

USAG-STUTTGART

For All of Your Life!



Stuttgart Fitness Newsletter

Lose to Win Body Challenge is Here!

Ready to start carrying out that New Year's resolution to get back in shape or lose those added holiday pounds? A great way to do exactly that is the "Lose to Win Body Challenge" starting on 10 January. This will be a 12-week program with weigh-ins every 3 weeks. Winners (the biggest Losers) will receive AAFES gift certificates! It's free and includes free clinics on sports nutrition, cardio workouts and strength training, and running technique.



The top three "Losers" in male, female, and 2-person teams will win \$150, \$100, or \$50 gift certificates. Rankings will be based on the sum of your relative % weight loss and relative bodyfat % loss. To sign up, fill out a registration form available at your gym. The first weigh-in is on 10 January at the Wellness Center.

Interested in doing a U.S. Military Europe Triathlon?

USAFE may host a US Military category for a triathlon being held in Kaiserslautern on 19 May. If you are interested, (either a sprint or Olympic length triathlon), send an e-mail to: steven.love@sembach.af.mil with your name, gender, age, and which race you would like to do.

Jump into 2007 with fitness classes at the gym!



Kathryn Olson leading her Yoga class at the Patch Fitness Center. She teaches Mon/Wed/Fridays.

Woman on Weights Rocks!

A free clinic on strength training for women will be given at Patch Gym on 24 and 25 Jan, 1700-1900. Spots are limited, so sign up now by calling 430-7136 or emailing [Dena Taylor](mailto:Dena.Taylor).

Enroll in the Spring School of Marathon and Run the Race of Your Life!

Always wanted to run a marathon or road race in a beautiful European city or countryside? Stuttgart Sports and Fitness will once again be hosting a 12-week running clinic. Clinics will be held on various topics such as sports nutrition, training plans, run technique, preventing injuries, and weight training and core exercises for



Karen Rideout, on her graduation exam at the Frankfurt Marathon!

runners. This will be great training for those desiring to complete a running race between 10 km and up to a marathon. Spring marathons available in Europe include the Paris Marathon on 15 April, Vienna Marathon and Half-Marathon on 29 April, Zurich Marathon on 1 April, Prague Marathon on 13 May, and the Heilbronn Marathon 20 May. Three levels of instruction -- beginner, intermediate, and advanced. Orientation will be held on 26 January, 1730 at the Patch Fitness Center. The coach will be Marty Smith, a USAT Level I certified coach. Register at the Patch Gym from 8-29 January or contact Marty at 430-5386 for more info.

Patch Sports Medicine Clinic Offering Two Running Shoe Clinics in January

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One of the best “freebies” we have here in the Stuttgart area is the innovative running shoe clinic held by the Patch Sports Clinic. Its purpose? Running Injury prevention! You’ll learn about the different types of running shoes and which one is best suited for your feet and running style. Additionally, a video analysis of your running gait on a treadmill will be done to help identify any biomechanical issues that could lead to running injuries. The next clinics will be held on 23/30 January from 1300-1500. To make an appointment, call 430-6149. Appointments take less than 30 minutes.



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Questions or comments? E-mail us at William.M.Smith4@us.army.mil or call 0711-680-5386, DSN 430-5386