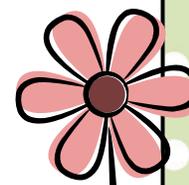




# March Newsletter 2026



## Participant of the month

Tammie Brooks

### March Hours:

Week of March 2<sup>nd</sup> - 6<sup>th</sup>  
Open 5:30a-8:45a, 11:30a-1:15p, and  
3:30p-7p

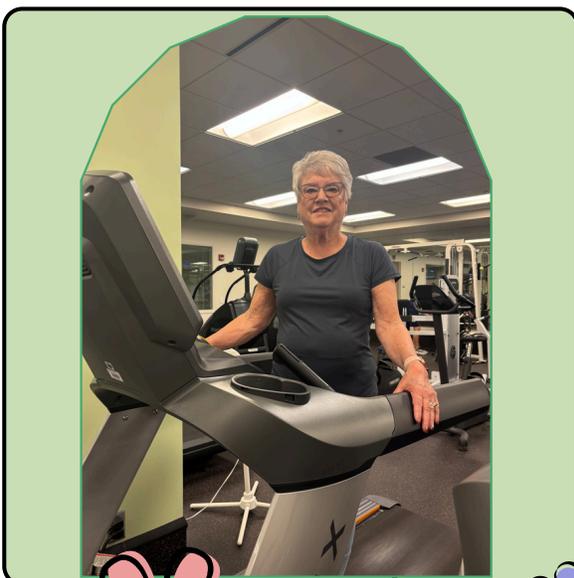
Monday - Friday:  
5:30 am - 7:00 pm

Saturdays:  
12:00pm - 3:00 pm

Closed:  
Saturday, March 7th

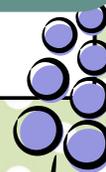
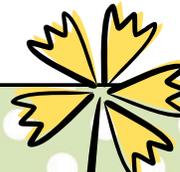
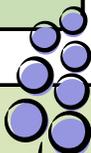
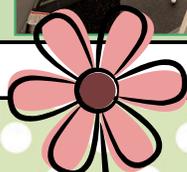
### Heads Up:

On April 10<sup>th</sup> it is admitted student day so parking may be a challenge. We will have cones in our parking spots.



Tammie has been a member of the APFP since 2012. She is very dedicated to working out. She is very consistent about coming into the APFP. When asked what her favorite part of being a member is she stated it was getting to know the GA's and making friends with the other participants. Her favorite workout preference is aerobic training. Her favorite machine is the treadmill. Thank you, Tammie, for your dedication to the APFP and continue to stay committed to exercising!

Member Since 2012



# March is National Kidney Month

## What is National Kidney Month?

It is led by the National Institute of Diabetes and Digestive and Kidney Diseases to raise awareness about kidney health and encourage prevention, early detection, and treatment of kidney disease.

### Your Kidneys:

- Filter waste and excess fluids
- Balance minerals and electrolytes
- Help control blood pressure
- Produce hormones that support red blood cell production and bone health

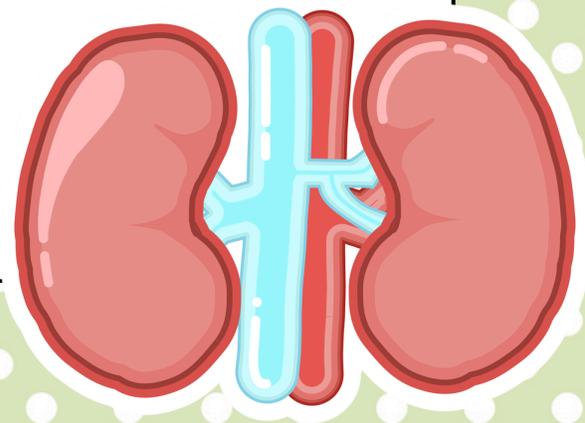
### Why Kidney Health Matters

- 1 in 7 adults in the U.S. has chronic kidney disease
- Many people don't know they have it
- Early stages often have no symptoms

### Know the Risk Factors!!!

You may be at higher risk if you:

- Have diabetes
- Have high blood pressure
- Have heart disease
- Have a family history of kidney failure
- Are over the age of 60



## 5 Ways to Protect Your Kidneys:

- 1.) Control blood sugar
- 2.) Manage blood pressure
- 3.) Stay hydrated
- 4.) Limit salt and processed foods
- 5.) Avoid overuse of NSAIDs (like ibuprofen)

## Myth vs. Fact

**Myth:** Kidney disease always causes pain.

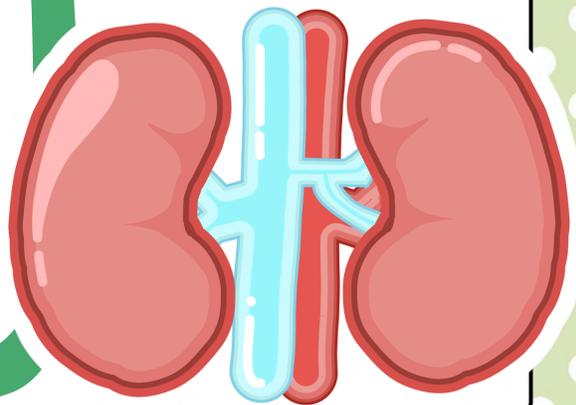
**Fact:** Early kidney disease often has no symptoms

