

USAG-STUTTGART

For All of Your Life!



Stuttgart Fitness Newsletter

Competition Hot and "Heavy" in Lose to Win!



On January 9th, the popular "Lose to Win" Contest started in record breaking fashion, with 331 individuals signing up for 12 weeks of what contest director Marty Smith hopes to be an eye-opening experience for each one of them. After the second weigh-in on 30 January, most people had lost weight and a few, such as leader "Potts" in the female category, had measurably decreased their body fat as well. And several Office Teams have formed up for bragging rights on losing the most weight, most notably EUCOM J6/J9.

The orientation meeting on 8 January featured speakers Michelle Arant and Ben Smith, two individuals who have dramatically improved their health and fitness levels over the past few years. They both encouraged people to set realistic goals, exercise regularly, and eat smart. Ben, the 2007 Male Lose to Win winner, lost over 46 pounds by getting rid of sugary "junk food" and eating lots of fruits and vegetables, cutting out beer, and being more active. Michelle, who was the 2007 Pump and Run 2nd place female, transformed herself from obese to a very athletic person today who enjoys strength training, biking, and running (and she is a role model for her athletic daughter as well).

The average starting weight of the female division was 173 lbs, with an average body fat percentage of 38%. The male division average starting weight was 218 with 29% body fat. Wellness Center Director Terri Tokar states, "Women shouldn't get discouraged if their spouse or boyfriend starts losing weight faster, since men have more lean muscle mass to burn off the weight, and will usually start strength training. Just keep on making healthy food choices and safely increase your exercise and activity level, and you will see results. And building more muscle is important, so start an effective strength program."

The next key clinic for participants is a Wellness Seminar being presented at the Stuttgart Wellness Center on 12 February from 11:30–12:30 pm. Terri Tokar and Nurse Educator Liz Slater will review the whys and hows of a healthy lifestyle, which will benefit any individual in a number of significant ways.

Fitness Instructor Spotlight: Heather Crawford

If you've spotted a new energetic spinning instructor at the Patch or Panzer Fitness Center lately, it's



Heather Crawford, a new addition to the Stuttgart Fitness

probably Heather Crawford, who has arrived in Europe direct from Hawaii. Heather, an experienced Personal Trainer and group fitness instructor, took a few minutes from her daily workout recently to give us a few details on her background. She started her fitness professional career in Munich, of all places, and is proud to point out that she was in the very first Johnny G spinning certification course!

Since that certification class, she has gone on to become a Personal Trainer, traveling all over the globe with her soldier husband and 2 children, including stops in Kansas, Japan, and Hawaii. What motivates her as an instructor? "Seeing people change for the better, like one of my clients, a morbidly obese woman who couldn't really even move very well and went on to be an athletic and fit individual." Any advice for those struggling to improve their fitness and health? "Don't worry about people around you in the gym — just focus on you and your workout. And don't obsess over the scale — it's really all about how you feel about yourself that counts."

When Heather isn't busy motivating others to have a fun and effective workout, she spends time bicycling on the road, reading, making stained glass designs, and gardening. Her favorite comfort food? "Brownies with nuts!" And her favorite healthy snack? "Tangerines!" Next time you see Heather in the fitness center, say hi and feel free to ask her about training, exercise, or nutrition advice.

Get Ready for Latin Dancing!



Beginning after Spring Break in April, renowned Choreographer, dancer, and dance exercise instructor Selatin Kara will start a great exercise class on Tuesday evenings at the Patch Fitness Center. Selatin, already known as a CYS instructor who teaches children a variety of fun dance routines, will use his vast experience of dance exercise instruction and choreography to put students through a fun and fast-paced exercise and dance routine. 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. Selatin's background includes working with Michael Jackson, Madonna, Ricky Martin, the Pussycat Dolls, and numerous TV and award shows. He currently works with the Stuttgart Ballet. The LA Times has called him "A Choreographer with edge details and paradoxical wit... creative ambition and a powerful sense of direction." Let's go dance and get a great workout at the same time!

Sport and Fitness Event Calendar

7/14/21 Feb: School of Marathon & Triathlon
15-18 Feb: Tournament of Champions Basketball

Do you know how to use a heart rate monitor on a treadmill?

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7/14/21 Feb: School of Marathon & Triathlon
15-18 Feb: Tournament of Champions Basketball
17 Feb: Glass Palace Run, Sindelfingen (10K run)
23 Feb: Battle of the Bulge 82nd Airborne 14 mile hike
15 Mar: Weisbaden Army Half Marathon run
16 Mar: Magstadt 10K or Half Marathon run
29 Mar: Patch Spring Fling 5K Run
17 May: Cobblestone Classic 5 Mile Run
17 May: US Forces Europe Triathlon, Kaiserslautern

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.

Do you know how to use a heart rate monitor on a treadmill?

Many people who workout in the fitness center aren't aware that most of the cardio machines have special training programs which can monitor your heart rate and adjust the intensity to get you and keep you in a specific training "zone." You can either grip a heart rate sensor on the machine or, better yet, wear a Polar heart rate sensor belt to take advantage of this feature.

For example, the newer treadmills will give you the option of selecting a "fat burning" or "cardio training" zone. After inputting your age, weight, and desired workout time and running speed, the treadmill will adjust the belt incline to keep the runner at either an "aerobic" training zone (60-70% of max heart rate for your age), or a slightly higher zone for a higher intensity workout for intermediate or advanced runners. Some stepper machines also have this feature, and vary the resistance to keep you in a specific heart rate zone.

Polar heart rate monitor sensors can be checked out at Patch or purchased at the Panzer AAFES exchange.