

October 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: Steps Recovery Centers



Thank You to Our Recovery Partner of the Month: Steps Recovery Center

We extend our heartfelt gratitude to Steps Recovery Center for being our Recovery Partner of the Month. Your unwavering commitment to helping individuals and families overcome addiction is truly inspiring. Your specialized treatment programs for substance use disorders, including alcoholism, meth, benzodiazepines, and cocaine, offer hope to those seeking to regain control over their lives.

Steps Recovery Center works closely with both our Utah County and Salt Lake locations, providing their clients with valuable access to our programming and support services. Your dedication to ensuring that clients can take advantage of our resources and community initiatives enhances the recovery experience and


fosters a holistic approach to healing.

Thank you for your partnership and for being a steadfast source of support and inspiration for those in need. Together, you are making a meaningful difference in the lives of many.

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!



Fitness
Special
Nutrition
New Classes
Creative Arts
Service Projects
Park City Location

Social Media
fit_2recover
FTR Community
fit2recover

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

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
Noon: FTR Fitness	Noon: FTR Fitness	11:15: Beginners Boxing	Noon: FTR Fitness	11:30AM: Serving Lunch @ GMRC 2nd Friday of the month	10:00AM: Bootcamp	10:00AM: Powerlifting
Noon: Advanced Kettlebell	5:30PM: FTR Fitness	4:30PM: FTR Fitness	1:00PM: Mobility	Noon: FTR Fitness	12:30PM: Studio Time (By Appointment Only)	12:00PM: LGBTQ+ Workout
5:30PM: Intro To Theatre	5:30: Dance To Recover	5:15PM: Intro To Music	5:00PM: Intro To Music	3:00PM: Utah Food Bank Service on 4th Friday of the month	11:30-1:00PM: Service Project 3rd Saturday of the Month	1:00PM: LGBTQ+ Group
5:30PM: Cook 2 Connect	6:30PM: FTR Conditioning	5:30PM: FTR Fitness	5:30PM: Park City Fitness	4:30PM: FTR Fitness		1:00PM: Free Yoga for FTR Members @CorePower Yoga Foothill Location
5:30PM: FTR Fitness	6:30PM: Women's Art Night	5:30PM: Mobility	6:30PM: Creative Arts Group	5:30PM: Kettlebell Fitness		
6:00: Trash Clean-Up	Food 2 Recover: Pick up after 4pm	5:30PM: Community Chef or Day with a Dietitian	6:30PM: ALL Women's Workout	6:30PM: Open Mic Night		
6:30PM: FTR Fitness		5:30PM: Park City Fitness	7:30PM: Women's Group	6:30PM: 1st Friday of Month Rap Cypher		
6:30PM: FTR Fitness		6:30PM: Music Night				

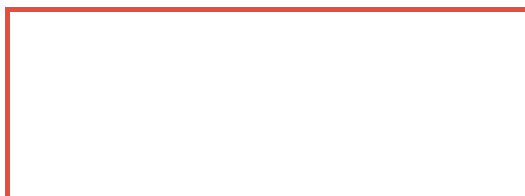
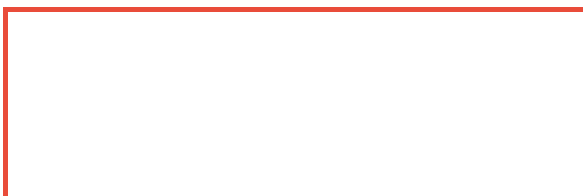
1331 & 1335 S. Major Street, SLC UT 84115 www.fit2recover.org 801-410-8988

Thank You Amy!

We want to extend our deepest gratitude to Amy for being such an incredible Fitness Pillar Lead and a huge part of our FTR community for so long. Amy has brought unmatched energy, expertise, and a contagious positive attitude to the gym, making everyone feel welcome, confident, and inspired. Her dedication and passion have helped shape the fitness pillar into what it is today.

While Amy will be stepping down from her leadership role and moving to part-

time, we're grateful she's not going far! You can still catch her in her Advanced Kettlebell classes and Fridays at 4:30 PM. Thank you, Amy, for all you've given —your presence and laughter will always be a vital part of our community!





Orem, Utah



Salt Lake City, Utah

NUTRITION PILLAR

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

Pumpkin-Themed Cooking Class

Join us on October 9th for a fun, pumpkin-themed cooking class with Haylee and James! We'll be whipping up a savory pumpkin curry and some delicious pumpkin cookies to celebrate the fall season. Don't miss out on this cozy culinary experience—sign up today!