**Myth:** Only older adults get kidney disease.

**Fact:** It can affect adults of any age, especially those with diabetes or high blood pressure.

## Next Steps

- Schedule a kidney health screening with your healthcare provider.
- Know your numbers! Keep track of your blood pressure, blood sugar, cholesterol levels, and your weight.
- Make one healthy change this month (reduce sodium intake, drink enough water throughout the day, add more fruits and vegetables in your diet).



# March is recognized as Pulmonary Embolism Month

A pulmonary embolism happens when a blood clot travels to the lungs and blocks blood flow. This is a medical emergency.

## Know the Warning Signs of Pulmonary Embolism:

- Sudden shortness of breath
- Chest pain (especially when breathing deeply)
- Rapid heart rate
- Coughing up blood
- Lightheadedness or fainting

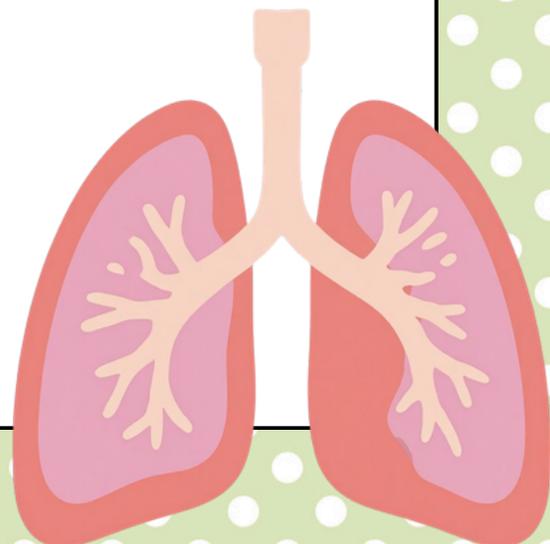
## Know the Risk Factors:

Pulmonary Embolism starts as a deep vein thrombosis. Risk factors include...

- Recent surgery or hospitalization
- Prolonged immobility (long travel, bed rest)
- Cancer
- Pregnancy or postpartum period
- Smoking
- Obesity
- Hormone therapy or birth control
- Personal family history of blood clots

## Ways to Prevent:

- Move regularly (especially during long trips)
- Stay hydrated
- Follow your post surgery mobility instructions
- Take prescribed blood thinners exactly as directed



# March is recognized as Pulmonary Embolism Month

## Myth vs. Fact

**Myth:** Blood clots only happen to older adults

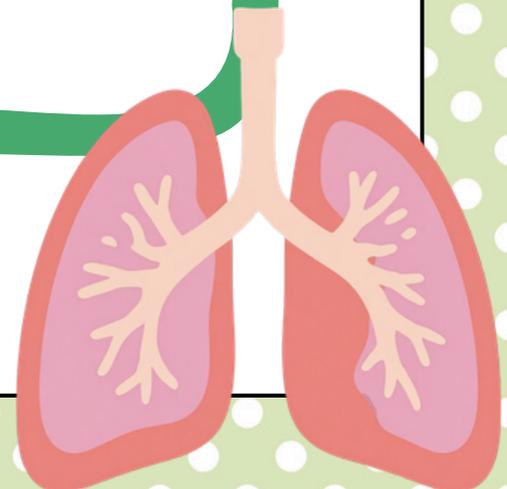
**Fact:** Blood clots can affect people of all ages

**Myth:** If you're healthy, you're not at risk

**Fact:** Surgery, travel, or temporary immobility can increase risk, even in healthy individuals

## Next Steps:

- Know the symptoms
- Know your risks
- Stay active
- Speak up in healthcare settings
- Get emergency help if symptoms appear



# PFT Screening

Ball State University's Clinical Exercise Physiology Program is offering pulmonary function testing at a reduced fee for March.

Cost: \$15 (Non APFP Members) and \$10 (APFP Members)

## What is Pulmonary Function Testing (PFT)?

It is a tool used to screen for or monitor obstructive and/or restrictive lung diseases.

## Who would benefit from testing?

Pulmonary function testing is beneficial to all individuals, but is particularly recommended for:

- . Smokers or ex-smokers
- . Those with a history of asthma or chronic allergies
- . Those exposed to occupational dusts and chemicals

## When?

March 9-31st.

## How do you schedule?

To schedule your 15-minute appointment or for more info call 285-1140 or [recollins@bsu.edu](mailto:recollins@bsu.edu).



