



GETTING YOUR ROUTINE BACK ON TRACK

The kids are back at school and our time is our own once more...Whoo Hoo! For me, September often makes me feel like I get a second chance at reorganizing my life. As my warm summer tan slowly fades away, I find myself welcoming the thought of getting back into a new training routine.

After completing my first Olympic Distance Triathlon I felt like I was on top of the world! I was in the best shape of my life, I felt like I could do anything. But at the same time, I also I felt a bit lost. This uneasy feeling was a direct result of not having a new training mission, for I had accomplished all I had set out to do this summer. I had no new vision, no new goals, and no new dreams. My driving force was for lack of a better term, was feeling a bit empty. So let's shake it up...what is *next*? Let's find out☺

In this newsletter I would like to share some great tips on how to re-charge your batteries, jumpstart your routines and ramp up "Life Force" for the Fall Season. ~ Kim Ricci Owner/Head Trainer

FROM EMPTY TO FULL

I firmly believe in the law of attraction that states "where attention goes energy flows". For instance, if find yourself constantly focusing on your weight problem, then that is what will you will manifest..."more problems"—your actions, behaviors, and focus are feeding and directing more energy into "that problem".

These problems do not go away until you change your focus, or change where you choose to direct your attention. For a quick second, I want you to imagine yourself focusing a weight solution rather than a weight problem. This small daily change in your thought patterns will now bring energy to finding, reaching and attaining that solution.

Because you have redirected your attention to the solution you have now changed the flow of energy. This one simple thing can take your life force from empty to full and give you the desire, focus, and clarity to move forward.

It was hard for me to move forward at the beginning of 2005 as my attention was focused on my newly expanded waistline, which came on out of the blue...Yes...I had just experienced the "early 30 metabolism" shift. As a result, my negative focus "began driving me to eat the not so good foods and it was exhausting me to the point where my exercise routine was spiratic at best" Remember, where attention goes energy flows...and "boy oh baby it was flowing in the wrong direction"!

It was not until I sat down and decided that I was not going to let this go on any longer....so I changed my thinking and decided that I was going to enter into my thirties in the best shape of my life. The vehicle I chose to help me achieve this goal was an Olympic distance triathlon. And from that moment on, my attention shifted, my thoughts changed, my eating habits changed, my daily routine changed. I went from feeling empty to feeling full on all different levels—remember thoughts lead to feelings, feelings lead to actions, and actions lead to results. So what is next for me? Could be one of 2 things, either creating a new addition to the family or a ½ Ironman...YIKES!



PREPARING FOR WINTER HEALTH

Boot camp may be a healthier program than we thought. Yes it is an outdoor program that promotes regular exercise and healthy eating, but it is also an excellent system to help ward off the common winter Disorder SAD, also known as Seasonal Affective Disorder.

As the days get shorter and darkness begins to dominate, SAD can drain your energy, intensify your PMS symptoms, cause you to gain weight, crave carbohydrates, bring on depression, and increase levels of irritability.

Seasonal Affective Disorder begins during the autumn and winter months. But have no fear because the treatment is rather simple. 1) Spend as much time outside during daylight hours as you can because this will naturally raise your serotonin levels. 2) Engage in regular exercise to increase the release of endorphins and serotonin, "the happy feel good hormones, in you blood. 3) Get some full spectrum light bulbs will help elevate your moods and help ward off the effects of this disorder.

BOOST YOUR IMMUNE SYSTEM

The kids have been back in school for about 3-4 weeks now and if you are like many families in Victoria, you are probably in the midst of battling your first set of colds and flues of the Season. If you are in any type of training program this is a fast way to derail you and slow down your results and progress.

Studies on "Exercise and the Immune System" are sometimes difficult to interpret as exercise is like a double edge sword--it can leave your immune system vulnerable and strengthen it at the same time. Let me explain.

Immune vulnerability is directly related to Exercise intensity. If intensity is too light nothing happens your immune system, it does not grow stronger, if it is too heavy the immune system can bomb. So it seems that you are dammed if you do and dammed if you don't...not so. Advances in nutrition can do wonders to help you through intense exercise. This is what the top athletes do.

- 1) **Increase their intake of Vitamin C:** Athletes burn off vitamin C stores at a faster rate. Make sure you are taking this vitamin throughout the day rather than one big dose as your body can only absorb so much at one sitting. (Antioxidant and reduces tissue damage and strengthens the immune system)
- 2) **They are on a good Multi-Vitamin:** Vitamins E, Beta-carotene, selenium, zinc, coenzyme Q10, and branched chain amino acids, folic acid, B1, B2, B3, Pantothenic acid, and vitamin C are all involved in maintaining and strengthening your immune system. (Vit E and Selenium work synergistically to make the system stronger and are powerful antioxidants. They prevent peroxidation of immune cell's membranes. Zinc increases your lymphocyte responses, beta-carotene, not only boosts the immune system, but studies show that it can help fight off cancer aswell. Vit E prevents lipid oxidation and protects the membranes of lymphocytes)
- 3) **They take their Fish Oils or Omega 3's religiously:** Omega 3's are a power source of antioxidants. Ligands, found in flax oil, have antiviral, antibacterial, and antioxidative properties. So don't forget to take your essential fatty acids daily when training hard



BOOST YOUR IMMUNE SYSTEM con't



- 4) **They Drink Green Tea in Place of Coffee:** contains polyphenols, one of nature's strongest antioxidants. Studies also show that Green Tea can decrease the absorption of fats and increases the calorie-burning mechanism at the same time. Coffee on the other hand causes large swings in insulin levels and increases cortisol levels to boot.
- 5) **They Take Glutamine:** New studies show that cell replication in the immune system requires glutamine. This n-n-essential amino acid can not be made by the immune cells, as it is almost exclusively made and used by the muscles leaving little for the immune system. The more intense your training is the greater demand the muscles have for this amino acid. High demands can impede the production of glutamine and where by leaving the muscles and immune system depleted. Researchers are calling glutamine the "conditionally essential amino acid" At health food stores look for ammonia free carbon skeleton of glutamine called "alpha ketoglutarate" or Branched chain amino acids.

