

## Nancy Carvey

### North Muskegon EcoTrek Series

How long have you been doing EcoTrek?

I started in April 2009, took a break during the economic downturn, started again September 2010 and now do EcoTrek three times a week.

What personal goals have you reached since beginning EcoTrek Fitness?

I have always wanted to be healthy physically and mentally so I can do whatever I want to do. As an added bonus I have lost 20 pounds since September -- but being healthy is my most important goal.

Which EcoTrek Series route is your favorite?

I attend the North Muskegon Series. My favorite place is Snug Harbor. It is always a challenge with lots of dunes, but the views are awe-inspiring and I get to see the eagles. Snug Harbor has become my Happy Place -- it heals my soul every time I am there.

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?

Try it -- you will amaze yourself by how much you are really capable of accomplishing! The seasons and weather always keep it interesting and you will have an amazing sense of accomplishment after your session. **"I did that"** has amazing results! Besides, we are all there to encourage you and feel great when your face lights up because you did it!

What activities have you been inspired to try since you started EcoTrekking?

I have begun trail running snowshoeing and in the spring I will begin backpacking. I think I would try most anything -- look what I have done so far that I wouldn't have thought possible 4 years ago!

There is an amazing world in your backyard -- use it, enjoy it, let it propel you into a healthier life. Live life knowing you enjoyed every opportunity available. Oh, and try a North Muskegon session -- I will cheer you on and you will be amazed at your capabilities!



**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](mailto:cari@ecotrekfitness.com)**