



## SPRING IS HERE — DO YOU NEED A JUMP START?

As the sun peeks out, I can't help but feel a renewed sense of energy, a desire to be outside, and the urge to get moving again. As our Spring Season approaches, I can't help but feel "gitty" with excitement for a number of different reasons. First of all, I am so excited to announce that we have 3 new additions to our training team, secondly we are having a formal launch of our Baby Boot Camp, and lastly we are trying a new 6 week approach: giving you more results in less time...is that possible? Absolutely YES! -----Kim Ricci Owner/Head Trainer

## WELCOME ABOARD!

First of all, we would like to welcome Dana Falk to our evening classes. A 4<sup>th</sup> year Kinesiology student at UVIC, Dana is full of energy, passion, and fun. Watch out for her, as she is currently working with the "UVIC Men's Rugby Team" as their athletic therapist...you can count on her to give you the motivation and extra push you need to lose that stubborn winter fat.

Next, we have Colleen Chan on both our Early Morning and Baby Boot Camp crew. Colleen brings loads of experience & education with her, along with a genuine passion for working with Moms & Babies. A certified Personal Trainer specializing in Pre-Post natal Fitness, Colleen's dream & passion for helping people, parents, Mommies and Daddies reach their goals, makes her a valuable member to our team. You can be sure she will take a strong stand for the goals you set out to achieve for yourself this spring.

Lastly, we would like to welcome fellow Boot Camper herself, Miriam Mari. Miriam was so inspired by her results in Boot Camp that she wanted to help others get the same results too. Miriam is extremely enthusiastic and knows what it takes to unleash your fears and just go for it! Her experience, education, and keen interest in nutrition will ultimately help you reach all your weight loss goals!

## MORE RESULTS IN LESS TIME

Two months is a pretty big commitment. Not a lot of people can go the distance. For some, once they make a decision they stick with it until the very end...but for most, their lives, families, and schedules often win out in the end.

For that very reason, the LFS team of trainers has re-structured our 8week "Boot Camp" Program into just 6weeks, which makes our primary goal to keep you highly focused, extremely motivated, and on track for the ENTIRE program! Because we know your time is just as precious as ours, we believe that these changes will help you persevere to the very end. You have made a decision...you are choosing to lose fat, gain muscle and change your body--- We are going to take a stand for you.

Do you want the best results? Good...we want you to have them too...so we have combined a new fast-tracking nutritional segment, with an exciting training twist. We have divided our course into three- 2week phases. **Weeks 1 & 2** is the LOAD phase, where we focus on hydrating your muscles, nourishing your body, and doing all things necessary to kick-start your metabolism. **Weeks 3 & 4** are dedicated to "REV"ing UP your metabolism through frequent eating and progressive workouts, which ultimately prepares your body for the last phase in **weeks 5 & 6** —BURNIG it OFF! Clients doing both Spring "A" and "B" can use the momentum in generated in part "A", to blast their most stubborn fat away. No more loading, your already REV'ed UP, so now you get 6 more weeks to just BURN-it-OFF!



## LOSE YOUR BABY FAT FOR GOOD

Feel like you don't have anything to wear? Have no time or energy? Do your pre-pregnancy clothes feel like they came from a stranger's closet?

You are not alone! Entering the hood—that is "parenthood" not only changes our lives, but it also does a serious number on our bodies. As sleep deprivation sets in, it feels as though we begin to lose our minds, "it is almost as if we begin to slip into an unconscious fog each day grabbing whatever food is available". After changing diapers, feeding the baby, looking after the house, and if we are lucky—we fit in a shower, many parents are left with absolutely no time or energy to look after themselves.

At the end of the day, parents slip into their PJ's, brush their teeth, and look into the mirror finding that they find no longer recognize the image looking back. To add insult to injury, they turn to go to bed catching a frightful glimpse of "that darn 'prego butt' refusing to budge an inch. Sigh...Is there any hope?

**"Yes, this vicious cycle can be broken—It is possible"**

When you first become a parent there is a steep learning curve. Getting to know your baby (his/her needs, likes/dislikes, and feed/sleep schedules) demands 110% of your attention. However, as parents learn, create, and discover their baby's habits and routines, they need to put themselves back into the equation. If they do not put themselves back in, the extra pounds put on during pregnancy stick around for a long, long, time—Two, five, ten years later it

might still be hanging around. This is where a program like "Baby Boot Camp" or "Regular Boot Camp" can help.

"Baby Boot Camp", Life Force Systems latest program honoring the needs of Moms and Dads alike, is launching their Grand Opening this Spring. "Baby Boot Camp", very much like our Regular Boot Camp, is tailored to meet the needs of various different kinds of parents: new parents, working parents, and empty-nesters to boot.

We want parents to get excited about their bodies again. We want them to have energy left at the end of each day. We want them to have control and take power over their cravings, and at the same time, be powerful role models for their children.

**"It is a parents' job to teach, guide, support, nurture, and focus on their kids needs—It is our job to teach, guide, motivate and focus on you... "**

If you want to get back into your favorite pair of jeans, get your cravings under control, and balance your moods and energy, then you need to make a decision. You need to decide to make yourself a priority again. A program like Boot Camp will give you the motivation, support, and accountability to help you create a new routine. No excuses! Baby Boot Camp is a specialty course that encourages you to bring your little ones with you! So get out side, enjoy the beautiful sunshine, and kick-start your routine!

We always give existing clients first dibs on spaces in class. To register phone or email Kim Ricci ASAP as it is first come first serve, and spaces are limited in both Adult and Baby Classes.