At the beginning of boot camp, I told you all to think of yourself like athletes, regardless of your fitness level. Well this goes for supplementation as well. Intense exercise will cause your body to burn through large amounts of your antioxidant stores, vitamins, and minerals. If you want to train at your "best levels" each class you will need to start supplementing your immune system so that you do not leave it weak and vulnerable while it is growing stronger. Do not be afraid of doing intense exercise as it is what makes both your muscles and your immune system stronger. Just be smart about doing it.

SUPPLEMENTS AT WHOLESALE

All Boot Campers now have access to the best nutritional

supplements available at discounted rates. Both active and inactive LFS boot campers can get USANA's high quality, pharmaceutical grade products at wholesale or less. Save an additional 10% off wholesale to anyone who wishes to be on autoship and have all your supplements delivered to your door. Woo Hoo!

If you are unsure about what to take and how much to take of these immune boosting nutrients then I would highly recommend the USANA line. They offer everything from high quality multivitamins vitamins, fish oils, antioxidants, protein powder, or protein bars. I can vouch for this line of products and you certainly get what you pay for. Dosages and bioavailability are designed to meet the needs and demands of athletic and active individuals and are designed to enhance performance and is a brand used and supported by many Olympic athletes. .

If you would like to access these products please email me at the office and so we can set you up as a boot camp preferred client to access the discount. getfit@LFSbootcamp.com or phone 380-6947.

FIGHT YOUR COLD WITH OIL

Have you tried Wild Oregano Oil? This potent herb-oil is being recognized for its outstanding ability to eliminate pathogens such as bacteria, yeast, fungi, parasites, and viruses. It fights the common cold, sore throat, allergies, Bronchitis, etc. What is even more exciting is that pathogens can not build an immunity to it like antibiotics do. Externally this can be used for acne, cold sores, and more. Found at Thrifty's or your Local health food store.



FINANCIAL BOOT CAMP

Do you want a bigger tax return this year? Last year My husband and I moved into a new house. With that came huge property taxes, new home GST taxes-- that combined with both our income taxes, the amount of taxes we were to pay were going to be out of this world!!!!

So in the Summer of 2004 I was invited to a FREE TAX seminar, which showed us a multitude of different ways to reduce our taxes for the year. Now, like most of you, I am extremely busy and usually don't think twice about these sorts of things. But I can tell you, it was the best 1.5hrs I spent all year.

Because we applied just one tax saving strategy, learned at this seminar, in June of 2005 we got a tax return of \$12,758. 98. In addition I reduced my business taxes by \$7,000 to boot It didn't seem real until that refund check came in the mail...then we did a happy dance and bought a safer car to transport our daughter!

Guest speaker, Jerry White, is back in Victoria and is putting on the same seminar that I attended last year. Here is your chance to discover how to lower your tax bill as we did, legally control the amount of taxes you pay each year, and restructure yourself like the "wealthy" to pay less income tax.

There is a special event, by invitation only, to this Free Tax Saving seminar on Wednesday November 2nd. The invitation includes a Free Dinner (78\$) in value along with information teaching you about many of the strategies the rich use, why the rich avoid RRSP's, etc.

Because we attended last year I was able to get my hands on some tickets just for my boot campers. There is no high pressure sales, no obligations; this is an educational seminar that will expand your tax saving options.

If you are interested in reserving some tickets please email or Phone Kim Ricci. I only have a limited amount of Free Dinner Tickets so I will be giving them out on a first come first serve basis. So basically if you pay more than \$4,000 in taxes each year this seminar will be worth your while.

FALL EVENTS

I can't believe that we are approaching our last camp of the year! Gosh, this year has gone by fast!

Next session Begins on November 3rd and 4th and goes for 6 weeks until December 14th.

Classes available:

- 1) **Early bird** M,W,F from 5:30am to 7:00am
- 2) **Morning** M,W,F from 9:30am to 10:45am
- 3) **Evening** M,W,F from 6:00pm to 7:30pm
- 4) **Evening + weekend** T,Th 6:00pm and S 9:00am

Note: All classes accommodate all ages and fitness levels. The Morning 9:30am class is noted as our beginner's session and is shorter in duration. The 9:30 class is also our baby friendly class so if you can not find a sitter then bring your little one along, enjoy the fresh air and lose some weight to boot.

LOOKING FOR SPACE

We are planning some thing very special for the New Year and are looking to rent some space indoors. We need a minimum area of the size of a 2 car garage. If you have any ideas, own a barn, have access to a gym, or have an empty large garage please let us know.

Thanks a Million!



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"We are dedicated to
helping you create
a positive Life Force"



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