

# The Grand Rapids Press

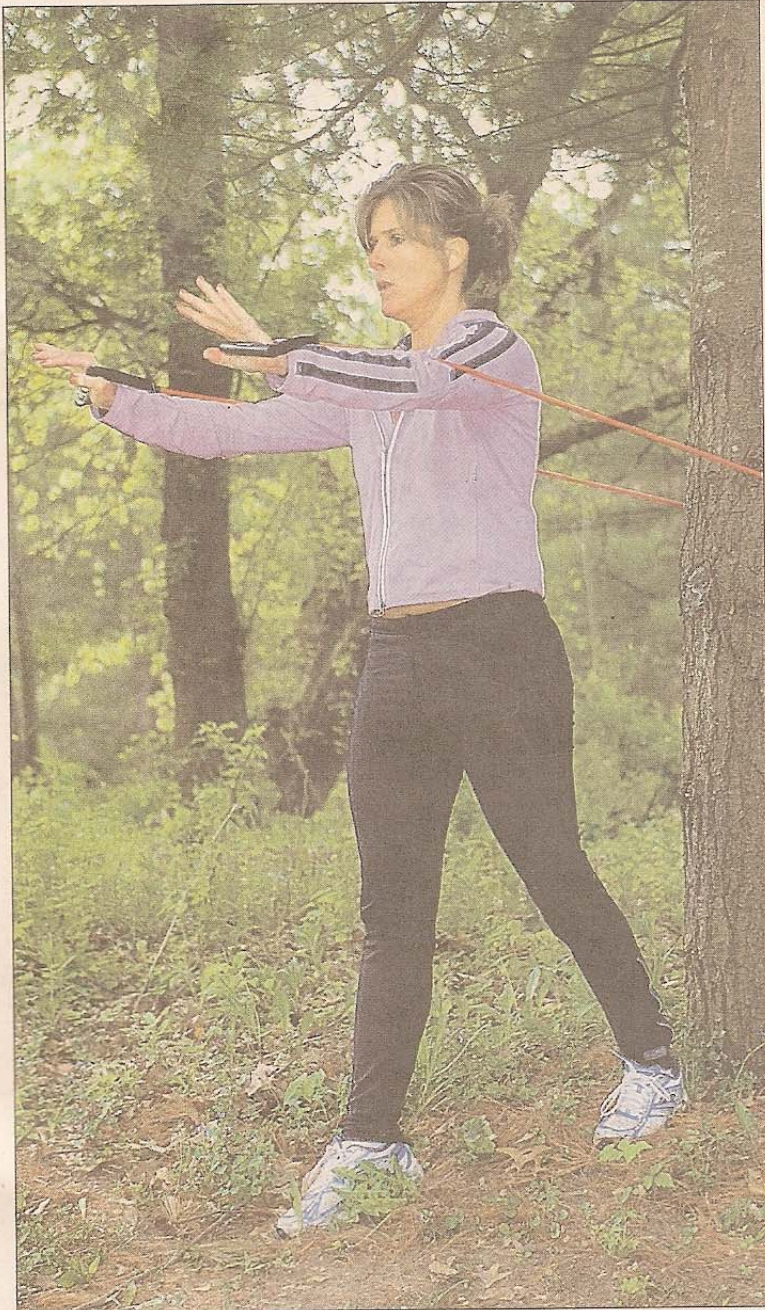
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Christi Otway

## NE Grand Rapids EcoTrek Series Leader

THE GRAND RAPIDS PRESS

### VITAL SIGNS: A PROFILE IN BETTER HEALTH



PRESS PHOTO/LORI NIEDENFUER COOL

**Nature's resources:** Christi Otway teaches an outdoor fitness class using trees to work with resistance bands and trails for walking and running.

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*Every Tuesday, The Press looks at someone who puts a priority on living a healthier life.*

### Christi Otway, 42, Lowell

**Occupation:** Employed part time at Corporate Benefit Strategies and part time as an EcoTrek fitness leader

**Biggest health challenge:** Staying away from snacks.

**Exercise routine:** I work out six to seven days a week. I lead fitness sessions two days, run three days and do a mix of kayaking, paddleboating and walking on the other two days.

**Exercise tip:** There is always time. If you don't feel like it, force yourself to do at least five minutes of exercise; I guarantee you will continue. Leading fitness sessions has been a wonderful addition to my routine. I think everyone works harder when in a group, and that includes the leader.

**Eating plan:** I try to get all the food groups during the day, usually starting the day out with fruit and a protein. I realized when I was 35 I needed to get into shape, eat better and eliminate some

unhealthy habits. Since then, I have maintained a healthy weight with good food choices and lots of exercise. I really enjoy working out; it allows me the wiggle room to enjoy those snacks that I love.

**Guilty pleasure food:** I absolutely love tortilla chips with any sort of dip and chicken quesadillas.

**Favorite healthy foods:** Steamed vegetables and chicken with a little barbecue sauce.

**Breakfast today:** An apple and a piece of string cheese

**Daily doses:** I do not take any vitamins but maintain a healthy diet.

**Healthy advice:** It is never too late to get into shape. Many people say they don't have time, but there is always time, even if it's only 15 minutes. If exercising independently doesn't work, do it in a group or with a friend and make a regular schedule. Sometimes being held accountable does the trick.

Want to be featured in our health profile column? Send e-mail, including your name and phone number, to [yourlife@grpress.com](mailto:yourlife@grpress.com)