

USAG-  
STUTTGART

For All of Your Life!

## Stuttgart Fitness Newsletter



### 270 Runners Participate in Great Pumpkin Run!

It was a beautiful day to run through the German woods as the 5th Annual GPR took place on 25 Oct.

CSM Mark Barbary started the race at 1000 and the 5K race winner, Mike Buckley, crossed the finish line just over 21 minutes later. The 5K female winner was young Shelby Parker, a 13-year old. In the 10K race, a challenging course including 170 meters of climbing, the male winner was Doug Hutcheson, in 38:55, and Susan Mizgala was the top woman with 47:13. The top organizational team was EUJCOM J4, led by Team Captain Tim Klopfer.

Perhaps the best result of the day, was MG Ken Keen, who finished 4th overall and first in the 50+ year age group! Results and photos can be viewed [here](#). All runners enjoyed post-race refreshments from Le Rose Restaurant and door prizes from race sponsor Mark Oslebo from Intervest. The next official run will be the 2009 Spring Fling in late March.



**An enthusiastic group of runners take off from Husky Field at the beginning of the 2008 Great Pumpkin Run.**

### Looking for Support With Your Fitness Program?

If you have gained some weight lately, thanks to the delicious food and drink available in Germany and Europe, the answer to reversing that trend should include increasing your physical activity. Recently, the Federal Government came out with a report called "Physical Activity Guidelines for Americans" and it recommends that adults do at least 2.5 hours of moderate physical activity per week to maintain good health, and at least 2 strength activities per week. The report can be downloaded from [www.hhs.gov](http://www.hhs.gov).

Another great resource to use in your weight management plan and getting back to a better, healthier lifestyle is the website [www.SparkPeople.com](http://www.SparkPeople.com). This site includes a lot of good information, free workout planning, an automated food log, and other motivational tools. There is even a "Military Losers in Germany" Spark Team which offers support through a forum, and includes several people from the Stuttgart military community. Check it out!

Lastly, don't forget that our Stuttgart Wellness Center has some great resources, including nutritional counseling, fitness assessments, and metabolic testing.

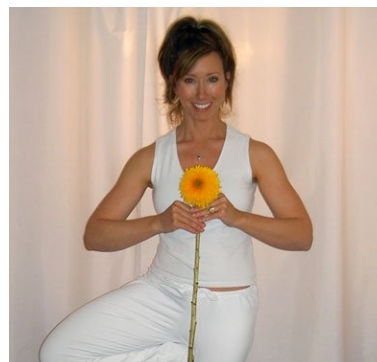
### Fitness Professional Spotlight

Lisa Griffiths has rapidly established herself at Kelley and Patch, including such cutting edge sessions as Bollywood Dance, Mommy and Baby Yoga, and Super Stroller Classes. We sat down with Lisa and found out more about this dynamic exercise guru. Lisa started taking group fitness and yoga classes with her Mom as a teenager, and was then asked to substitute in the yoga class. She has a degree in Theatre and is very comfortable in front of a crowd, saying, "the two skills make sense together!" Because yoga training is very in-depth, Lisa has an extensive background in anatomy and physiology which helped her transition to teaching other types of group fitness classes.

Lisa explains that she is qualified to teach just about anything...Step, BOSU, Body Sculpt, Pilates, Hi/Low Impact Aerobics, Kickbox, Bootcamp, etc. as well as many different styles of Yoga. She loves thinking outside the box when it comes to fitness classes, whether it be learning new formats or teaching classes for groups that might not otherwise be able to attend a regular class, like Moms & babies, seniors, etc. Some of Lisa's best fitness memories are from a small community class taught in her California home. "You could really see the progress that people were making and, as the group was small, they felt comfortable sharing the progress with each other," she explains.

With two small children, Lisa stays busy, but manages to get in some European travel combined with her photography hobby. She does find herself cooking more in Germany, and finds that cooking has become a bit of an artistic outlet for her now. Lisa's favorite healthy food is Spinach Salad..("any topping, anytime!"), and her favorite reward food is American style chocolate cake.

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healthy food is Spinach Salad..("any topping, anytime!"), and her favorite reward food is American style chocolate cake.

Lisa's thoughts on exercise and motivation: "I think that exercise is for everyone, it's just a matter of finding what will work best for you. If you've never been to a group exercise class before, just come on in and try one. And if you don't care for the first one you try, try another, and another until you find one you like. There really is something for everyone. I always tell my students not to worry about what they can't do and to focus on what they can do. There is nothing more important than taking good care of yourself because no one else can do it for you." Welcome, Lisa!



## Sport and Fitness Event Calendar

1 November: Kettle bell Clinic Patch Fitness Center

22 November: Bench Press Contest Panzer Fitness Center

4-6 December: Indoor Triathlon Patch Fitness Center

German running races can be found at: <http://www.lauftreff.de/>.

Check out [www.MWRFFirstChoice.com](http://www.MWRFFirstChoice.com) for more information on sports and races in Europe.

## Winter Activities in Stuttgart!

Don't feel like you have to become an indoor hobbit when the days grow short in Germany. There are winter sports such as skiing (downhill and cross country) and snowboarding just a couple of hours away. Outdoor Rec offers great season rentals and one-day van trips at a great price. The Patch Ski Club also offers great overnight trips and has a variety of activities for you and your family all year round ([www.PatchSkiClub.com](http://www.PatchSkiClub.com)) And winter is a great time to hit the weight room and or the swimming pool for cardio work. Don't let all the holiday goodies go right to your waistline – burn them off with exercise!

For questions, comments, or to remove yourself from the email list, email: [William.M.Smith4@us.army.mil](mailto:William.M.Smith4@us.army.mil)







