

BSU – APFP NEWSLETTER



OCTOBER 2024

PARTICIPANT OF THE MONTH



JIM MCCLURE

JIM JOINED THE ADULT PHYSICAL FITNESS PROGRAM IN 1986. DURING HIS TIME HERE, HE HAS MADE GREAT EFFORTS TO ENGAGE IN A REGULAR WORKOUT ROUTINE. JIM'S PREFERRED MODE OF EXERCISE IS THE AMT.



WE ARE SO PROUD OF YOU, JIM!



THE NEXT FEATURED PARTICIPANT COULD BE YOU!



OCTOBER BIRTHDAYS!!

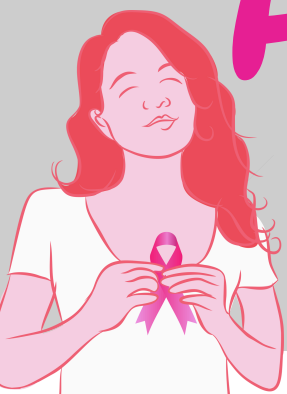
DEBORAH C. - 10/01
MICHELLE G. - 10/02
LORI H. - 10/10
DEBRA T. - 10/13
SALLY C - 10/17
ROSANNA S. - 10/21
KARIANN J. - 10/24



Health Literacy Month



BREAST CANCER AWARENESS MONTH



CHASE CHARLIE 5K!!

OCTOBER 26TH @ 8:45!!!!



**NO LAPS LEFT BEHIND
WARRIOR WALK**

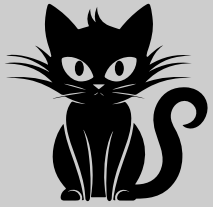
**FALL BREAK
CLOSED ON OCTOBER 7-
8TH FOR FALL BREAK.**

Saturday November 9th
Muncie Central Track
10:00 am - 2:00pm
solo - \$20
Team of 10 - \$200

CHECK OUT
OUR →
YOUTUBE!!!!



IMPORTANCE OF STRENGTH TRAINING & FLEXIBILITY



FLEXIBILITY

- improved range of motion
- prevention of injuries
- improved posture and balance
- enhanced functional mobility



STRENGTH TRAINING

- prevention of muscle mass
- improve bone density
- enhance metabolic health
- reduction of chronic disease risk
- functional independence
- increase muscle mass and strength

