

Kick-Start your Routine!

BOOT CAMP

"Boot Camp changed my life, it was the best money I ever spent"
~ Michelle A.

"Be Successful...
...Be Unstoppable"

 **LIFE FORCE** SYSTEMS

Starts Sept 8th & 9th

- Kick Start your Fitness
- Curb your Cravings
- Tone your Mucles
- Lose Fat and Inches
- 6 Week Sessions
- Beginner Friendly
- Nutritional Coaching
- VISA accepted

380-6947
getfit@LFSbootcamp.com

www. LFSbootcamp.com

FALL EVENTS AND UPDATES

Classes Available: Starting Sept 8th and 9th

***6 week Option:** Starts Sept 8th and 9th ends October 16th and 17th. classes will run 3 times a week for 1.5 hours with 18 classes in total. Cost: \$317.99 (gst included).

***12 week challenge: "Double your Results Special"** This is our ultimate challenge of the year! All the hard work you do in the first camp (to get your metabolism going) actually compounding your results and maximizes your fat burning to make the new you last. This special will help you get through the dull winter season, increasing your metabolism before we get bombarded with Halloween candy, turkey feasts, festive drinking, and Christmas goodies.

12 week challenge includes:

- 54 hours of coaching (36 class)
- Nutritional coaching for 4 months
- Get a free shirt
- Pay NO gst.
- Get the chance to win a FREE boot camp and other prizes.
- Cost for the camp is 150\$ a month for 4 months. (\$599.99)

***6 week Cost (2 times per week):** \$ 230.05 (gst included) and includes 12 classes.

***12 week (2 times a week):** \$460.10 (gst included) and includes 24 classes)

Note: all times slots will be offered (m,w,f 5:35am early bird, m,w,f 9:30am, m,w,f 6:00pm, and t,th 6:00pm and sat 9:00am)

" You create yourself through choice...to change your body, you must begin to make better choices on a daily basis"

When you are ready we are here to guide, show, and teach you to take control of your habits, your life, and help you discover your powerful self.

LORELI'S JOURNEY...true inspiration!



Loreli before she started her journey.

Many of you may not recognize this woman, but some of you might. I have been asking this humble and modest camper to share her journey with everyone for a long time, now I am thrilled to give you a glimpse into her remarkable journey that started in the fall of 2000. It is a journey of hope, inspiration, education, success, and commitment.

How it Started: Loreli Urquhart phoned me 6 years ago after reading a feature article on LFS Boot Camp in the LIFE section of the Times Colonist. She was looking for a challenge and a way to improve her health at the same time. Loreli felt like she was a fairly healthy person, however when her mother got diagnosed with severe osteoporosis, Loreli thought it might be a good idea to improve her own health and fitness.

Loreli's First Boot Camp: The best way to describe Loreli as a client, is that she not only showed up for every class, but when she came she always put in 110% effort. As we reminisced, I remember describing herself as being an "all or nothing" kind of person....which means when she commits to doing something she really follows through. She followed all the nutritional rules and chose not to have an extravagant free meal.

I believe her "one cheat meal a week" would be having a glass of wine, as her carb with prawns, as her protein. It was not

until 4 years later that we had a good chuckle about the size of that one wine glass, but Loreli simply followed ALL of the nutritional guide lines that were given to each boot camper on the first day.

By the end of her first camp Loreli had lost 5 sizes, 6.5% body fat (from 32% to 25%), 3.5 lbs, and 18 and 7/8th inches off her body. Loreli went from a size 13/14 to a size 5/6! Now, many of you may find this hard to believe, some of you may think that we are fudging the numbers, but I must say that it is the truth. In fact I see results like this all the time in boot camp. "You really get-out what you put-in to this program".

Loreli's Second and Third Camp: At this point Loreli felt like she the new lifestyle changes that she had adopted in Boot Camp, for her where not concrete. So, she decided that she needed more time to address some of the bad habits that had been with her for years. At this point Loreli's metabolism was already rev'd-up from her first camp and thus her body continued to burn more and more body fat and as she built up her muscle reserves. "As my body got stronger I also felt like my mind got stronger...I felt like I could do more and more importantly, I wanted to do more". Explains Loreli.

"I never thought of my self as a runner, but as my strength and endurance increased over the duration of the camp I learned that I could run and that I actually really enjoyed it! "After completing my 3 camp in a row I had lost an total of 9.5 % body fat 12.5lbs.

LORELI'S JOURNEY (6 years later.....)