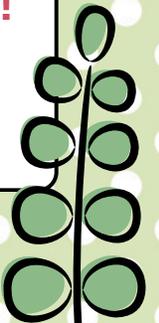
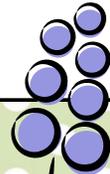
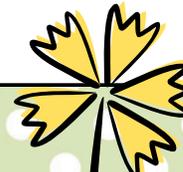
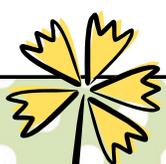
# APFP Bingo

## March APFP Bingo

Bring water bottle to APFP	Wear APFP shirt	Wall sit for 45 seconds	Try new resistance machine	Bring a friend into the APFP
Try new aerobic machine	Use balance machine	Use hoist machine	Answer the trivia question correctly	Do a 60 second plank
Do 12 wall push ups	Use the resistance bands	<b>Free space</b>	Do resistance and aerobic training on same day	Do annual renewal paperwork
Weigh yourself and report to exercise leader	Use TRX bands	Ask exercise leader for a new strength exercise	Meet heart rate threshold prescribed	Do a 5 minute warm up
Do a 5 minute cool down	Update medication	Do 8 pushups	Stretch for 10 minutes	Ask exercise leader a exercise question

- Rules:**
1. A GA or Intern must check off you completed a square
  2. To win you must have 5 squares marked off diagonal, horizontal, or vertical

**First 10 participants to complete Bingo will win a prize!!**



# APFP Bingo

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# Happy Birthday

Brian W.      ←————→      3/01

Janet S.      ←————→      3/02

Joseph H.   ←————→      3/16

P. Gonzalez   ←————→      3/17

Jerry B.      ←————→      3/17

Teresa S.      ←————→      3/18

P. Greenburg ←————→      3/29



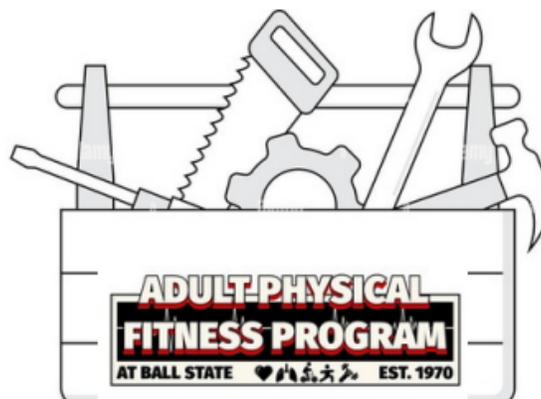
# THE EXERCISE TOOLBOX MANAGING MUSCLE MASS AS WE AGE

When: MARCH 18TH, 2026 at 12:00PM

Where: ROOM: HP253

## FUNCTIONAL FITNESS TEST

How well can your body handle what everyday life throws at us? Can you get up off the floor when playing with your grandkids? Do you feel steady when going up the stairs? Can you carry things without struggling? Find out with our functional fitness testing! Your body will thank you.



# An Update from the Second Years

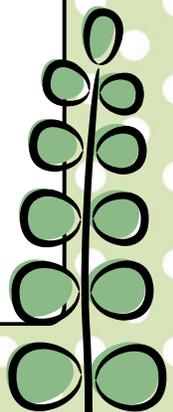
Hi everyone!

I hope you're all doing well and continuing to make exercise a part of your weekly routine! As many of you know, a major part of our second year in the program has been working in Cardiopulmonary rehab at the hospital, and I have truly loved every second of it. In addition to working in outpatient rehab, I have also spent time upstairs on the inpatient side. This has definitely put me out of my comfort zone, but throughout all of the challenges and learning curves, I have learned and grown so much. As I prepare for graduation and take the next steps in my career, I want to sincerely thank each of you. It has been such a privilege to get to know and work with you. Your encouragement, consistency, resilience, and trust have shaped me into the professional I am today. I have two more presentations coming up in March and April, and I hope to see you there! And if not, I hope to see each of you before May 2nd!

Any final guess on where I will end up after graduation?



ASHBY



# Alumni Letter

Since graduating from the CEP program last May, I started a role as a clinical specialist for a medical device company, Boston Scientific. I work in urology, more specifically with prostate cancer patients. Coming from a strong cardiovascular and pulmonary background, it has been challenging yet rewarding to understand this disease and the way it affects so many men. I really enjoy supporting physicians and patients alike to bring better care and awareness that impacts lives.

In my free time, I enjoy spending time with my wife Katelyn and our son Shepherd who's almost 1 and a half now. He is a stereotypical boy... crazy, nonstop energy, goofy and rambunctious. My wife says he gets his silly faces from me, which I take pride in. We love going on many walks when it's nice out and hitting the park.

The members of the APFP truly make the CEP program something special. So many participants made a mark on my life, and for that I say thank you! Keep up the great work and never stop exercising!

**Noah**  
**Graduated in 2025**

