercise Physiologist (CEP) works with individuals who have or who are at risk for chronic diseases (cardiovascular disease, diabetes, pulmonary disease) to prescribe exercise as medicine, monitor physiological responses, reduce risk, improve function, and support long term health and independence.

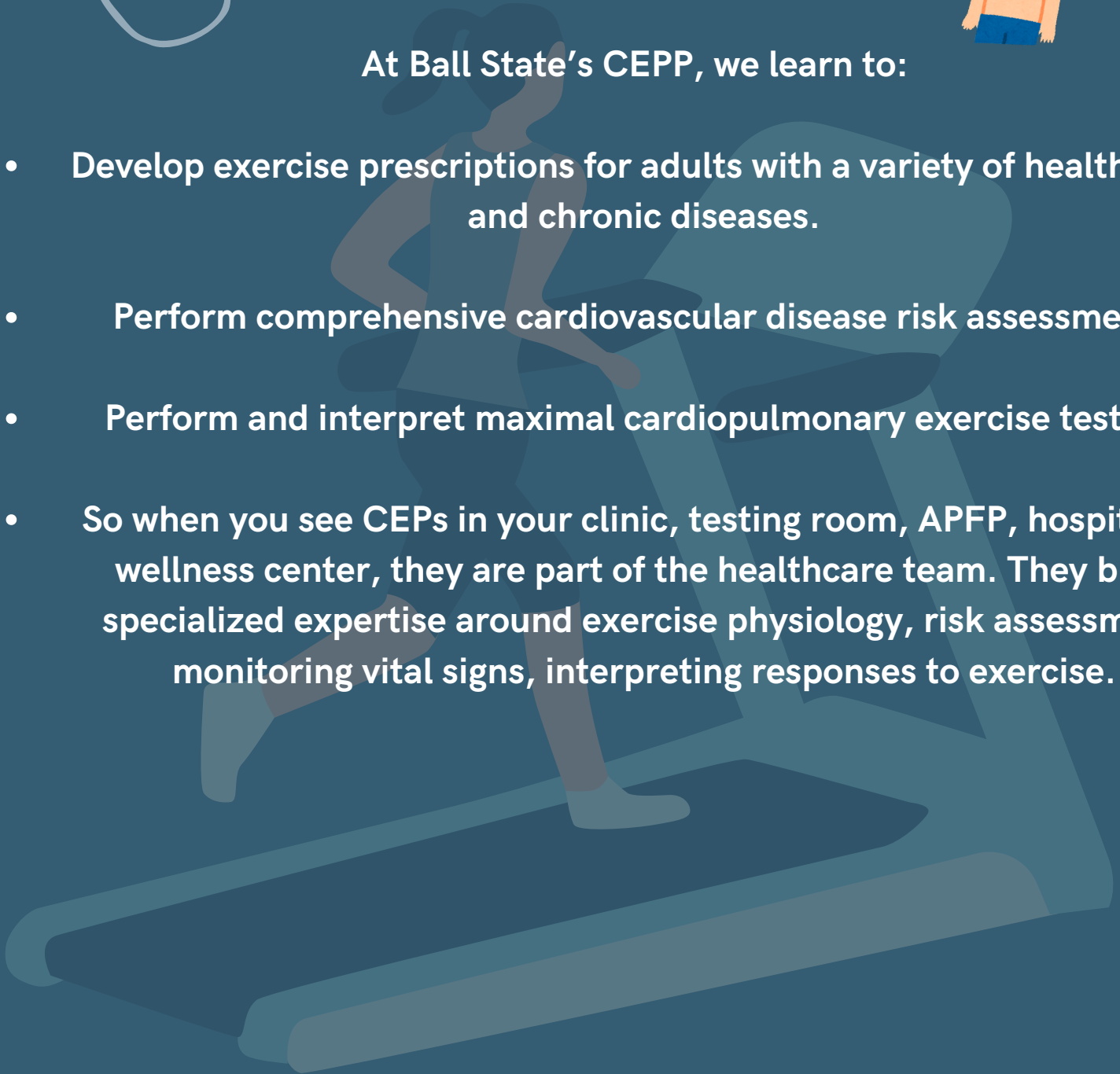
Why does this matter here?

CEPs are not doctors, but they are highly trained allied-health professionals who understand the physiology of exercise, cardiovascular responses, chronic disease interactions, and how to safely apply exercise in clinical settings.



At Ball State's CEPP, we learn to:

- Develop exercise prescriptions for adults with a variety of health risks, and chronic diseases.
- Perform comprehensive cardiovascular disease risk assessments.
- Perform and interpret maximal cardiopulmonary exercise testing.
- So when you see CEPs in your clinic, testing room, APFP, hospital, or wellness center, they are part of the healthcare team. They bring specialized expertise around exercise physiology, risk assessment, monitoring vital signs, interpreting responses to exercise.



THINGS TO REMEMBER THIS MONTH

- **Muncie ten race on Saturday December 6th at 8:00AM. Cost to enter is \$2.**
- **Yorktown Fire and Ice 5k race on Saturday December 13th at 9:00AM. Cost to enter is \$35 with a \$3.10 sign up fee.**
- **If there is bad weather, please do not hesitate to call the APFP to check if we are open or if we will have a delay or closure.**
- **Contact us at: 765-285-2377**
- **We have a Youtube page! Check it out if you need workouts during the weekends, at home or even on vacation!**

Youtube: BSU Adult Physical Fitness Program

Happy Holidays!