



Summer 2005 Boot Camp Starts June 13th & 14th.

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BBQ SEASON IS HERE!

I must say, Summer is my absolute favorite season of the year! Growing up in a city with two beautiful beaches, tropical like conditions, with plenty of sports activities going on all the time—Penticton Summers were and still continues to be a part of my soul. Some of my favorite memories happened during the summer, my dad firing up the BBQ, live music in the distance from the local band shell, the smell of the beach and suntan lotion, and the ever-inspiring annual IRONMAN Canada events are a few of my favorite things.

In the last Newsletter I shared a story about how I got myself back into “Summer Shape” in 6 weeks, but in this edition I am very excited to share some great Recipes that will keep the chips off the Hips, and will divulge my secret PROTEINI recipes.... aka healthy Martini recipe too boot!



“You Create yourself Through Choice”

-----Kim Ricci Owner/Head Trainer

SUMMER CLASSES

Classes available: June 13th to July 22nd

ADULT

- 1). Earlybird: M,W,F 5:35am - 7:05am
- 2). Evening: M,W,F 6:00pm - 7:30pm
- 3). Morning: T,Th,F 9:30am – 10:45am
- 4). Evening/weekend: T,Th 6:00pm & Sat 9:00am

MOM/DAD and BABY

- 1). Morning: T,TH,F 9:30am-1045am

TEEN

All teens are welcome to join any of our adult classes. Ages 16years and under must be accompanied by a parent. 17years and older may attend on their own if they wish.

Class size is limited. Please call or email to reserve your space. 380-6947

THE DEFINITION OF INSPIRATION

Congratulations to all spring Boot Campers. Your outstanding efforts and determination made our past spring classes very memorable and exciting. As voted by your classmates, the following people displayed an outstanding commitment to their goals, nutrition, and workouts each and every class.

Most Inspirational:

- Earlybird: Lynn C.
- M,W,F evening: Kassie A.
- T,TH,F 9:30am: Louise S.
- T,Th,S evening: Anne G.

Most Improved:

- Earlybird: Ken S.
- M,W,F evening: Fiona L.
- T,TH,F 9:30am: Danette D.
- T,Th,S evening: Loch R.



CALORIES DO COUNT

Throughout Spring Boot Camp, we decided to give all boot campers a number of different fitness and nutritional challenges. One of which, challenged all boot campers to figure out how many calories were in their free meal.

I must say, this truly was an eye-opening experience for everyone! One client, decided to figure out how many calories were in her weekly nachos and pop. To her dismay, that innocent little snack added up to 1200 calories! Now if she had this snack weekly for 6 weeks in a row, that would work out to an extra 7200 calories by the end of boot camp. (Keeping in mind that it takes a deficit of 3500calories to lose one pound)!

If this was her only weekly indulgence and she was doing no physical exercise, this would work out to a gain of approximately 2 pounds. Over the course of a year, this could add up to a net gain of 17lbs!!!!

Now if she was doing exercise 3 days a week, she would have to burn 400cal per workout to stay at the same weight or burn about 1500cal per workout to lose one pound that week. Here is an idea of the energy expended doing various types of physical activities:

Exercise	Calories Burned
1hour of aerobic activity	438cal/hr
1hour of circuit training	756cal/hr
1hr running at 5.6min km	786cal/hr
1 hour of moderate walking	324cal/hr
1hour swimming	522cal/hour

So think twice before choosing your treats and cheat meals as

they might be holding you back from achieving your weight loss goals...or even worse be adding unwanted pounds despite all your hard work. We suggest that you try to aim for your cheat meal adding up to 300-500cal to avoid unwanted weight gain.

HEALTHY MARTINI'S COMING UP!

Sorry Guys—No Alcohol in these recipes. These drinks are great if you are entertaining and want to have something special, but at the sametime don't want the added calories, major insulin fluctuations, and dehydrating effects of alcohol.

Kim's Chocolate PROTIENI on the rocks:

One scoop of vanilla Protein powder, 1 generous tsp of organic cocoa, 1/4 c of chocolate TAYO, 4 ice cubes, and 1c of water. Shake and poor into your favorite Martini glass and enjoy.

Espresso Chocolate PROTIENI or Frappichino:

Same as above but add 1/2c of coffee or small espresso to the mix. You can also blend this one for a low fat balanced boot camp frappichino.

Lemon Berry PROTIENI:

One scoop of vanilla Protein powder, 1/3c of sunripe apple, orange,peach blend juice. 1c of water, 4 ice cubes. Swipe a lemon wedge around the edge of the Martini glass then squeeze the lemon into the drink. Then add a handful of frozen blueberries into the glass. It truly is a treat!

Guilt Free Chocolate Covered Strawberries:

One scoop of Vanilla Protein powder, one heaping teaspoon of organic cocoa, a drizzle of milk or water to make an oozing paste. Wash strawberries and dip into healthy chocolate dip.