Fall Recipes

As the crisp fall air settles in, it's the perfect time to enjoy warm, hearty meals. Our Chicken Tortilla Soup is a must-try! Packed with protein, fresh vegetables,

and just the right amount of spice, it's both comforting and nutritious.

Craving more seasonal recipes? Check out our FTR Cookbook, filled with easy, delicious dishes to fuel your recovery journey. Available for purchase at our Salt Lake City location.

Chicken Tortilla Soup Recipe

- 1 Tbsp olive oil
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp chilli powder
- 1 tsp chipotle sauce
- ½ Anaheim pepper, diced
- 1 lb. chicken breasts/thighs
- 14 oz can crushed tomatoes
- 32 oz chicken broth
- 14 oz can black beans, drained and rinsed
- 2 cobs of corn, cut off the cob
- 1 lime, juiced
- 1 tsp salt, or to taste



1. Preheat a pot with oil over medium-high heat. Add chopped onion, garlic, Anaheim pepper and sauté until veggies soften.
2. Add whole chicken breasts/thighs, corn, beans, chili powder, cumin, crushed tomatoes, salt, and chicken broth. Bring to a boil and pressure cook for 20 minutes.
3. Remove chicken from the pot and shred it using 2 forks. Add shredded chicken back to the soup and simmer another 5 minutes then add lime juice.
4. Serve the soup with some tortilla strips, pieces of avocado, fresh cilantro and lime wedges.

Creative Arts Pillar

Creative Arts Update: Welcome Kate, Our New Creative Arts Pillar Lead!

We are excited to announce that Kate is joining the FTR family as our new Creative Arts Pillar Lead! Kate brings a wealth of creativity and passion to the team, and we can't wait for you to experience her inspiring leadership in our programs.



Exciting Changes to Our Creative Arts Schedule!

Intro to Theatre **Mondays at 5:30pm**

Discover the magic of storytelling and self-expression in our Intro to Theatre class, where you'll learn the basics of acting, stage presence, and creative collaboration in a fun, supportive environment!

Dance 2 Recover **Tuesdays at 5:30pm**

Join us every week for our Dance class, where movement meets creativity, and you can express yourself, build confidence, and have fun in a welcoming, high-energy environment!

Intro to Music **Wednesdays at 5:15pm**

Unleash your musical potential in our Intro to Music class, now taught by Peter! Whether you're a beginner or looking to refine your skills, this class offers a fun and supportive space to explore rhythm, melody, and creativity.

Join us for Open Mic every Friday of the month, except the first Friday, which features our Rap Cypher Battle! It's the perfect chance to share your music, poetry, or spoken word with the community.

Make sure to check MINDBODY for scheduled events.

Community Service Pillar

A Huge Thank You to Our Service Pillar Volunteers!



A Huge Thank You to Our Amazing Volunteers!

Shoutout to everyone who joined us on Saturday, September 21st, for our PB&J handout—it was an incredible success! Special thanks to Wasatch Recovery for showing up in full force, ready to serve and make a difference. We couldn't have done it without you!

Looking Ahead: October Service Events

Our service pillar is continuing to grow, and we have even more opportunities coming up in October!

- **October 4th: Trailhead Clean-up with Save Our Canyons, 11:00 AM–1:00 PM.**
- **October 19th: Liberty Park Clean-up, 11:30 AM–1:00 PM.**

Join us as we keep the momentum going and make an even bigger impact in our community! Every effort counts, and we're excited to see even more faces out there as we give back together.



The Service Pillar Is Growing!

We're beyond excited to see how much our service pillar has expanded, and we have even more ways for you to get involved and give back to our community. Check out our ongoing and upcoming opportunities!

Reoccurring Service Opportunities:

- 2nd Friday of every month: Serving lunch at Gail Miller Resource Center, 11:30 AM–1:30 PM.
- 4th Friday of every month: Food Bank Service, 3:00–4:30 PM.

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

James@fit2recover.org

Utah County

[Join Us!!](#)

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



FITNESS
CREATIVE ARTS
NUTRITION
COMMUNITY SERVICE



Membership Orem: \$30/Monthly
Drop-Ins: \$5/Class
Food 2 Recover- \$40
1221 S. 1840 W. Orem, UT 84058
801-607-5274

FB: @utahcountyFTR IG: fit2recover_utah_county

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am: Yoga 1 st & 3 rd Mondays of each month						
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 Kettlebells		Every 1 st Saturday 11:30-1:30 Community Service	Closed
	Golden Rule AA meeting 7-8PM	*After 1pm: Pick Up Meal Prep		*3PM: Meal Prep List Due For Following week		

1221 S. 1840 W. Orem UT 84058

www.fit2recover.org

Utah County Events: October Highlights

Musical Chairs Art Night in Utah County was a blast! Participants had a great time combining creativity and movement, rotating between art stations and leaving with unique, collaborative pieces of art. It was a night full of laughter, connection, and artistic expression!



