

July 2024



Welcome to the FTR Newsletter! Stay updated on new programs and events, media highlights and what our awesome volunteers and donors are doing for our Recovery Community. Thank you for your support!

[Visit our Website](#)

## Recovery Partnership Highlight: Diamond Recovery



With specialized treatment centers for men and women, Diamond Recovery Center ensures that every client receives personalized care in a supportive and nurturing environment. Their commitment to delivering therapeutic and results-driven treatment empowers individuals to overcome their challenges and embrace a healthier, more fulfilling life.

We are honored to collaborate with Diamond Recovery Center in our shared mission of fostering hope, connection, and lasting change within the recovery community. Thank you for your unwavering dedication to making a difference in the lives of others.

## Fit to Recover's 4th Annual 5K: A Huge Success!

We are thrilled to announce that our 4th Annual 5K for Recovery was a resounding success, raising over \$50,000 to support individuals in recovery! The event was filled with energy, community spirit, and numerous activities that made it an unforgettable day.



Participants raced around the beautiful Liberty Park, enjoying a scenic route and perfect weather. We kicked off the morning with delicious breakfast sandwiches from the 789 Project, and our photo booth captured countless smiles and memories.



The art station provided a creative outlet for participants to express themselves, further enhancing the community spirit of the day.





### Our Generous Partners

Vendor booths from our generous sponsors and community partners added to the festive atmosphere, offering information, products, and support. Live performances from community members entertained the crowd, creating a lively and engaging environment.



Our 50/50 raffle was a hit, with the lucky winner taking home \$400!

Thank you to everyone who participated, volunteered, and supported this event. Your contributions help us continue our mission of supporting individuals in recovery through fitness, nutrition, community service, and creative arts.

Check out some photos from the event below and relive the amazing moments we shared!

We couldn't have done it without you!

## Feeling the Love with Mark Miller Subaru!

We are thrilled to share that Fit to Recover had the honor of being recognized as one of Mark Miller Subaru's Love Promise partners at the Mark Miller Do Good Feel Good event in June. As part of their incredible commitment to giving back to the community, Mark Miller Subaru presented us with a generous check for over \$1,300. This contribution was made possible by the wonderful people who purchased cars and chose to donate to FTR through the Love Promise program.



We extend our heartfelt thanks to Mark Miller Subaru and to everyone who selected Fit to Recover as their charity of choice. Your support helps us continue our mission of connecting and empowering individuals in recovery through fitness, nutrition, community service, and creative arts. Thank you for believing in our cause and contributing to our community's well-being.

Together, we are making a difference!






## FITNESS PILLAR

Stay up to date by visiting our Instagram Page: [Click here!](#)

Check out our new Salt Lake City schedule *and* the specialized classes we offer!

<div>  <div> Fitness Special Nutrition New Classes Creative Arts Service Projects Park City Location </div> <div> Social Media fit2recover FTR Community fit2recover </div> <div> Cook 2 Connect: \$20 Community Chef: \$10 SLC Drop-in: \$10/Class Food 2 Recover: \$40/ 5 Meals SLC Membership: \$50/Monthly Creative Arts Membership: \$10/Monthly </div> </div>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30AM: FTR Fitness	6:30AM: FTR Conditioning	6:30AM: FTR Fitness	6:30AM: FTR Conditioning	6:30AM: FTR Fitness	8:30AM: FTR Fitness	9:00AM: FTR Fitness
9:30AM: Beginners Boxing	Noon: FTR Fitness	Noon: FTR Fitness	Noon: FTR Fitness	Noon: FTR Fitness	10:00AM: Bootcamp	10:00AM: Powerlifting
Noon: FTR Fitness	5:00PM: Music Production	4:30PM: FTR Fitness	1:00PM: Mobility	4:30PM: FTR Fitness	12:30PM: Studio Time (By Appointment Only)	12:00PM: LGBTQ+ Workout
Noon: Advanced Kettlebell	5:30PM: FTR Fitness	5:15PM: Intro To Music	5:00PM: Intro To Music	5:30PM: FTR Fitness		1:00PM: LGBTQ+ Group
4:00PM: Songwriting	6:30PM: FTR Conditioning	5:30PM: FTR Fitness	5:30PM: FTR Fitness	5:30PM: Advanced Kettlebell	11:30-1:00PM: Service Project 3rd Saturday of the Month	1:00PM: Free Yoga for FTR Members @CorePower Yoga Foothill Location
5:30PM: Cook 2 Connect	6:30PM: Women's Art Night	5:30PM: Mobility	6:30PM: Creative Arts Group	6:30PM: 2nd & 3rd Friday Open Mic Night		
5:30PM: FTR Fitness	6:30PM: LAST Tuesday of Month Dance 2 Recover	5:30PM: Park City Fitness	5:30PM: Park City Fitness	6:30PM: ALL Women's Workout		
6:30PM: FTR Fitness	Food 2 Recover: Pick up after 4pm	6:30PM: Music Night	7:30PM: Women's Group	6:30PM: Last Friday of Month Movie Night		
				6:30PM: 1st Friday of Month Rap Cypher		

