



## A GREAT BIKING EXPERIENCE!

For the last several years I had seen cyclists travel east and west across roads such as Highway 59/164, Springdale Road, Calhoun Road, Mooreland Road, and Sunnyslope in Waukesha County. The cyclists would disappear down an inconspicuous path as I traveled by car in a direction perpendicular to theirs.

(Clockwise from upper left: A smooth ride awaits, Near entry at Greenfield Park, Parallel to RR tracks and a beautiful scene, Entry to trail at Calhoun Road heading west)



Well, curiosity finally got the best of me this summer. I needed to find out where they were going—and where they were coming from. To my surprise, this path, the New Berlin Recreation Trail, offers nearly seven miles of smooth, unadulterated pavement for your riding (or walking/jogging) pleasure. It also provides a dynamic range of scenery, from the beautiful ponds and rustic views, to industrial buildings and an electric sub-station, all the while running parallel to railroad tracks (which no doubt “paved the way” so to speak for the trail’s location).

The bike trail originates in Greenfield Park as a tributary of the Oak Leaf Trail in the Milwaukee County Park System. It ends just west of Highway 164/59 in Waukesha. You can catch the trail at any one of the aforementioned roads at (approximately) the 1900 block south. You can park your car at any of these locations, which makes it great for families, or those who cannot cycle from home.

For those who like shade, this is not the trail for you. But what it lacks in trees, it makes up for in a very smooth ride. With limited opportunities near the city, it’s a great idea for recreational cyclists who do not want to stray too far out of town. Just remember to look both ways before crossing the street. Enjoy!



## IN HOME TRAINING - THE CORE!

Be sure to click on our "instruction" link on the JAM Pro Fitness website for our first of two articles demonstrating exercises and stretches that will help strengthen and increase your range of motion in your midsection and lower back. These are all movements that can be performed at home with minimal equipment. These are some basic movements that we use with our fitness clients. If you would like more information on our in-home fitness programs or would like to schedule a free, face-to-face consultation, click on the contact button at [jamprofitfitness.com](http://jamprofitfitness.com) to send us a note. We offer discounted rates for multi-session packages and multiple participants.



## OVERCOME YOUR EXCUSES AND REACH YOUR GOALS!



Please check out the instruction link on our website for another outstanding article from our resident nutrition and wellness expert, Amy Hesse, M.S. Here is an excerpt from her article:

There are many challenges you face daily; family, work, school, travel and other commitments, which may make it difficult for you to live an active lifestyle and exercise regularly. Roughly 50% of people who begin an exercise program drop out within the first six months. It is common to come across surprises and setbacks along the way to making healthy lifestyle changes. These setbacks are inevitable and you must be prepared for them. The challenge for you is to make them temporary setbacks and not lifetime excuses. The first step in overcoming barriers that prevent you from being physically active on a consistent basis is to identify your barriers to change. What are the obstacles that may be interfering with your commitment to be active?

Please check out the article for a list of common obstacles, and the response to overcome them. Amy's expertise has helped many clients achieve their health and body composition goals, and to overcome the mental and emotional hurdles of taking control of your body's well-being. To get information on her programs or to schedule a phone consultation, please to contact us via e-mail at [amy@jamprofitfitness.com](mailto:amy@jamprofitfitness.com) or call 414-510-6939.



## TENNIS IN FULL SWING



The Marquette High School Tennis Team, of which I have been a grateful assistant coach the last six years, won the WIAA Division I Boys State Championship in June. Pictures of the team and our season can be viewed at the JAM Pro Fitness Photo Gallery, which includes the head shaving of yours truly and one of my esteemed coaching colleagues (where was the rest of the coaching staff?).

I am available to provide private or small group tennis lessons and will be sure to improve the tennis game of young and old alike- regardless of skill level. I also specialize in tennis specific fitness training for those wishing to improve their endurance for match play. Please contact me at (414) 510-6939 or e-mail [jeff@jamprofitness.com](mailto:jeff@jamprofitness.com) for more information, or to set up a time to meet.

## JOIN US FOR A RUN/WALK

We have received interest from clients and friends to target a run/walk event this fall as a fitness goal. We've decided our target event is the Susan G. Komen Race for the Cure Breast Cancer Walk on Sunday, September 23rd in downtown Milwaukee. Info and event registration can be found at <http://www.komenmilwaukee.org/>. Please let me know if you have registered so that we can inform you of a meeting place we will have for the event.



If there are other fitness related events you think we should know about please the **contact** page at [JAMProFitness.com](http://JAMProFitness.com) so we can post it on our website.

## SPREAD THE WORD ABOUT OUR NEWSLETTER!



Please feel free to forward this newsletter to friends and family who you believe will benefit from our newsletter. To subscribe to the Within Your Lifestyle newsletter please send us a message at [JAMProFitness.com](http://JAMProFitness.com) - Contact. As always, those who refer a new client to us will receive a complimentary in-home session. Help us make southeastern Wisconsin healthier!