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For All of Your Life!



Stuttgart Fitness Newsletter



Otuyelu instructs a clinic attendee on the proper technique needed to safely use a kettlebell

Kettlebell Clinic Tough but Rewarding!

In an age of sophisticated fitness equipment, the kettlebell is decidedly low tech. But according to Oscar Otuyelu, a certified kettlebell lifting coach, working out with this cast iron cannonball with a handle improves [strength](#), [endurance](#), [agility](#) and [balance](#).

Otuyelu led 21 students through the fundamentals of kettlebell fitness training at a workshop at the Patch Fitness Center Dec. 8. The kettlebell is nothing new. It's been around for hundreds of years. But only in the past few years has there been interest in the United States.

"It's cheap and it's effective," Otuyelu said. "You have only 24 hours in a day; you can't do everything – yoga, Pilates, running, weights – you have to be selective." A training routine with a kettlebell can take as little as 15 minutes a day. "It's a hand-held gym; you can take it any where – to the office, on a plane, in your car," he said. "You can even do pull ups and squats with a kettlebell."

Otuyelu guided the students through four hours of kettlebell basics: squats, one-armed deadlifts, swings, cleans, presses, snatches, Turkish get-ups and windmills. Throughout it all, technique was stressed and the movements were broken down step by step. Proper technique is extremely important, said Otuyelu, to prevent injuries and to conserve energy. Take the Turkish get-up. This exercise is done by lying on the floor

with a kettlebell held overhead at arm's length, standing up while keeping the kettlebell overhead without bending the arm, then lying down again. It's not easy. And if your technique is not perfect, the kettlebell could come crashing down on your face or a shoulder could pop out of its socket.

Training with a kettlebell develops functional strength, said participant Peter Luhowy. "You work your stabilization muscles. With kettlebells, whatever you do in the real world, they will help you do it better." "A lot of people can benefit from this," said Silvia Hughes, a personal trainer and an aerobics instructor. "It helps with body awareness. You really have to concentrate on what you're doing. You can't cheat."

The benefits extend beyond the physical. "It also helps with your mental staying power ... to manage your energy and psychological resources," Otuyelu said. "It's just you and the kettlebell and the pain and the sweat." *Story by Susan Huseman, Associate Editor, Citizen*



Kelley Barracks Massage Room Opening in January

In anticipation of the on-base housing population growth at Kelley, a massage room will open in the Kelley Club in January. The massage therapist will be Chris Robson, a newcomer to the Stuttgart community but who has several years of therapy experience. Appointments should be made directly with Ms. Robson, who can be contacted at 07033 138 956.

New Yoga Classes at Patch and PanzerFitness Centers

The next series of beginner Vinyasa Yoga classes begin on January 8 and run for 6 weeks. One class is from 11:15-12:15 pm with a second class from 12:30-1:30 pm. There is also a yoga class series beginning at Panzer. Contact Kelly Fortmann for details and to sign up: phone 01602 965-700 or email: KellyFortmann@googlemail.com.

Fit for Life Program Concludes, Lose to Win Starts in January

Congratulations to all Fit for Life participants who completed the program in November. The total mileage compiled by the athletes was 63841 miles for an average of 840 "miles" per each of the 76 individuals. This translates to 70 hours of aerobic exercise per person, or 2.7 hours per week. 29 people reached the 1000 mile point and were awarded stadium blankets, and 22 persons reached the 1250 mile point and were awarded fleece vests. About 50 people reached the 500 mile point and receive Fit for Life ball caps.

On January 9th, the popular "Lose to Win" Contest will begin and run for 12 weeks. Weigh-ins will take place at the Patch Wellness Center on 9 January and every 3 weeks thereafter until the final weigh-in on Categories will be male, female, 2-person teams. To be eligible for the AFEEES gift certificate prizes, contestants must be weighed at the initial, final, and one other weigh-in. The program will include seminars, clinics, and aerobithons. Registration is free and can be done at the Patch Fitness Center after 26 December.

This year the contest will also feature a "fun" competition among groups numbering 7 or more. Start forming your office team and get ready to lose that body fat and gain muscle starting in 2008!

This year the contest will also feature a "run" competition among groups numbering 7 or more. Start forming your office team and get ready to lose that body fat and gain muscle starting in 2008!

Sport and Fitness Event Calendar

9 Jan: Lose to Win contest starts
12 Jan: New Years Knockout Boxing Tournament
17 Jan: Core Four Class series starts
26 Jan: Dirty Race 15 km mountain bike, 4 km run
2 Feb: Pump and Run competition, Patch Gym
15-18 Feb: Tournament of Champions Basketball
For more information on these and other events,
go to: WWW.MWRFirstChoice.com

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.

Core Four Weight Management Classes

A new program starts on 17 January–21 February. Classes will cover the 4 areas vital to weight management: behavior modification, nutrition, exercise, and relaxation. Participants will also engage in a series of assessments to include weight, BMI, blood pressure, dietary analysis, and exercise assessment. This is an excellent way to get a jump start on your New Year's Resolutions!

Stuttgart Army 10-Mile Team

Would you like to compete in the Army Europe 10-Mile Race as a member of the Stuttgart Team?(The race is in May) If interested, contact Coach Mike Buckley at 430-8304.