1331 & 1335 S. Major Street, SLC UT 84115

[www.fit2recover.org](http://www.fit2recover.org)

801-410-8988

# New Fitness Classes in Park City!



We're thrilled to introduce our new outdoor fitness class at Round Valley Park, right by the playground!

Join us every Thursday at 5:30 PM for an invigorating workout session in the heart of Park City. This class is your chance to stay active, connect with others, and enjoy the scenic beauty of Round Valley Park..

See you there!



## 5k Season in the Community

Last month, Fit to Recover was excited to participate in several local 5Ks, including the Red Barn 5K and Girls on the Run. These events allowed us to connect with the community, support great causes, and promote the importance of fitness in recovery. It was inspiring to see our members come together, participate in these races, and celebrate the joy of movement and community spirit. We look forward to continuing our involvement in such meaningful events!





## **NUTRITION PILLAR**

Stay up to date by visiting our Instagram Page: [\*Click here!\*](#)

Experience delicious, nutritious meals served with a side of community spirit. Whether it's a gathering with friends or a corporate event, let us bring our healthy delights to you. Contact us today to plan your next memorable occasion with Fit to Recover!



Serving the Local Community with

### **789 Project**

Summer is in full swing, and our food truck has been making waves in our community area! Check out our recent appearances and reach out if you'd like us to cater your next event.





## Creative Arts Pillar

Coming Together To Create!



### Ladies Art Night

On May 4th, our gallery transformed into a realm of edgy, thought-provoking pieces in “The Menace Show.” Local artists showcased works that challenged the status quo and sparked meaningful conversations. The turnout was incredible, and the discussions were even better!

### Pagan Market

Fit to Recover is excited to host a Pagan Market for the next three months on the last Sunday of each month. Come join us for an enchanting experience with music, unique vendors, and delicious treats. Tickets will be sold at the door. Don't miss out on this magical event!



**Thank you for being a part of our vibrant community. Stay tuned for**

more exciting events this month. Keep creating, keep inspiring!

As usual, you can join us for a jam session:

### **Wednesdays from 6:30-8:00 pm**

Additionally, you can express yourself through painting, drawing, or another medium in one of our art groups:

### **Thursdays from 6:30-8:00 pm**

If you are already in the building for a workout, cooking class, or service project, feel free to stop in and take advantage of our beautiful space and creative resources!

Make sure to check MINDBODY for scheduled events. Open Mic will be held on the 2nd and 3rd Fridays of July:

**Friday July 12th and Friday July 19th at 6:30pm**

## **Community Service Pillar**

**A huge thank you to all the amazing volunteers who made Fit to Recover's 4th Annual 5K for Recovery a tremendous success! We are incredibly grateful for the dedication and hard work of everyone who contributed to every aspect of the event.**



From setting up and cleaning up to organizing the route and water stations, keeping our finishers hydrated with snacks and Prime drinks, running the raffle, and so much more, your efforts ensured the event ran smoothly and was enjoyable for everyone involved.





Special shoutout to The Other Side Academy for their invaluable assistance with setup and cleanup.  
Your support truly made a difference.

Thank you all for your unwavering support and commitment to making this our best 5k yet!

We couldn't have done it without you!

## Car Wash For A Cause

Join us at Mark Miller Subaru South Towne to support FTR! We are partnering up with Mark Miller this month to raise funds for scholarships, new fitness equipment, and creative arts supplies. Show up and be of service or just come through for a car wash!

