



365 Days of Awesomeness!

Awesome Mitten

Day 166: EcoTrek Fitness

<http://www.awesomemitten.com/cities/northernmichigan/day-166-ecotrek-fitness>

For most people, starting a new exercise regimen is something that is often talked about but rarely implemented. With it being such a daunting task, who can blame those who are anxious to get started? Between finding the self-motivation, introducing variety to keep from getting bored, and knowing what exercises to do and how to do them properly, it seems nearly impossible to get started. For those of you who are nodding in agreement and are lucky enough to call Western Michigan home, your workout prayers have been answered.



EcoTrek Fitness is a unique outdoor exercise program created by Cari Draft in 2006. If you live anywhere in Western Michigan, you are never more than fifteen minutes from one of the awesome EcoTrek workouts. Each workout is 75 minutes long and combines cardio, strength training and flexibility to help EcoTrekters burn anywhere from 500 to 800 calories per workout.

With sessions in a dozen locations in Western Michigan, ranging from Battle Creek to Lansing to Traverse City and more, EcoTrek has a little something for everyone. Employing both natural geography such as trees and hills, as well as man-made props (bleachers, railings, picnic tables, etc.), an EcoTrek workout will keep participants consistently stimulated.

EcoTrek Fitness also provides remedies to many exercise roadblocks: each session is run by a trained leader who will guide and motivate participants to get the most out of each minute of the workout. Many EcoTrekters also pass the time chatting with one another, forming close friendships and motivating each other, all while enjoying a few laughs during the workout.

If variety is what you're interested in, EcoTrek has that in spades. On top of all

of the locations, workouts happen year round, no matter the weather. While that may sound miserable (who would willingly go outside in an infamous Michigan blizzard?), many of the EcoTrek testimonials quote the unpredictable climate as one of the most exciting elements of an EcoTrek workout.

And that includes owner and founder of EcoTrek Fitness, Cari Draft, who says, "We have people ask us about the winter sessions, thinking we are crazy to workout in the cold and snow. As long as you're dressed right for the weather, there's really nothing stopping you from having fun and getting a great workout outdoors. Knee-deep, blowing snow can make for an amazing adventure! You're always in good (safe) hands when you're with an EcoTrek Fitness Series Leader. And my famous line, 'There's no such thing as bad weather, just poor choices in clothing' especially rings true during winter in Michigan!"

In addition to the classic workouts, EcoTrek Fitness also has special sessions throughout the year that include biking, kayaking, rock climbing and snowshoeing. EcoTrek Fitness has also introduced EcoTrek Intense for those who are looking for a more challenging workout, and

EcoTrek Lite for individuals who want to ease into a workout program and give EcoTrek a try.

EcoTrek is also great for groups, offering specials for corporate events, school field trips, and even to help individuals or groups get in shape for a big event (bridal parties, I'm talking to you). And if you're trying to implement better food choices in conjunction with exercise, Cari has also come out with a line of EcoTrek Fitness Whole Food Bars in delicious Dark Chocolate Raspberry and Dark Chocolate Peanut Butter. And at only 195 calories each, this is one kind of chocolate you don't have to feel guilty about eating after your workout!

So check out the incredibly inexpensive rates and sign up anywhere from four to seven, eight to ten, or eleven or more sessions per series (which last a season - three months). Or if you'd just like to give it a try, sign up for an individual session for only \$12! Be sure to follow Cari on Twitter [<http://twitter.com/FitGirl-Cari>], like her on Facebook [<http://facebook.com/FitGirlCari.FANS>] and check out her blog [<http://fitgirlcari.blogspot.com>] for more info and tips, and, of course, pick up an EcoTrek Fitness Whole Food Bar -- you won't regret it!

~Hayley Serr, Feature Writer

