

# BSU – APFP NEWSLETTER

JANUARY 2025

Participant of the Month  
**MIKE DALGETY**



**Mike is our participant of the month for January. He started in the Adult Physical Fitness Program in 2018. His favorite form of exercise is golf. Keep it up Mike!!**

## **Starting January 13th APFP Hours**

Monday – Friday 5:30 AM – 7 PM

Saturdays 12 PM – 3 PM

**WE WILL BE CLOSED FOR MLK DAY JAN 20TH**

**For any changes due to weather check our Facebook Page:  
[Ball State University Physical Fitness Program](#)**

**Or give us a call in the APFP to check if we are open: (765) 285-2377**



## Meet our new intern:

**My name is Morgan McCulloch and I am finishing up my senior year here at Ball State as an intern for the Adult Physical Fitness Program. I am graduating with an Exercise Science degree and plan to attend graduate school for physical therapy this summer.**



## January Birthdays



Robert C. 1/7  
 Cara C. 1/9  
 Drew W. 1/10  
 Keith D. 1/11  
 Larry B. 1/12  
 Penny C. 1/12

Joseph 1/15  
 David C. 1/17  
 MaryJule S. 1/19  
 Scott W. 1/20  
 Ruth S. 1/27



# JANUARY CHALLENGE

**Come into the APFP 14 days in January  
and receive some FREE APFP merch!!**



**JANUARY 9TH**  
**IS LAW ENFORCEMENT OFFICER DAY!**

All officers that join the APFP in the month of January and use their Working Well Vouchers (WWV) will receive 2 days of exercise testing and 6 months of membership for FREE!

If you choose not to use your WWV you can receive all exercise testing and 6 months of membership for \$199.

**THANK YOU TO ALL OF OUR OFFICERS!**

## *Go Red for Women*

**FEBRUARY 7TH.**

**MOTIVATE, EDUCATE, SUPPORT**

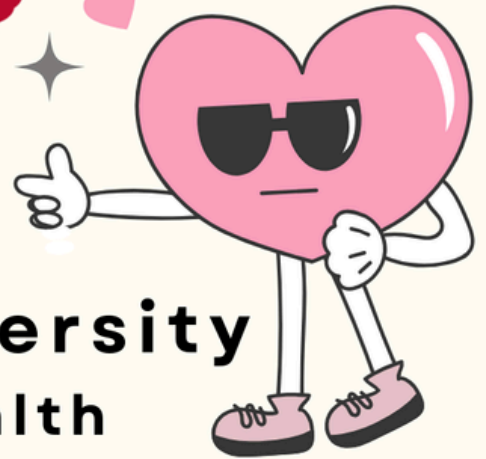
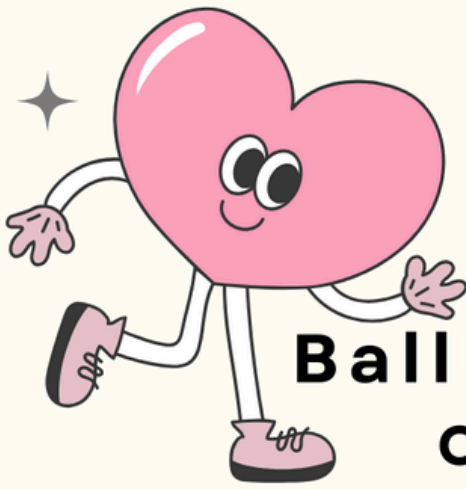
According to the American Heart Association, "Cardiovascular disease is the No. 1 killer of women."

With February also being National Heart Month the American Heart Association also wants to bring awareness to clinical care and lack of knowledge gaps of the big threat of cardiovascular disease in women. Show your support and wear red February 7th.

The APFP is offering **free ECG** tests this month. For those interested contact us at 765-285-1140 or email [recollins@bsu.edu](mailto:recollins@bsu.edu)







**Ball State University**  
**College of Health**

Clinical Exercise Physiology

**February is**  
**National Heart Month**

Heart disease remains a **leading cause of death** in the United States.

Our program aims to prevent cardiovascular disease, therefore, we are offering a cardiovascular disease assessment and free hypertension screenings this month.

Contact us at **765-285-1140** or email **recollins@bsu.edu** by February 28th to schedule an appointment.

**Assessment is \$50 and includes**

- Blood Pressure Analysis
- Blood Chemistry Profile
- Cholesterol, Glucose, and Hemoglobin A1C
- Body Composition
- BMI and DXA scan
- 10 year CVD Risk Score

Call 285-1140 to get an appointment or check out [bsu.edu/adultfitness](http://bsu.edu/adultfitness) for more info.

If you choose to join the APFP after assessments, we will take \$50 off of your membership fee.

**Free passes to exercise at BSU's APFP for a week in February!**

