



# Fit By Nature: The Adventx Twelve-Week Outdoor Fitness Program

*John Colver, M. Nicole Nazzaro*

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**Fit By Nature: The Adventx Twelve-Week Outdoor Fitness Program** John Colver, M. Nicole Nazzaro  
No matter where you live, you can get fit and healthy in the great outdoors. When most people think of getting in shape, they think of gym memberships-treadmills, StairMaster machines, rooms crammed full of equipment and sweaty people. Wouldn't it be nice to have a workout that was a breath of fresh air instead?

In FIT BY NATURE, John Colver lays out his flagship 12 week outdoor training program- a regimen that requires nothing more than outdoor space and a little inspiration.

FIT BY NATURE covers fitness basics such as nutrition, injury prevention, goal setting, and gear lists. With weekly charts and day-by-day descriptions, this book will push you to a new fitness level, whether you run up your neighborhood stairs, jump over logs on a nearby trail, swim laps at your local aquatic park, or simply do stretches in your own backyard.

Featured sections include a compendium of all core exercises, sport specific circuit training, and an AdventX On-Target Fitness Evaluation.

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