**July 20th 11:30 am - 1:00 pm**

**Contact James Ririe for more information on how you can be of service!**

**[James@fit2recover.org](mailto:James@fit2recover.org)**

## Utah County

[Join Us!!](#)

Check out our new Utah County schedule *and* the specialized classes we offer!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Noon: FTR Fitness	Noon: FTR Fitness	Noon: FTR Fitness	Noon: FTR Fitness	9:00 AM: FTR Fitness	10:00 AM: Boot Camp	
5:30 PM: FTR Fitness	5:30 PM: FTR Fitness	5:30 PM: FTR Fitness	5:30 PM: FTR Fitness		Every 1 <sup>ST</sup> Saturday Community Service (following bootcamp)	Closed
Creative Arts Group 7-8:00 PM		*After 1pm: Pick Up Meal Prep	*Meal Prep List Due For Following Week*			

1221 S. 1840 W. Orem UT 84058

www.fit2recover.org



## Beat the July Heat with FTR Utah County!

July is packed with exciting activities at our Utah County location, designed to keep you active, engaged, and connected with the community. Check out what we have lined up:



For more questions about classes and events at Utah County contact:

Alex Jeffs-McRae, UT County Community Coordinator at:  
[alex@fit2recover.org](mailto:alex@fit2recover.org)



Keep up with what's happening in Utah County by visiting our Orem  
[Instagram page](#) or [Facebook profile](#).

## Member Spotlight



*Erika Bjorkquist, SLC*

Recovery is a journey - mine has been full of challenges and marked by numerous setbacks, but I can honestly say that I would not be where I am today without FTR.

When I was first approached about this, my instinct was to say no - I don't deserve it, I struggle, I relapse, I get in my head and can be super negative - while I see so many others show up and bring their all to this incredible place. But then I reflected on FTR and what it has taught me...I can do hard things and push when I feel like I can't, I understand my worth and am allowed to take up space, I can practice daily gratitude.

For these and so much more, I am proud to be a member of FTR. The community, the people, the space. It's a space where I can freely share my thoughts, release anxiety and negativity, exercise without fear of judgment, connect with like-minded individuals, seek advice, and grow alongside others on similar journeys.

The power of FTR lies not just in its physical space but in its ability to foster connections and support among individuals navigating their own paths to recovery. For this I will always be grateful.



*Mcallister Larsen,  
Park City*

FTR has helped me get out of my comfort zone. It is a safe place for me to open up. I can go to a class feeling annoyed, upset, irritated, or any other emotion, and I always leave the class feeling better.



*Charlie Peterson, Orem*

FTR, just like fishing, they dangle the bait and then you're hooked. First Ramsey, then Darrin, now me and so on. I never thought I would go to a gym, I'm an old Bricklayer. What I found was fellowship. After a couple of months the pain in my knee, hip, back, is disappearing. The workouts clear my racing mind. If I can't do an exercise there is always an alternative.

I love my new family.

## Upcoming Community Events



*Fit To Recover & Mark Miller Subaru*

# CAR WASH FOR A CAUSE

*Money raised goes to Fitness and  
Nutrition Scholarships.*

July 20, 2024 | 11:30 AM  
Mark Miller Subaru South Towne

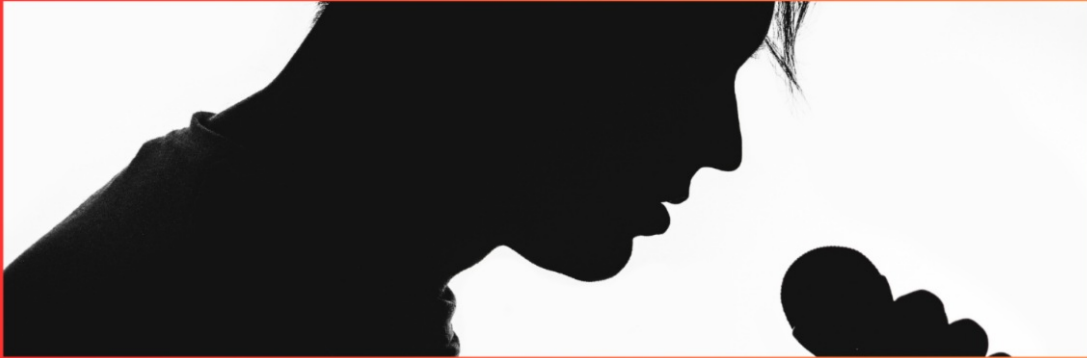
*Bring your car down to Mark Miller Subaru South Towne  
for a car wash, we will be taking suggested \$5  
donations. Feel free to donate what you can.  
10920 S State St Sandy, UT 84070*



