

Amy Todd

North Kent County EcoTrek Series

How long have you been doing EcoTrek?
2 1/2 years.

What personal goals have you reached since beginning EcoTrek Fitness?
I didn't really have any goals to begin with, but now I try to get outside and just enjoy nature for the fun and health of it.

Which EcoTrek Series route is your favorite?
I attend the North Kent and NE GR series. My favorite location is Pickerel Lake. It is so beautiful with the lake and there is a lot of wildlife. I love to follow the seasons and that is a great benefit of working out outdoors.

Many people find the thought of trying EcoTrek rather intimidating.

What advice would you give to someone who is hesitant about working out, outside, in all kinds of crazy weather?

It is so much fun!! You have to try it once and you will be hooked. It is really cool that you can go at your own pace mostly, and you don't need anything special. Just bring a positive attitude to try something new. And if you don't have one, you will get one by all the fun people in the group, everyone is so positive!

I think the greatest benefit to EcoTrek is getting a great workout in a super relaxed and friendly environment. I have made great friends who are supportive, positive and a blast to be around. The benefit to that is you never miss a workout!!



**Are you an avid EcoTrekker?
Nominate yourself or someone you know as a future
EcoTrekker of the Month by emailing your nomination
to cari@ecotrekfitness.com**