



OtterFit News

Volume 2 Issue 3

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We are edging in on the end of the quarter; hopefully your trainer is setting you up for success so that you can continue to make progress over spring break. If you have any questions just ask. I know we are all willing to answer any questions or concerns that you have and if we don't know the answer we will find it, that is what we are here for.



It's Almost Spring! Here Are Some Great Reasons To Move Your Workout Outdoors As the Weather Gets Warmer

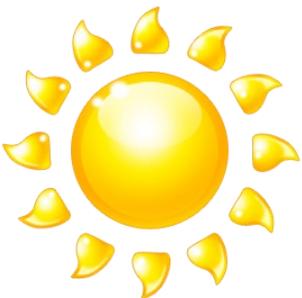
Less Mental Pain, More Physical And Emotional Gain

Exercising outside with the fresh air can be much less mundane than running indoors on a treadmill; it can also be emotionally rewarding which makes it easier to focus on both your body and mind when getting fit outside alongside nature.

There's No Stop Button When doing your cardio workout outdoors, you HAVE to follow through with your walk or run because otherwise you can't make it back to where you started. You can press **Stop** on a treadmill, but you can't turn back time after you've walked or jogged 3 miles!

Rain and Terrain You also get more fit and burn more calories because of uneven terrain, temperature changes, and wind resistance.

One of the most important things to remember...consistency is the key to accomplishing your health and fitness goals!



Dr. Kim Fischer, and Justine Zilli
Editors

Please send comments/suggestions to:
Justine.zilli@otterbein.edu

Highlights:

Move Your Workout Outdoors This Spring

Working Out On Vacation

OtterFit Trainer:

Becca Brunner

**Announcement:
Final Assessments**



Two Weeks Until Spring Break!!!

Getting away from reality is good for the soul and getting away from the usual workout routine is good for the body. However, a vacation can be the perfect time to exercise. By freeing yourself from your routine, you open your mind to new ways to move your body, have fun and keep your body fit while you're on vacation.

Cardio

If you want to maintain your cardio endurance while having fun, there are a variety of vacation activities that will give you a great workout without feeling like exercise. Some of the best workouts include:

- **Walking on the beach.** Walking in soft sand is a killer workout and burns more calories than walking ON flat ground. Some experts suggest that you can burn twice as many calories walking in soft sand. Keep it safe by wearing shoes (you may get shin splints if you go barefoot for too long) and going for a few minutes at a time to get used to it. You'll be surprised how hard it is.
- **Beach volleyball.** You can burn more than 150 calories an hour, depending on how hard you work, and it's a great way to meet other people at the beach while having fun.
- **Surfing, swimming and snorkeling.** Surfing is a total body workout that will challenge every muscle in your body. Even if you just paddle out to the waves and fall off (like I do), you'll get a great workout. Snorkeling is a bit more leisurely, but you can add intensity by swimming a little harder. If you're at a beach that doesn't have big waves, put on your snorkel gear and swim out and back for a few laps to get your blood moving.
- **Leisurely bike rides.** Long bike rides are a great way to see the area while getting in some low-intensity exercise. If you take your time and go all day, you'll burn calories without even thinking about it.
- **Hiking.** Anytime you add elevation to your walks, you'll burn more calories. If you carry a backpack, you'll challenge yourself even more, all while enjoying a little nature. Check with your hotel concierge to see about hiking adventures nearby or visit [Local Hikes](#) to find trails near major metropolitan areas.
- **Golf.** Golf can be a dud of a workout if you ride around in a cart and drink beer at every hole. If you want to burn more calories though, carry your clubs and walk the course. You'll burn around 200-300 calories per hour, even more if you hit every ball into a bunker and add 19 strokes to each hole, like I do.

Lifting Weights

- Finding fun cardio activities is easy when you're on vacation. Lifting weights, however, presents more of a challenge. You usually don't have much equipment and the thought of going to the hotel fitness room isn't that appealing when you're trying to have fun. You don't have to do much however, to maintain your strength and muscle while you're out of town. A quick workout with body weight exercises, resistance bands or full water bottles will keep you strong and fit until you get back home to your usual routine.



OtterFit Intern: Becca Brunner



-What is your home town?

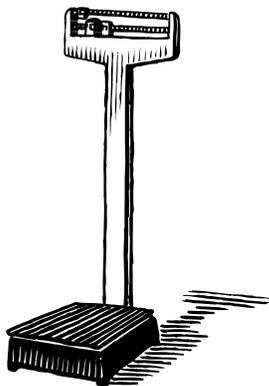
Fairfield, Ohio

- What are your future plans?

Going to OSU to get my master's in Occupational Therapy. I would like to work at Life Time Fitness Dublin as the Aquatics Assistant Department Head.

- What is your favorite part of being an OtterFit Trainer?

I love seeing the look on clients' faces when they accomplish something they did not think they would be able to. It is also rewarding to see how surprised some clients are at the results from the initial fitness assessment to their final one. They really see results and you can tell they are very proud of themselves!



ANNOUNCEMENT!!!

Everybody be ready for your fitness assessments and remember not to eat for at least 2-3 hours before your test for the most accurate results!