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Life Center keeps up with latest exercise trends

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HUNTSVILLE, Ala. – This past year, the number of employees registered for fitness classes in the Life Center has increased by more than 30 percent – with 57 new members being added since January – and the principal reason behind the increase is due to the latest exercise trends.

“We’ve had a recent explosion of employees who are coming to the Life Center to work out,” said Marsha Russell, Life Center Director.

“We are excited to see a real burst in participation in all our fitness programs,” she said. “I think it’s largely due to our dealing with different fitness styles – Zumba, Pilates, Yoga, pump, cardio blast, – we offer them all here.”

Russell said she and fitness instructors Crystal Huddleston and Ashley Russell offer Center employees a multitude of exercise activities for all ages and can cater classes to meet employee’s individual needs as well. She loves that her job allows her to positively impact the lives of employees at the Center.

According to Russell, exercise groups within the Life Center are like family. Members form close bonds over a period of time that filter over into the work environment, creating a unique camaraderie that fosters great work relationships. Recent fitness challenges have also inspired members to push themselves beyond their normal workout to achieve excellence or work together as a team to reach their fitness goal.

When Center employees make the decision to eat right and start an exercise routine, Russell said she knows she is doing her job well.

“It’s amazing to watch the different groups work out, due to the vast difference in work out styles,” Russell said. “We (fitness staff) are willing to design a workout routine to fit any particular exercise style. There are many different ways to stay fit.”

According to Russell, diverse groups like the “Pumpers,” the Yoga and Pilates group, the p90Xers, the Combat fans, Cross Fit guy, the Zumba girls and the “Million Pushups-in-a-Year” Club,” and the Olympics Corps Contest all come with totally different fitness needs. She is there to monitor the groups and make sure everyone’s fitness needs are met.

“I love the way the groups have taken off,” Russell said. “For instance, The Olympic Corps Contest,” one of our newest fitness events is going very well. Some Life Center members are going for the gold and some for whatever they can fit in. The main thing is more of them are getting active. They are challenging each other to work harder to stay fit.”

Russell said she and her staff will continue to keep up with current fitness trends. Her goal is to make sure Center employees are made aware of what fitness options are out there and expose them to it.

Robert Jackson, Engineering Directorate, has been a part of the Life Center for more than two years.

Jackson said his overall health has improved largely due to starting a fitness plan with Russell. According to Jackson, Russell helped him to stay on task when he wanted to begin a fitness program. He also said Russell is the ultimate fitness trainer.

“Having a fitness center on site is a great perk for Huntsville Center employees,” Jackson said. “More employees than ever are now joining the life Center - Marsha’s enthusiasm about health fitness is contagious,” he said.

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