We've got an exciting lineup of events this October in Utah County! Here's what's coming up:

- **Utah County Park Service Project – October 5th**
Help us give back to the community by joining our park service project. It's a great way to connect with others and make a positive impact!
- **Creative Arts Night with Nicole – October 17th**
Tap into your creative side with Nicole as she leads a fun and inspiring Creative Arts Night. All skill levels welcome!
- **FTR Halloween Movie Party – October 19th**
Get into the spooky spirit at our Halloween Movie Party! Bring your friends and enjoy a night of classic Halloween films.
- **Breathwork with Brinlie – October 24th**
Recharge and relax with a powerful breathwork session led by Brinlie. This is the perfect way to reduce stress and find some peace.

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

Alex Jeffs-McRae, UT County Program Director at:
alex@fit2recover.org



PARK SERVICE PROJECT

Join us to help make the
paths in the park beautiful
and easier to walk on.

Meet at Exchange Park
900 N 700 W Provo UT 84604

**SATURDAY
OCTOBER 5TH
11:30AM**

WHAT TO BRING



Water
Bottle



Comfortable
Clothes



Sunscreen
& Hat

IF THE WEATHER DOES
NOT PERMIT THIS WE
WILL MEET AT THE OREM
FTR BUILDING TO CLEAN.

FTR
HALLOWEEN
*MOVIE
PARTY*

**OCTOBER 19TH
6-8 PM**

We will be watching Hocus Pocus!
Costumes Optional.
Please bring a halloween treat or
dessert to share.

**CONTACT LIZ WITH ANY
QUESTIONS
801-458-1881**

FTR
FIT TO RECOVER
EXERCISING RECOVERY

1221 S 1840 W OREM, UT 84058

FTR
FIT TO RECOVER
EXERCISING RECOVERY

CREATIVE ARTS NIGHT
**PUMPKIN
PAINTING**
WITH
NICOLE

THURSDAY, OCT 17TH
6:45 PM

BRING YOUR OWN
PUMPKIN, OR RSVP SO WE
CAN PROVIDE ONE!

1221 S. 1840 W. OREM, UTAH 84058

FIT TO RECOVER
@BAREFOOTBRINLIE

OCT.
24

**BREATH
WORK**

7-
8:30 PM

SIGN UP AT
WWW.BAREFOOTBRINLIE.COM
\$20 DONATION SUGGESTED

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

Member Spotlight



Darrell Creasy, *SLC*

Before discovering FTR I felt that I would have to do this on my own. Little did I know what FTR would do for me as well as others. It's not how you got to FTR it's that you're here and family. FTR has an excellent approach to recovery and so many different opportunities to accomplish it. I'm lucky to have found FTR. I don't feel alone or lost anymore. The best part is everyone that keeps coming back including the staff!! Thank you FTR or For The Resilient as I think.



Ashley Nunley,
SLC

FTR has become my second home, not only has it improved my mental and physical health immensely the people are amazing! The connections you make with the staff and other members are irreplaceable! I'm eternally grateful for FTR and will remain active and connected with them and because of them!



Anna Worthen, Orem

FTR is a vital part of my recovery. It's the place where I can get away from the wackiness of life, and not be alone. I can share and connect with friends, while getting in shape and listening to killer music. I know that everyone in our shared space has the same goal. I love that! I'm always in good company with dynamic, motivated and supportive people. Plus I love a solid high five! So what's not to love? The camaraderie I experience here is like no other. I'm bummed if I miss a day. Thank you FTR. I'm proud to be one of the many.

**Thank You to Our Community Partner:
USARA**



USARA
utahrecovers

We are thrilled to recognize USARA (Utah Support Advocates for Recovery Awareness) as our Community Partner of the Month! USARA recently hosted Recovery Days, which was an incredible celebration of hope and healing, and they also led the Mobilizing Recovery event this past weekend. Their dedication and passion for supporting the recovery community set the standard for how we show up for one another. USARA's work is integral to fostering connection and empowerment within the recovery community, and we are so grateful for their continued leadership and impact.

Thank you, USARA!

Thank You to our Corporate & Foundation Partners:

Adobe
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
Price Realty
Rocky Mountain Power Foundation
Select Health
Sobriety Foundation
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 - Summit County Jail - Pinnacle Recovery - Phoenix 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

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