

USAG-STUTTGART

For All of Your Life!



# Stuttgart Fitness Newsletter



## Win by Losing with the Body Challenge!

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 April 2. Categories will be male, female, 2-person teams. To be eligible for the contest 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 now.

This year, the contest will also feature a "fun" competition among teams numbering 7 or more. Start forming your office team and see who can gain muscle starting in 2008!

On 8 January, at 1130, Fitness Coordinator Marty Smith will host an optional orientation meeting for all those interested in participating in this year's contest. "Last year's Lose to Win was a big success, and we're hoping to have even more participants this year," says Smith. "During the 2007 contest, we had a finishing rate of about 40%, and the average man lost 14 pounds and 4% body fat, and the average woman lost 6 pounds and 3% body fat. My goal this year is to have at least 50% completion and the average body fat percentage loss at least 5%. I highly recommend everyone attend the orientation meeting, as we will introduce the Lose to Win 'Coaches' and discuss how to get the most from the program. I'll go over what the 2007 winners did to meet their fitness and body composition goals, and how, with proper goal setting and planning, anyone can improve their fitness in 12 weeks. But most importantly, I and the other fitness staff will show you how to change your lifestyle permanently in order to keep at your natural and healthy body weight."

The orientation meeting will also have speakers who have dramatically improved their body composition by eating properly and keeping active. Throughout the 12 weeks, seminars and clinics will be scheduled, on everything from how to shop and find healthy and nutritious food in the commissary to how to set up a cardiovascular program and use a heart rate monitor. Program details, rules, handbooks, and resource links can be found at [www.MWRFirstChoice.com](http://www.MWRFirstChoice.com) and clicking on "Lose to Win Body Challenge."

## MyPyramid.gov now offers personalized nutrition analysis



The new and improved "Food Pyramid"

Did you gain the average 8 pounds of fat that the average American gains over the holidays? If you have had enough of careless and unhealthy eating, and want to revamp the way you approach food, an excellent resource can be found at

[www.MyPyramid.gov](http://www.MyPyramid.gov).

This official US Dept of Agriculture website presents an updated "food pyramid" and explains what you need for a healthy diet. You can even input your age, activity level, height, and weight, and a calculator will tell you how many calories and what types of food you should take in daily. Another calculator can tell you, based on the foods you have actually eaten, if you are getting enough vitamins, minerals, and the right kinds and amounts of carbohydrates, protein, and fats. A great (and free) website!

## Pump and Run on 2 Feb!

Today's modern warrior needs a combination of strength, agility, balance, and endurance to survive and excel on the battlefield, and the Pump and Run contest will test those very qualities. The 2nd annual event, inspired by an ex-Delta Force member, will consist of 5 separate events: squats, bench press, sit-up with medicine ball toss, pull-ups, and 3 mile run. The events will be sequential, starting every 4 minutes and the final score will be the total strength repetitions divided by the run time. The contest will start at 1000 and will have awards and give-aways. Cost is \$5 and will include t-shirts and awards. There will be a clinic on 16 Jan at 1130 or 1700 which will go over contest rules and the specific strength events. For more information and rule guidelines, go to [www.MWRFirstChoice.com](http://www.MWRFirstChoice.com). Get Pumped!



## School of Marathon & Triathlon in February

Interested in doing your first marathon or triathlon in 2008 in a beautiful European setting? Take part in one or all of the free School of Marathon clinics on 7 and 14 February at the Patch Gym. USAT Triathlon coach Marty Smith will cover long distance running technique, how to set up a training schedule, race nutrition, injury prevention, and race strategy. On 21 February the topics include how to train, equip, and compete in the challenging sport of triathlon. Come and learn how get to the start line and have a great race!

## Sport and Fitness Event Calendar

- 9 Jan: Lose to Win contest starts
- 12 Jan: New Years Knockout Boxing Tournament

## New Jazzercise Classes at Kelley Barracks at 8:30 am!

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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  
7/14/21 Feb: School of Marathon & Triathlon  
15-18 Feb: Tournament of Champions Basketball  
17 Feb: Glass Palace Run, Sindelfingen (10K run)  
16 Mar: Magstadt 10K or Half Marathon run  
For more information on these and other events,  
go to: [WWW.MWRFirstChoice.com](http://WWW.MWRFirstChoice.com)

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

## New Jazzercise Classes at Kelley Barracks at 8:30 am!

Popular Jazzercise instructor, Laurie Menzel, is moving her morning Jazzercise classes from Patch to Kelley Barracks beginning in January. This move reflects the growing on base housing at Kelley and will supplement the existing afternoon Jazzercise and Spinning classes there. The new classes will be at 8:30 am on Monday, Wed, and Friday. Join in and get in great shape!

### 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.