

Trekkin' for Fun & Fitness

By Angela Klinske
Photo by Ruth Parbel



Lifestyle changes leads to new adventures for local woman.

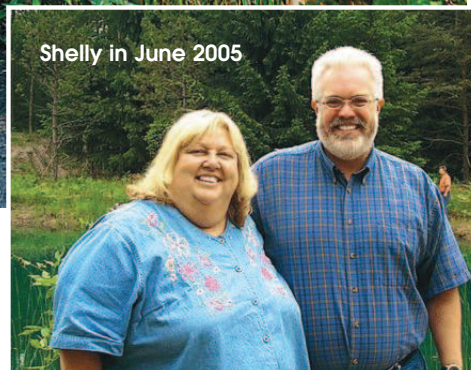
Get out of the gym and out to your local park for fun and fitness.

The Eco Trek LITE series is designed for people who want to get outdoors and enjoy group exercise but may be recovering from an injury, aren't used to rigorous exercise, are facing weight challenges or are perhaps more mature in age.

Led by Shelly Binder, 55, of Kentwood, Mich., she knows firsthand the benefits of regular outdoor fitness. The class, which integrates walking on the park's terrain, strength training, and flexibility all in a one-hour workout, was part of Binder's lifestyle journey to lose 150 pounds over a two-and-a-half year period.

"There aren't many places that offer programs to get started," said Shelly, who at her heaviest weighed 330 pounds. She heard about Eco Trek and attended owner Cari Draft's seminar. She's been hooked ever since.

"Since my lifestyle change, I have been able to take up kayaking and snowshoeing, plus I am able to resume the activities of bicycling and golfing," says Binder.



Shelly in June 2005

She also participates in 5K events and the annual Mackinac Bridge 5 Mile Walk on Labor Day.

Shelly started her healthy lifestyle Journey in 2005, and by the end of 2007 had lost 150 lbs. Following a healthy nutritional plan prescribed by a licensed dietitian, finding ways to include exercise in her daily life, and getting the proper amount of sleep were all instrumental in her weight loss.

Eco Trek LITE meets Tuesdays and Thursdays mornings at 6:30 a.m. and also on Tuesday mornings is a 9 a.m. An evening session takes place on Thursdays at 5:30 p.m.

All schedules, costs and location information, as well as easy online sign-up, can be found at www.ecotrekfitness.com.

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