Working for LFS Boot Camp:

Now at this point, I was not only inspired by Loreli's commitment to herself and the program, but I was also impressed by her dedication, and her desire to constantly challenge herself both mentally and physically. I thought that she would be an excellent addition to the LFS training team. In January of 2003, Loreli began became a certified LFS boot camp assistant, then moved up to a junior leader, then became a boot camp leader, and now is involved in both the management and training of all new LFS staff as the Team leader.

Loreli brings the same kind of passion, commitment, and dedication to each and everyone of her boot campers, helping them achieve their "best results". She speaks and teaches with conviction...she really has walked the walk...she has been in your shoes and carries great wisdom as a result.

Accomplishments After Boot Camp: For Loreli, like



Loreli after she embraced her new healthy active lifestyle.

many boot camp clients, Boot Camp is just the beginning, it is a kick start, it is a tool that can change the way you think. Since she has completed boot camp she has successfully completed a ½ marathon, 2 full marathons, organized 2 teams and completed the 121km Vancouver Island Relay run between Courtney and Nanaimo, she is part of the competitive Dragonauts Dragon Boat team which has just broken the Gorge “best paddle time record” and won gold in the top division at the Vancouver Island National Championships this past weekend!!!! Her new found love for running took her to new challenges far beyond her wildest dreams, “After completing my boot camps I felt stronger...both in body and in mind...so strong that I took on not one but two full marathons and improved my time to boot”!

Personal Note: On a personal note, every time I work with Loreli or see her rippling biceps I can't help but admire her strength of character, her devotion to her nutritional habits, her wicked sense of humor, and her love of life.

Her LIFE FORCE radiates to everyone around her. I actually forgot what she looked like before she ever started boot camp because today, she looks like the type of person who has

knew that she needed to change a few things in her life, and trusted me and the program I had created. She did exactly what I asked of her, and it showed!!!

I am lucky to have her as a friend, a trainer, and most of all of inspiration in my business and life.

Go back to Loreli's before picture, do you see yourself in her. Now look where she is today, and all that she has accomplished. This is the power of choice...something we all have. Since her last camp as a client over 4 years ago, Loreli has followed the nutritional plan and rules and included regular exercise in her daily routine. As a result, she has lost an additional 12 plus lbs. Each and every one of you can do what she did...the power comes in the little choices you make each day. Loreli had the courage to begin and the dedication to keep going, that is all it takes☺

RESERVING A SPACE

To reserve a space in our next LFS Boot Camp please call or email the LFS office: 380-6947 or email getfit@LFSbootcamp.com

Reservations are made on a first come first serve basis, so please leave a message as they will be returned in the order they were received. Also, I always like to give past Boot Campers and their friends/family first dibs on spaces during our busiest seasons. Spaces will be limited in each class. If a class is full we will start a wait list accordingly.



AWARD WINNERS

Most Inspirational voted by your classmates: Sara C., Aysha, Charles, and Kristen,

Most Improved voted by your instructors: Diane L, Lisa, Laura, Elizabeth, and Ester

Perfect Attendance: Heather Thomas, Kristen, Randi, Voula, Diane L., Kate, Shannon, Ester, Christine,

Testimonial Award: Patti F.

been fit and healthy all her life. Loreli, over came her fears,

TESTIMONIALS

"I am just thrilled with my results—I have lost 15.75 inches and lost 6.6lbs! I am eating healthier, look better, feel better and have kicked up my metabolism so I can really enjoy my "cheat" foods. A special thank you to all of the trainers, you have been a source of inspiration and helped me attain my goals! Maureen T. (mother of 4)



"WOW!!! It is possible to lose weight and feel better in 6 short weeks. I was very apprehensive about joining as I knew I was over weight, out of shape, and into my 6th decade, but I found the instructors very accommodating and I could do all the activities at my own speed without holding others back or feeling awkward. My body showed tremendous improvements: my body fat dropped from 47.5% to 27.6, I lost 15 lbs, and I lost a total of 15.5 inches off my body in one camp. I followed the nutritional outline, learned about portion sizes, and increased my water intake. Thanks for everything! Marge

"At the post-boot camp assessment last night, I pulled off 15 "men's" pushups, before 'falling to my knees,' and I couldn't have done more than 3 previously. Overall, I lost 10 inches! Most important (and thanks to the fantastic coaching and encouragement), I gained confidence in my abilities and learned to really push myself harder. This weekend I am heading out for my first backpacking trip in Strathcona Park, bringing a dream to fruition. I know I couldn't do this if I hadn't worked so hard in boot camp this summer! Thanks for the great time! Lisa M.

