



A NEW YEAR ...A NEW YOU

With Christmas only a few weeks away, I wanted to take a brief moment to reflect over the past year. We have been delighted to watch many clients recreate their bodies, minds, and health in 2004. Many of which are still enjoying the fruits of all their hard work. However some clients continue to struggle. Some lose weight and inches only to gain it right back thereafter. Some give up before their bodies have even had a chance to change. Regardless of your degree of success, I would like to acknowledge each and every one of you for having the courage to face yourself, your fears, your habits, your desires, your cravings and ultimately the way you are living your life. If your body and eating habits were not where you are hoping they would be, I would love for you to embrace your mistakes. As ruminating over past mistakes acts as a signal to let us know that an opportunity still exists, they are the keys to helping you move forward...they truly are blessings in disguise. For without these blessings you would not have the opportunity to learn the valuable lessons that will help you break free of the "old you". Each day you have a choice to move towards a new you or stay in the old you. What is going to be this year? -----Kim Ricci Owner/Head Trainer

TROPICAL BOOT CAMP

Beat the Winter Blues. Our Winter/Tropical Boot Camp is not only designed to help you shed un-wanted "winter weight", but it will also help you get your body ready for a sunny winter holiday at the same time! Winter/Tropical Boot Camp starts January 10th to February 19th.

The optional group holiday departs on Saturday February 19th to a 4 star all-inclusive resort in sunny Nuevo Vallarta and returns on February 26th. Our holiday package includes air, hotel, all transfers, a buffet breakfast, lunch, and dinner daily, snacks, unlimited local drinks, unlimited house wine, daily activities, nightly entertainment, free admission to the disco, and an introductory scuba-diving lesson in the pool. Last but not least you will get an added value of 3-4 boot camp classes while on your holiday as well. Booking Deadline is Jan 5th 2005 for the holiday.

The Discounted Boot Camp Holiday Rate is open to all clients, friends and Family members. You do not have to participate in a Boot Camp to join us on the holiday ☺

2005 BOOT CAMP RATES

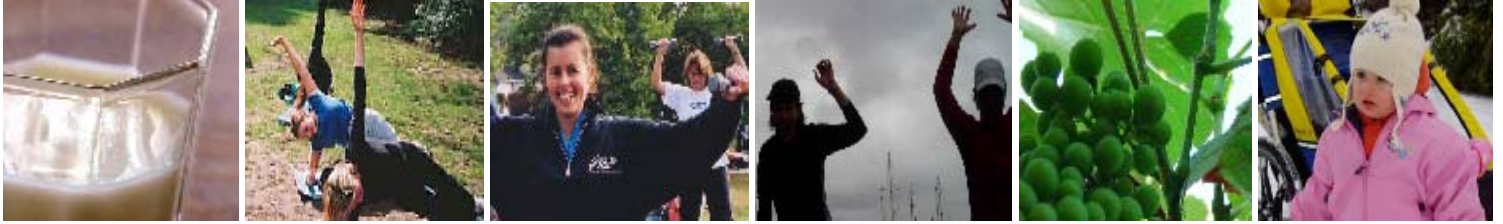
This year we are proud to announce a few changes to our regular boot camp programs. Our goal is to have you achieve more for less. (If you have completed at least one LFS Boot Camp you will automatically get our preferred client rate).

Adult Boot Camp: **\$299.99 plus GST**
Preferred Client Rate: **\$289.99 plus GST**
Baby Boot Camp Rate: **\$279.99 plus GST**
Preferred Baby Boot Camp Client Rate: **\$269.99 plus GST**

Tropical Holiday (Based on a minimum of 8):

Air/flight/all-inclusive to Nuevo Vallarta plus at least 3 Boot Camp workouts as an added value: **\$1583.35 plus taxes** (~250 in taxes) = \$1833.35 (which works out to a \$100 savings per couple)

Gift Certificates: Are available for both regular and baby Boot Camp. They make great shocking stuffers, baby shower gifts, or Christmas presents for "Health Nuts"!



BABY BOOT CAMP

Baby Boot Camp is Life Force Systems latest program to honor and meet the needs of Mom's. Being a first time mom of a 2.5 year old, I often find myself giving everything I've got to my family, my work, and maintaining the house...often leaving no time or energy to look after myself. I had to ask myself "what am I role modeling for my daughter" ..."self sacrifice, putting myself last, and not looking after myself"!!!! NO way...it has to stop here, I learned that from my Mom and I do not want to pass it on to my daughter too!

LOSE YOUR PREGO LBS FOR GOOD!

Have no fear! Our program is dedicated just for YOU! Regardless if your "prego pounds" have been around for 9 months or 9 years. New Mom's, Mom's with teens, or an empty nester Mom's...all are welcome. "Baby Boot Camp will provide an encouraging supportive environment for Moms and Dads of all ages to reclaim their body, mind, and time! Get excited about your body again. Learn how to eat balanced on the run and at the same time, you will become an incredible role model for your kids, you hubby and your friends to boot! Note: It is not necessary to have a baby to join this class; we have had adults with no babies who have also participated in this class with great success.

FOCUS ON YOURSELF

You can do it! Absolutely NO fitness experience necessary! Baby Boot Camp class runs three days a week from 9:30am to 10:45am on Tuesdays, Thursdays, and Fridays. Payment Plans are available and VISA is also accepted.

TRAINING OPPORTUNITY

Life Force Systems is looking to hire on several new Employees in January. We are looking for someone who is dynamic, motivational, and loves inspiring others.

Both Boot Camp Assistant and Leader positions will be available and we are looking to hire instructors for all time slots: Earlybird, Morning, and Evening classes. All positions will be part-time and will require some flexibility in for scheduling.

All employees will get an added perk of attending any Boot Camp Classes for free on top of wages. If you know someone who would be an excellent addition to the LFS Boot Camp team please get them to send a Resume into Kim Ricci at getfit@LFSbootcamp.com or phone 380-6947. Interviews will be happening in the first week of January.

ABS-so-lutely GORGEOUS

Here is a fabulous tip that will help you maximize each and every crunch that you do. As you all know, it is not how many crunches you do that will produce the best results, rather it is the quality of the movement that creates gorgeous mid-section! To maximize your crunches don't relax your abs as you lower your chest away from your knees—you get only half the ab-toning benefit. To firm your abs you need to sustain the contraction on the way up and on the way down to boot!

NEXT BOOT CAMP

All Classes begin on Jan 10th and 11th, 2005. Earlybird 5:35am (M,W,F). Evening 6:00pm (M,T,W,TH,F). Morning 9:30am (T,TH,F). Sat 9:00am. Please phone or email to reserve a space. Reservations are on a "first come first serve" basis.