



SMART FIT METHOD PARK CITY: The SMARTer Way To Get Fit

“It’s not bro science, it’s actual science!” This was one of the first pointed statements that Connor Darnbrough made to me while explaining how his facility, Smart Fit Method in Park City, works—the reason he developed this smarter way to train and who his biggest motivators are in his life.

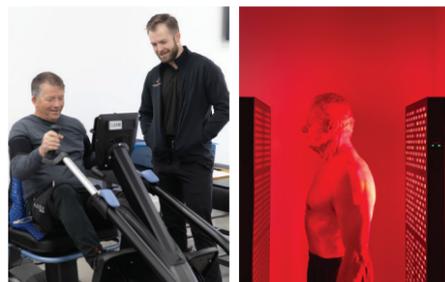
Connor offers 20-minute sessions personalized by AI. Everything is engineered for longevity, with stackable fitness and recovery programming designed by data—as well as his personalized longevity fitness team—to optimize performance and long-term health. I myself am a nutrition and fitness coach, so Connor had my ear...and my interest.

“My dad was a longtime cycling athlete who developed a heart condition that left him sedentary,” says Connor, sharing the heartbreaking story of a medical team that didn’t have a lifestyle solution for his father’s

troubling heart condition—one that pushed a lifelong performance cyclist into sedentary sadness. “They told him his heart rate couldn’t go over 120 beats per minute, and for someone who had spent his whole life in fitness, he didn’t know how to merge his new physical limitations with his love for movement.”

Connor’s diligence led him to research anything that could return his dad to fitness while keeping him safe. “That’s when I found the Vasper machine,” he says.

Vasper is a low-impact exercise system that uses compression, cooling, and interval training to mimic the effects of a high-intensity workout in a shorter amount of time. Compression cuffs on the arms and legs build up lactic acid, signaling the brain to release GH (growth hormone), while cooling helps manage inflammation and pain. This allows users to gain the benefits of intense exercise without



soreness or high impact—making it ideal for his father’s rehabilitation.

For Connor, a lifelong athlete himself who had accumulated injuries and struggled to fully heal, discovering Vasper at the age of 19 was personal. “At the same time my dad and I were testing Vasper and rehabbing in the garage, my mom was going through perimenopause—so she needed a fitness solution that met her body where it was.” His sensitivity to the needs of aging female clients stems from watching both his parents navigate major physical transitions. “We just weren’t willing to accept [being] sedentary.”

Connor took me through an explanation, a tour, and a sampling of his facility. I was blown away. First, every client gets a weeklong biometric testing and evaluation. Vasper’s programming and nutritional counseling are fully data-driven. Instead of stepping on a traditional scale, clients use the cutting-edge Styku body-composition system, which measures hundreds of body metrics with less than a 1% margin of error—in

35 seconds and with zero radiation.

My next stop was something resembling a leg press, but with no plates in sight. This machine is called Smart Strength: ARX and OxeFit. Adaptive-resistance technologies deliver some of the safest and most effective strength training available today. Every rep is calibrated in real-time to match your exact capacity, eliminating guesswork and maximizing results. The harder I pushed, the harder it resisted. The next day, my legs reminded me just how much they had worked—only this time, it truly was smarter, not harder.

In just 20 minutes, I triggered deep muscular growth, enhanced bone density, and built functional strength. Each client session is recorded, analyzed, and optimized—offering a fully personalized, data-driven training experience.

My final stop was recovery. Gone are the days of sweaty rolled-up mats, quick toe-touch stretches, and a beeline to the locker room. Connor has a 15-person sauna heated to 190

degrees; four cold-plunge tubs set at varying temperatures to meet clients where they are; and a Lumati 5-in-1 recharge station. There, you stand on a micro-impact plate with gentle vibration, absorb the healing rays of red-light therapy, listen to soothing affirmations through headphones equipped with a vagal-nerve stimulator, and breathe molecular hydrogen—the world’s most powerful antioxidant—through a nasal cannula.

I left feeling like I had unplugged from a recharging station. It was amazing.

With two Utah locations—Salt Lake City and Park City—and highly accommodating hours, non-gym-goers officially have no more excuses. There are no clanging plates, no guttural moans from the meathead hogging the squat rack, and no confusion about how machines work (a trainer guides you during every session). There’s also minimal risk of injury. This is a facility—and a method—of training that is, in fact, Smart.

DETAIL Park City

Mobile Auto Detailing in Park City, UT

Interior Detailing · Exterior Detailing

To Book An Appointment:

Visit: detailparkcity.com

Call or text: (435) 200-3621

“Outstanding service. Ed’s team comes to meet you at a location of your choice (at your home, office, etc.) The team arrived on time, and in only 2hrs, my BMW looked fresh off the lot. Thanks so much, DetailParkCity! You’ve got my business!” - *Jamie R.*

“Ed was great. He quickly returned my initial contact (rare in Park City) and quickly had us on his schedule. He spent all day detailing our two cars, which are in like new condition. Couldn’t be happier.” - *Andrew N.*

SHOULD TREES BE PRUNED IN WINTER?

Yes, Winter is a Great Time to Prune Trees.

Tree pruning can be done at any time of year, however, recommended times vary depending on species. In general, the best time to prune most plants is during winter.

- 1. Better Visibility of Tree Structure:** With leaves off, arborists can clearly see branches, defects, and shape—leading to cleaner, safer, more strategic pruning.
- 2. Healthier Spring Growth:** Winter pruning encourages stronger buds, flowers, and new growth once trees break dormancy.
- 3. Lower Risk of Disease & Insects:** Many pests and pathogens are inactive in cold weather, reducing the chance of infection after pruning cuts.
- 4. Less Stress on the Tree:** Trees are dormant in winter, so pruning causes less stress and energy loss.
- 5. Safer Removal of Hazardous Limbs:** Winter storms expose weak limbs—making it the ideal time to remove dangerous branches before spring winds and heavy foliage return.



MENTION THIS AD FOR 10% SAVINGS



CALL TODAY FOR A FREE CONSULTATION WITH AN ISA CERTIFIED ARBORIST! 435-200-5544
661 East Parkway Dr., Unit 2 · Park City, UT 84098 SavATree.com



Jamie Nielsen
Branch Manager



NMLS#301486
Office: 801-694-0822
jnielsen@vandykmortgage.com
5330 South 900 East #200
Salt Lake City, UT 84117
jamielnielsen.vandykmortgage.com



Quinn Richins
Loan Originator



NMLS#103926
Office: 801-703-8325
qrichins@vandykmortgage.com
5330 South 900 East #200
Salt Lake City, UT 84117
quinnrichins.vandykmortgage.com

NOT ALL LENDERS ARE FULL OF HOT AIR... VANDYK RISES ABOVE!

Quinn and Jamie were proud to support the Murray community last September as sponsors of the local hot air balloon event! Just like those balloons, our goal is to help you lift off toward your homeownership goals with the right mortgage strategy and a trusted team by your side.

Whether you’re buying, refinancing, or investing, we’re here to guide you every step of the way. *Let’s talk about your next move!*



VanDyk Mortgage Corporation | NMLS#3035 | 2449 Camelot Court SE | Grand Rapids, MI 49546
(888) 482-6395 | www.VanDykMortgage.com | nmlsconsumeraccess.org

