

USAG-STUTTGART

For All of Your Life!



Stuttgart Fitness Newsletter

VO2 Max and Metabolic Testing Available at Wellness Center

Are you a weekend warrior, proud of your athletic fitness, and eager to take it to the next level? Or are you interested in starting a new fitness program, and want to make it as time efficient and effective as possible? Most fitness experts and coaches would advise these two groups to undergo some type of exercise testing (assuming you have a physician's clearance if needed) to "fine tune" your cardio-vascular training. This testing, done in sports performance labs, normally costs over \$100— but thanks to the Army, you can have it done for no charge at the Stuttgart Wellness Center!

The two tests offered by Wellness Center director Terri Tokar are metabolic testing, and VO2 max testing. "VO2 max testing is a maximal oxygen uptake test — it is really the ultimate indicator of cardiovascular fitness," said Tokar. The test is widely used by elite athletes to help maximize their training efforts. "It's also a great tool for someone who has just started out on an exercise program," she said. Tokar said the test will allow her staff to pinpoint a client's ideal target heart rate training zone. "It's about helping them work smarter, not harder. The second test is a metabolic analyzer. It's a very simple test," she said. "As you sit comfortably you breathe in and out of a tube for about 10 minutes." In order to take the test, clients can not eat or exercise for four hours before the test.

"The results will show how many calories you burn at rest," said Tokar. The staff can then calculate the exact number of calories needed to lose weight based upon lifestyle and exercise. Tokar will have clients attend a class where they will receive a customized meal plan and learn how to raise their metabolic rate.

To schedule either of these tests, call Terri at 430-4073 and make an appointment. Your fitness and wellness program will be dialed in!



Garrison CO, COL Pastore, undergoing the metabolic testing at the Wellness Center grand opening.

Fitness Class Updates at Patch and Kelley Gyms and a Farewell

The Monday, Wednesday, and Friday spinning classes at Patch will be moving from 0930 to 0845. This is in response to feedback indicating that the earlier time was more convenient for most people. And experienced instructor, Laurie Menzel, will be starting a Jazzercise body sculpting class at Kelley Fitness Center on 2 April. This class will be on Wednesday mornings starting at 0940, and will increase your strength and metabolism.

Beginning on 15 April, renowned Choreographer, dancer, and dance exercise instructor Selatin Kara will start a great latin dance exercise class on Tuesday evenings at the Patch Fitness Center. This class, similar to the very popular "Zumba" exercise craze, will not only improve your balance, coordination, and latin and street dance moves, but improve your cardio-vascular fitness, flexibility, and core strength.

Regretfully, one of the drawbacks to the military lifestyle is the transient nature of our friends and colleagues, and this month we say goodbye to the very popular and inspirational yoga instructor, Ms. Kelly Fortmann. Kelly and her husband, a Navy SEAL, are transferring to Virginia Beach. We wish them "Fair Winds and Following Seas!" We will miss Kelly's always cheerful smile and expert yoga instruction.

Some of Kelly's yoga and pilates classes will continue, with instructors Heather Crawford and Terri Tokar. We still have some class openings, though, so if you are a qualified yoga or pilates instructor, contact Marty Smith at 430-5386 and learn how you can become an instructor.

To help us improve our services, please fill out this short survey at: [Fitness Survey](#)



Spring Fling Starts this Saturday!

On Saturday, March 29, at 1030, the fifth annual Spring Fling 5K run will take place, starting on Husky Field. The route will proceed out of the back gate and on dirt roads just outside of Patch Barracks, looping past the Katzenbacher Biergarten and then back to Husky Field. This is a great family event, and walkers and/or baby strollers are welcome (min age to race is 6). Awards will be given to the top 3 overall male/female and also in seven age-groups (top 3). For the first time, the Spring Fling will also have a team competition, which will be based on the fastest top

five times for your organization. T-shirts and post-race lunch by Le Rose is included in the race entry.

Sport and Fitness Event Calendar

- 29 Mar: Patch Spring Fling 5K Run
 - 29 Mar: Battle of the Titans Boxing Tournament
 - 26-29 April: US Forces Boxing Championships, Patch
 - 17 May: Cobblestone Classic 5 Mile Run
 - 17 May: US Forces Europe Triathlon, Kaiserslautern
 - 31 May: Army 10 Mile Race, Grafenwoehr
 - 14 June: Panzer Mountain Bike Race
 - 15 June: Patch Criterium Road Bike Race
- For more information on these and other events, including the US Forces Europe triathlon series (road and MTB)

Join the Stuttgart Stallions

Would you like to compete in the Army Europe 10-Mile Race and other races as a member of the Stuttgart Team? If interested, contact Coach Mike Buckley at 430-8304. Team workouts will be on Sat/Weds at the Patch Fitness Center. You don't have to be a gazelle to be on the team! Team membership includes team dry-fit t-shirts!

31 May: Army 10 Mile Race, Glatfelter

14 June: Panzer Mountain Bike Race

15 June: Patch Criterium Road Bike Race

For more information on these and other events, including the US Forces Europe bike race series (road and MTB) go to: WWW.MWRFirstChoice.com. German races can be found at: <http://www.lauftreff.de/>

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Get in Biking Shape with the SLACRs!

Get in Tour de Stuttgart shape with the fun and experienced Stuttgart Local Area Cyclists (SLACRs). Rides are both mountain and road, for all levels of riders. For more information, contact Jeff Call at Jeffrey.Call@eucom.mil or join their Yahoo! group at: <http://groups.yahoo.com/group/SLACRs>

For questions, comments, articles, or to remove yourself from the email list, email: William.M.Smith4@us.army.mil or call CIV 0711-680-5386, DSN 430-5386.



On March 22nd there will be a free Bike Maintenance Clinic at the Outdoor Recreation Center on Panzer from 1100 - 1400. You'll learn how to do basic bike maintenance such as changing a flat tire, lubricating their chain, basic safety check, adjusting brakes and derailleur's. Best of all, you can get your bike ready for the spring and summer and get some information from the experts on riding in the area. For more information, call Outdoor Recreation at 431-2774.





