

**September 2024**



**FIT TO RECOVER**  
EXERCISING RECOVERY

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: Brighton Recovery Center**



We're proud to highlight Brighton Recovery Centers as our Recovery Partner of the Month! Brighton provides a unique and serene environment for recovery, offering patients an inspiring setting. Their world-class, personalized treatment approach addresses the physical, emotional, and spiritual challenges of addiction, ensuring comprehensive care for each individual.

Brighton Recovery Centers are dedicated to fostering healing, strength, dignity, and hope. Their experienced staff exemplifies professionalism and best practices, making them a standout partner in the recovery community. We're grateful for their unwavering commitment to supporting individuals and families


on their path to recovery.

Thank You!

# 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!



**FIT TO RECOVER**  
EXERCISING RECOVERY

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	Noon: FTR Fitness	9:15: AM: Beginners Boxing	Noon: FTR Fitness	10:00AM: Bootcamp	10:00AM: Powerlifting
Noon: Advanced Kettlebell	5:00PM: Music Production	4:30PM: FTR Fitness	Noon: FTR Fitness	4:30PM: FTR Fitness	12:30PM: Studio Time (By Appointment Only)	12:00PM: LGBTQ+ Workout
4:00PM: Songwriting	5:30PM: FTR Fitness	5:15PM: Intro To Music	1:00PM: Mobility	5:30PM: Advanced Kettlebell	11:30-1:00PM: Service Project	1:00PM: LGBTQ+ Group
5:30PM: Cook 2 Connect	6:30PM: FTR Conditioning	5:30PM: FTR Fitness	5:30PM: FTR Fitness	6:30PM: 2nd & 3rd Friday Open Mic Night	3rd Saturday of the Month	1:00PM: Free Yoga for FTR Members
5:30PM: FTR Fitness	6:30PM: Women's Art Night	5:30PM: Mobility	6:30PM: Creative Arts Group	6:30PM: Last Friday of Month Movie Night		@CorePower Yoga Foothill Location
6:30PM: FTR Fitness	6:30PM: LAST Tuesday of Month Dance 2 Recover	5:30PM: Community Chef	5:30PM: Park City Fitness	6:30PM: 1st Friday of Month Rap Cypher		
	Food 2 Recover: Pick up after 4pm	5:30PM: Park City Fitness	6:30PM: ALL Women's Workout			
		6:30PM: Music Night	7:30PM: Women's Group			

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

## Congratulations to everyone who participated in our August Summer Swing Challenge!

Over the course of the month, our dedicated members completed an incredible 1,500 kettlebell swings, showing strength, perseverance, and community spirit.

We're so proud of all the hard work and determination that went into this challenge. Check out the photo of our participants rocking their well-earned t-shirts—each one a symbol of commitment and achievement.

Thank you for swinging with us this summer!



**Orem, Utah**



**Salt Lake City, Utah**

## **NUTRITION PILLAR**

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

### **Connection In The Kitchen!**

Our recent handmade gnocchi-making class was a true celebration of community and connection. Members gathered to roll, shape, and cook their own gnocchi from scratch, creating not just a meal but a shared experience that brought everyone closer together. The event was filled with laughter, learning, and the simple joy of preparing food as a group. These moments reflect the heart of our nutrition pillar—healing through the act of coming together around food.



## September Meal Prep

### Sign Up Today!

Get ready for another month of nourishing and delicious meals with our September meal prep sessions! We're cooking up some mouth-watering dishes that you won't want to miss. Whether you're looking to stay on track with your nutrition goals or simply want to enjoy healthy, homemade meals, we've got you covered. Don't wait—sign up today and make sure you're part of this tasty journey!

## WEEK 1 - SEP 3

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Chicken Fajita Bowl (3)  
Beef & broccoli (2)

## WEEK 2 - SEP 10

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Cheeseburger Skillet (3)  
Blackened Chicken (2)

## WEEK 3 - SEP 17

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Chicken Parm (3)  
Turkey Burger (2)

## WEEK 4 - SEP 24

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Teriyaki Chicken (3)  
Grilled Tri tip (2)

\*\*\*numbers signify how many of each item come with your set of 5.

\*\*\*macronutrient info available upon request

# SEPTEMBER FTR MEALS



MONTHLY MENU

## Creative Arts Pillar

Business Seminar Wrap-Up: Starting a Business 101



Our recent "Starting a Business 101" seminar at the Creative Arts Building was a huge success! With insightful presentations from guest speakers Paul Komenda, MBA, and Ryan Brown, CEO of Ideal Practice, participants learned the essentials of organization, funding, preparation, and marketing. The event was packed with valuable information and practical advice, empowering attendees to take the next steps in their entrepreneurial journeys. To top it off, each participant received funding to help kickstart their business ventures. A big thank you to everyone who joined us—your future is looking bright!

**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 Friday of September

**Friday September 13th and Friday September 20th at  
6:30pm**

## **Community Service Pillar**

**A Huge Thank You to Our Service Pillar Volunteers!**



We want to extend our heartfelt thanks to everyone who participated in our service pillar activities this past month! Thanks to your generosity, we were able to provide Utah Community Action with over 15 fully stocked backpacks of school supplies through our Pack a Backpack project.