◆ FIT-TO-RECOVER PRESENTS —————

# CYPHER RAP BATTLE

UNDERGROUND EVENT



- Local community rappers, lyricists, emcees, freestylers, etc.
- All attendees welcome
- Random wordplay competition
- Freestyle challenge

**FRIDAY | 7.5.2024 | 6:30PM – 9:00PM**

**ADMISSION**

**\$5.00 SUGGESTED**

**DONATION**

**VENUE**

FIT-TO-RECOVER  
1335 S. MAJOR STREET  
SALT LAKE CITY UT.  
84115

**RAP PASS**

**\$5.00 SUGGESTED**

**DONATION**

**PURSE**

**\$100.00**

**CONTACT INFO**

928-693-9194 | 385-502-0309  
[contact@fit2recover.org](mailto:contact@fit2recover.org)

**Thank You to Our Community Partner: Girls on  
The Run**



We are thrilled to highlight Girls on the Run Utah as our Community Partner of the Month. Their hard work and commitment to our local community significantly impact Salt Lake City and local school districts. At Girls on the Run Utah, teaching essential life skills through research-based programs is their cornerstone. Trained volunteer coaches blend physical activity with lessons on managing emotions, fostering friendships, and expressing empathy. This approach helps individuals of all abilities build self-confidence and a sense of belonging.

Founded in 1996, Girls on the Run International has served over 2 million girls across North America. Each season, participants complete a Community Impact Project and a 5K run, experiencing a tangible sense of accomplishment. These programs address gender stereotypes and cultural challenges, empowering girls to rise above societal obstacles. Girls on the Run is about much more than running—they inspire confidence and physical activity at a critical age, making a lasting impact on the next generation.

## **Thank You to our Corporate & Foundation Partners:**

Allen Foundation  
American Express  
Costco  
Davidson Sales & Engineering  
George S. & Dolores D.  
Eccles Foundation  
Larry H. Miller Charities  
Macomber Family Charitable Trust  
Mark Miller Subaru  
Marriner S. Eccles Foundation  
Orem City  
Performance Automotive  
Rocky Mountain Power Foundation  
Select Health  
Slave 2 Nothing Foundation



Smith's Food and Drug  
Sorenson Legacy Foundation  
Technology Marketing Inc.  
The Daniels Fund  
Zions Bank  
Zoo, Arts & Parks (ZAP)  
Price Real Estate

## And Thank You to our Recovery Partners!

Acqua Recovery - Alpine - Ardu Recovery - Ascend Recovery - Balance House - Brighton Recovery - Corner Canyon - Correctional Addiction Treatment Services (CATS) Program - CORE (Valley Behavioral Health) - Gail Miller Resource Center - First Step House - Journey Treatment Centers - New Roads - Newport- 7th Street - Odyssey House - Papilion - Park City Jail - Pinnacle Recovery - Pheonix Recovery - Recovery Ways - Red Barn - Renaissance Ranch Treatment Centers - Live 4 Life - Steps Recovery - Strong Hope/Salt Lake Behavioral Health - Summit County Jail - The Other Side Village - Turning Point Recovery - USARA - Valley Phoenix - Valley Epic

OUR MISSION IS TO PROVIDE PEOPLE IN RECOVERY FROM SUBSTANCE USE DISORDER WITH A SAFE PLACE TO CONNECT THROUGH FITNESS, NUTRITION, CREATIVE EXPRESSION, AND COMMUNITY SERVICE.

THANK YOU FOR BELIEVING IN OUR MISSION.

1331 & 1335 S. Major Street Salt Lake City, UT 84115 | 801-410-8988  
| [fit2recover.org](http://fit2recover.org)

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