

Outdoor Fitness Boot Camp 2009

Corvallis Fitness Adventures

Shandra Milstein

www.corvallisfit.com, 541.207-8526

What is it?

Outdoor fitness all about taking your workout outside! It has a unique environmental focus. All aspects of the program incorporate the outdoor environment. We will have no machines to wait for, no recycled air to breathe and the smells will be more uplifting than armpits! You will be motivated to interact with the outdoors through movement, tactile and visual stimulation, and audio cues. You will also be encouraged to explore your body-mind connection. *****Please understand, I believe in fitness anytime, anyplace, anywhere so whether you are inside our outside just keep yourself moving and challenge yourself.**

Outdoor fitness takes place in an unpredictable, outdoor environment, the training challenges the brain as much as the muscles. You will learn to adjust swiftly to different terrain, inclines, declines, obstacles, textures and climates in your outdoor “gym.” As a result you will increase your physical skills for **balance, agility, coordination, strength and endurance.**

Where does it happen?

Anywhere you want to go outside as long as you follow the rules of the trails, parks, city etc. You can practice outdoor fitness on a trip, on a hike, at the park, from Corvallis to Canada it just takes a little bit of motivation.

Who can practice Outdoor Fitness?

- Healthy Adult
- Age 18 – 55
- No injuries or chronic impingement syndrome, heart condition
- Can run/walk a 12-15 minute mile
- Good attitude
- Desire to improve health and fitness
- Likes the outdoors
- Willing to train in inclement weather

Outdoor Fitness Schedule

****Your meeting locations will listed on the website and emailed to you the Thursday before that next week.**

What to bring

***Resistance Tubing, dumb bells (5-8lb for ladies, 8-12lb for men) and Yoga Mat** (you can find these at Big 5, K-Mart, *Target, Ross or TJ Max.)

*Benadryl or Epinephrine if allergic to bees.

*Good shoes please do not come in open toed sandals.

****PLEASE LEAVE PHONES IN THE OFF POSITION WHILE IN CLASS**

**Weekly meeting locations will be emailed on the Friday before the next week's class sessions.

Tips for a great (successful workout!)

Please arrive on time and ready to go.

If you are late, please catch up to the group.

Please arrive hydrated; it takes 30-60 minutes for your body to absorb it... and keep a bottle of water in your car to either bring to the workout or to have immediately following your workout.

If you are going to be late, please call my cell to find me on the trail 541.207-8526

Make up and refund policies

1 sessions may be made up within a 4-week period, with prior 24 hour notice.

No call will equal any make-up.

No Refunds will be given once you have started the program. Credit will be given with a doctor's request.