

SPMS Fitness Committee Report
Thursday January 18, 2018
Submitted by Robin Smith, Chair

- Participated in the USMS LMSC Fitness Chair P2P Conference Call on December 5, 2017

- Brief summary of current USMS Fitness Events/Activities below:

USMS ePostal Events:

USMS 1-Hour ePostal National Championship (January 1 through February 28, 2018)

Hosted by Indy Aquatic Masters

Individual and Relay options

Link to registration and more information:

https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=9629

USMS Fitness Events:

2018 USMS Winter Fitness Challenge 30 Minute Swim (February 15 through 28, 2018)

Link to registration and more information:

<http://www.usms.org/content/wfc>

GoTheDistance (GTD)

This is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. **There is no cost to enter GTD.**

Link for more information:

<http://www.usms.org/fitness/content/gothedistance>

USMS Fitness Tools:

Fitness Log (FLOG)

Access and Set-up your Fitness Log (FLOG) on the "My USMS" section on the USMS website. Your FLOG allows you to track all your fitness activities in addition to swimming (i.e., walking, running, biking, weight training, yoga). Track your weekly, monthly and annual totals online.

Note: You do NOT need to participate in the GoTheDistance Event to use the FLOG.

Link for more information:

http://www.usms.org/fitness/content/fitnesslogs?utm_campaign=top_nav&utm_medium=swim_for_fitness