

## Missy Groothuis

### *Holland EcoTrek Series*

How long have you been doing EcoTrek?  
Three months.

What personal goals have you reached since beginning EcoTrek Fitness?

I am stronger and motivated to get into and stay in shape. I'm also working out 3 days a week which is a major accomplishment for me. I'm so grateful that I have found a workout that I truly enjoy and actually WANT to do.

Which EcoTrek Series route is your favorite?

I attend the Holland Area Series and even though I like to complain about certain locations (i.e., Mt. Baldhead and Laketown Beach) I still show up and really do love them all! I'm very excited to experience the change of seasons and I know that a few snowflakes will have nothing on the heat and bugs!

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! I'm so glad I did! We are so fortunate to live in such a beautiful community. We have awesome parks and I have discovered trails right in my backyard that I didn't know existed. The direct connection with nature combined with the physical activity has been so good for my soul.

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

I am motivated to try new things and experience shoeshoeing this winter.

Before EcoTrek I had a list of excuses not to work out; it's amazing to me how I've been able to make these sessions happen, no excuses. I have found my workout niche and consider EcoTrek a priority. Thanks to Amy, our wonderful leader, and the support of the Holland crew for making each workout a pleasure. I've made new friends, I feel great and I will continue to recruit new people and show up... rain or shine!



**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)**