



# WELLNESS CENTER NEWSLETTER

www.colorado.feb.gov | khovland@colorado.feb.gov | 303-236-6911

### Did You Know:

-Loaner workout clothes are located in the cabinet in the hallway.

-A new basketball is located in the cabinet.

-A basketball court is located behind the Wellness Center.

-Riding bicycles are located in the shed.

## Wellness Center News

The Wellness Center is better than ever! The updated fitness equipment donated by the Colorado Federal Executive Board, and new interior paint from General Services Administration have been amazing contributions to the center!

In addition, other contributions are also very much appreciated, such as the magazines, music in the fitness classes, loaner towels and loaner clothes, which are all donated by the members of the Wellness Center. We are however slowly running out of loaner clothes and towels. If you have towels or loaner clothes, especially shorts to donate to the center, members who forget their clothes will really appreciate your donation.



## Wellness Center Powerlifter Gets 1st Place

Wellness Center member, Adrian Martinez recently competed in the National Athletic Strength Association, Power Sports competition and earned 1st place in the 60 to 69 age group. Check out his 1 repetition max results! Bicep curl = 132 pounds, deadlift = 335 pounds, and bench press (with a pause at the chest) = 315 pounds.



Pretty impressive considering an accident that Adrian suffered in August 2014. He broke his collar bone in 3 places, broke 7 ribs and was in ICU for 3 days, then in the hospital for 3 more days. It took him over 2 years before he could compete again.



After recovering, Adrian went from breaking bones to breaking records! He broke state and American records in the biceps curl by 8 pounds and the bench press record by 83 pounds. Wish Adrian luck as he plans to compete in nationals this summer.

If you would like more information on powerlifting and NASA competitions, please visit [www.nasa-sports.com](http://www.nasa-sports.com).



Fed Force meets for their first training session of the season.

## Dragon Boat Training

The Federal Dragon Boat team (Fed Force) has been doing their fitness training at the Wellness Center. The team is getting in shape for the 250 meter Dragon Boat races on July 30 & 31.



Fed Force motto- *Riding on Air!* is a metaphor used for the surge and lift a dragon boat has when a crew is paddling with combination of power and working together in perfect unison.

The Dragon Boat races are the highlight of the Colorado Dragon Boat Festival which is a free family-friendly festival highlighting Colorado's rich Asian Pacific American heritage at Sloan's Lake Park in northwest Denver. It showcases an array of traditional and contemporary performing arts, cultural customs, cuisine and a marketplace of unique and hard-to-find arts, crafts and vendors.



Fed Force Paddles Their Way to a 2nd Place Finish in 2010

## Federal Cup 5k Run/Walk



2015 Wellness Center Well-Bees

Hey everyone the weather is getting warmer and you know what that means... the 32nd RUNNING of the Federal Cup 5K will be here soon - don't delay, and register today! The 32nd RUNNING of the Federal Cup 5K will take place on Saturday May 21, 2016 at 8:15 a.m. Come celebrate with us!

**Members! When signing up for the Fed Cup, please join the Wellness Center Well-Bees team.**

Register at [www.runningguru.com](http://www.runningguru.com) and search Fed Cup

## Boot Camp Fitness Class



Becky in form on the battle rope.

Starting soon, when the weather is perfect, we will offer a boot camp class outdoors every Monday at noon. Boot camp is type of group exercise class that mixes traditional callisthenic and body weight exercises with interval training and strength training. The Wellness Center boot camp class is designed to push yourself harder than you would normally push yourself.

Come out to the boot camp class and *experience the best part of your working day!*



Steve & Matt work on back rows using fit tubes.

## Bike 2 Work Day

Breakfast Station | June 22, 2016 | 6 a.m.– 9 a.m.  
Wellness Center Parking Lot | Free

Ride your bike to work on June 22nd and stop by the Wellness Center and have a bagel with me! The event is sponsored by Blue Cross, Kaiser Permanente, GEHA, GSA and the Wellness Center.



# Denver Federal Center Spring & Summer Sports Leagues

**Federal Employee Co-ed Softball** | Justin Palmeter 303-917-4460 | rebman98@aol.com | May — August | Monday & Wednesday evenings | Federal Center Softball Fields

**Federal Employee Men's Softball League** | Steve Wilson | 303-236-2454 | swilson@usgs.gov | May — July | Tuesday evenings | Federal Center Softball Fields

**Young Government Leaders Kickball** | James Smith | 303-231-3705 | Thursday evenings | Federal Center Softball Fields

**Young Government Leaders Group** | Social Forums Various Activities | James Smith | 303-231-3705 | James.smith@onrr.gov

**Federal Employee Tennis Association** | Trudi Fleit | 303-237-5658 | play-tennis@fetater | www.fetatennis.org | Season starts May 1

**Lunch –time Soccer Bunch** | John Denbiczak | 303-231-3952 | John.dembiczak@onrr.gov | We play any nice day with enough folks interested

**Federal Employee Volleyball** | John (Lee) Mauney | 303-445-2545