Stay tuned for even more projects coming up during the week. Your continued support means the world to us!

**New Monthly Service Project**





We're excited to announce some new service opportunities, including a monthly partnership with the Utah Food Bank! Join us on the 4th Friday of every month from 3:00 to 4:30 PM to lend a hand. We have 15 slots available, so meet at FTR at 2:30 PM to secure your spot.

***Utah Food Bank - Every  
4th Friday of the Month***

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

**[James@fitzrecover.org](mailto:James@fitzrecover.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
7am: Yoga 1 <sup>st</sup> & 3 <sup>rd</sup> 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 <sup>st</sup> 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



**September is packed with exciting events and opportunities at FTR Orem!**

Our Picture of the Month features a stunning shot from the Grove Creek hike—what a memorable adventure it was. On September 7th, we'll be participating in the Recovery Days service project and hosting a booth at Recovery Days, so be sure to stop by and say hello. Then, on September 18th, Daniel Jacobsen will lead a Mindfit Workshop, offering a chance to explore mindfulness and mental

fitness. We're also thrilled to introduce new monthly events starting in

September: Creative Arts Night with Nicole every third Thursday and Breathwork with Brinlee every fourth Thursday—perfect for nurturing your creativity and relaxation. Finally, mark your calendars for September 29th when we'll hit the trails for the Bonneville Shoreline Hike. We'll meet at the Bonneville Shoreline Trailhead, and don't forget to bring water!

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)



**FTR**  
**FIT TO RECOVER**  
EXERCISE RECOVERY

### BONNEVILLE SHORELINE TRAILHEAD HIKE

- ✓ Sunday, September 29th
- ✓ 9:30 AM
- ✓ Bring Water
- ✓ Meet at trailhead, & contact Alex 801-592-3602

*Directions to hike: Take 8th North in Orem east towards the canyon. Turn left at 800 East (Harmons intersection) Once you pass the cemetery (on the right.) Take the first sharp right after the cemetery. Take this road up the hill to the Bonneville Shoreline Trailhead to the parking area*



## MINDFIT WORKSHOP

Learn what it means to become MindFit with Daniel Jacobsen. This workshop is on positive psychology and how to recognize and adapt the emotions within your body to your advantage

**Sept. 18th @6:45p**

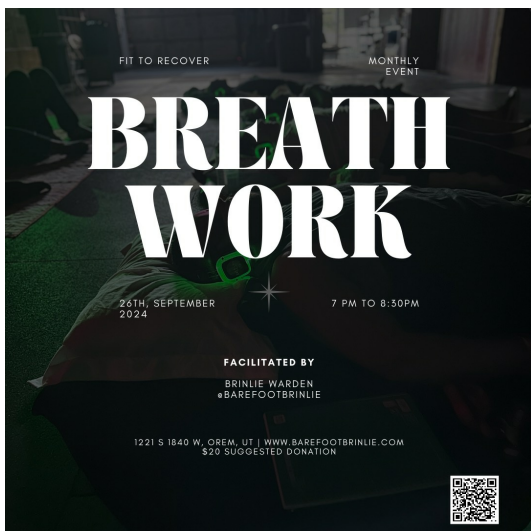
**\*FREE WORKSHOP\***

**Sign Up Today**

Utah County Fit to Recover  
1221 s 1840 w Orem, UT 84058



**FTR**  
**FIT TO RECOVER**  
EXERCISE RECOVERY



FIT TO RECOVER MONTHLY EVENT

# BREATHWORK

26TH, SEPTEMBER 2024 7 PM TO 8:30PM

FACILITATED BY  
BRINLEE WARDEN  
@BAREFOOTBRINLEE

1221 S 1840 W, OREM, UT | WWW.BAREFOOTBRINLEE.COM  
\$20 SUGGESTED DONATION



## VOLUNTEERS NEEDED

**FTR SEPTEMBER SERVICE PROJECT** 11AM-4PM

**SEPTEMBER 7TH**

**UTAH COUNTY FIT TO RECOVER**

**CONTACT LIZ FOR OPPORTUNITIES**  
8014581881



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

## Member Spotlight



Ben Metro, *SLC*

FTR has been a light in the dark for me. I was struggling though some of the worst depression, anxiety and hopelessness that I've ever experienced. That's when I decided enough was enough and I'd start to move my body to shake up this dark, heavy and stale energy. Thank God that FTR was there because I couldn't have done it alone. I love the connections made through working out or playing music or making art with others who may be struggling like me. The FTR staff has been amazing and I can't thank them enough.



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!



Eric Maehl, *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: Performance Auto



Fit to Recover is proud to recognize Performance Automotive Bountiful as our Community Partner of the Month. Their dedication to providing a convenient, rewarding, and friendly experience has made a significant impact on our

community. Performance Automotive Bountiful consistently listens to their customers' needs and responds with innovative solutions and exceptional service. Whether through comprehensive vehicle maintenance or helping customers find the perfect vehicle, their commitment to excellence shines through in every interaction. We're grateful for their partnership and the positive influence they bring to our community.

**Thank you, Performance Automotive Bountiful!**

## **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  
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 - 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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