"The night I signed up with you I was eating ice-cream for my entire dinner! I was over weight, tired, and feeling overwhelmed. I am used to being in shape and energetic but over the last 2 years I fell back on bad eating habits and delaying any exercise because I was 'too busy' or 'too tired'. In the last 8 week boot camp, I have changed my body (lost 17+inches) and reduced my body fat by 10%. I am awake early and sleep soundly. I have found a new taste for fruit and veggies, as well as enjoying a regular eating schedule (I used to eat once a day! The groups were positive and it is true...the hardest part is getting there. Thank you for your help and I look forward to seeing you again in September"! Patti F.

"How can I thank you all for all your guidance, encouragement and my new great body? I was very skeptical about what your website said about the results that could be seen from your bootcamp - well, your website speaks the truth. I have always been physically active, and since turning 50 a few years ago, I was fighting to keep my weight down - with no success. I blamed it on my hormones, menopause, food additives - you name it. I had read lots of nutrition books, diet books, strength training manuals, etc., and I knew about eating every few hours - however, I didn't know HOW MUCH to eat every few hours - now I know what to watch for on food labels, and I am very conscious about WHAT I put into my mouth - and I don't have CRAVINGS for anything.

As for the physical fitness part of bootcamp - well, I can now do 10 FULL (ON MY TOES) PUSHUPS - when I started bootcamp I couldn't even do ONE - and for for that is totally amazing. I managed to loose almost 3 pounds of weight, but an amazing 13.9% body fat and 16 inches. I also increased my hydration and am extremely happy with my accomplishments. I will recommend Life Force as an extremely well-run and organized bootcamp. A million thank yous to Kim, Chantelle, Jennie, Aimee, Lorili and Miriam - all of you ROCK" !!! Barb B.

"I've tried various fitness and nutrition courses, all with limited success. The LFS boot camp was the perfect combination of challenging but fun activities, with a strong educational component to maximize the benefits for a safe and healthy lifestyle. The nutrition component was excellent and both the leaders and participants were positive motivators to start the path to a healthy lifestyle. It was hard word, individually paced, wonderful peer support, and lots of fun. I'll do it again for sure"! Marilynn S.

A SPECIAL THANK YOU!

We wanted to extend a special thank you to Dave and his amazing staff at Peninsula Runners for the special care, education, and treatment of all LFS Boot Camp clients.

Everyone at Peninsula Runners went above and beyond the call of duty in helping all our clients find the right shoes, the right supportive bra's etc.

If you need help getting yourself prepared for boot camp and need shoes, water bottles, workout gear, or a good support bra, we highly recommend that you go to Peninsula Runners at 3659 Shelborne Street, 3804-4786 check out the website www.peninsularunners.com for more information.

Tell the employees that you are registered in LFS boot camp and you will get a free gait analysis and a 10\$ coupon towards your purchase.

RUN FOR THE CURE

Join our team! The Canadian Breast Cancer Foundation CIBC Run for the Cure is an extraordinary single-day experience that unites more than 170,000 Canadians in 51 communities across the country. The run is a 5km or a 1km walk, held at UVIC on OCT 1st, 2006. All Boot Campers (past and present) as well as their friends and family are welcome to join our team.

Team registration deadline is sept 15th (team members will get a shirt with LFS boot camp on the back). Registration after the deadline will get a t-shirt without the team name.

It is easy to join. Just go to the Run for the Cure website: www.cibcrunfortheure.com and click on "join a team". After you have entered your personal information you can search for our team. We are **Local team**, team name **LFSbootcamp**, team captain **Chantelle Sutton**. There is a \$35 registration fee or an option to raise 150\$ and have your fee waived. If you prefer not to sign-up on line, just contact Chantelle at the email address: theladybugspy@yahoo.com and she can sign you up.



EMPLOYMENT OPPERTUNITY



We are looking to hire trainers immediately for our Early Bird and 9:30am classes. If you are passionate about fitness and love helping others achieve a higher sense of self, please send your resume to getfit@LFSbootcamp.com

Education Requirements for an Assistant are:

- Valid CPR and First Aide Certificates
- Valid Drivers License
- 80% on the BCRPA Fitness Theory Course

Education Requirements for a Leader are:

- Valid CPR and First Aide Certificates
- Valid Drivers License
- 80% on the BCRPA Fitness Theory Course
- Completion of the BCRPA Group Fitness Module
- Completion of the BCRPA Weight Training Module

SMOOTHIE OF THE MONTH

Nancy's Coffee Banana smoothie:

1 frozen banana, 1.5c of milk, soy milk, or almond milk.
4 oz. of low-fat coffee yoghurt, ¼ tsp of cinnamon, 2 scoops of protein powder, 2 tsp of flax oil.

Combine all the ingredients and blend on high for 90 seconds.

Nutritional Facts-- Total calories: 285, Protein, 27 grams of carbs, 6 grams of fat. ENJOY!

