

Ready for Summer?

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 June 23rd

- 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

8 WEEK CAMP IS BACK!!

Classes Available: Starting June 23rd

***8 week Option:** Starts June 23rd ends August 17th classes will run 3 times a week for 1.5 hours with 24 classes in total.

***8 week Cost (3 times per week):** \$389.99 plus gst and includes 24 classes.

***8 week Cost (2 times per week):** \$286.56 plus gst and includes 16 classes.

Note: all times slots will be offered (m,w,f early bird, m,w,f 9:30am, m,w,f 6:00pm, and t,th 6:00pm and sat 9:00am) for the first 6 weeks. However, changes may occur due to the amount of clients enrolled in the last 2 weeks of the program (i.e. Some classes may be combined for the last 2 weeks of class). Your instructor will announce any changes that might occur in week 5 of your Boot Camp.

***6 week Option A):** Starts June 23rd ends August 3rd classes will run 3 times a week for 1.5 hours with 18 classes in total.

***6 week Option B):** Starts June 23rd ends August 17th classes will run 3 times a week for 1.5 hours with 18 classes in total. This option allows you to take 2 weeks off in the middle of camp to accommodate family vacations. You will have the full 8 weeks to get your 18 classes in.

***6 week Cost for both A & B (3 times per week):** \$299.99 plus gst and includes 18 classes.

***6 week Cost (2 times per week):** \$ 215 plus gst and includes 12 classes.

“ 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.

KIM'S 7 MINUTE AB ROUTINE: LOSE YOUR BELLY FAT FOR GOOD

This 7 minute abdominal routine, frequently used during Boot Camp classes, has helped many Boot Camp students reshape their mid-sections.

All exercises are to be done for one minute and are designed to target your entire midsection. Clients who combined this 7 minute ab-routine 3 times a week with their boot camp strength training, cardio training, and followed the nutritional principles taught in Boot Camp noticed significant improvement in the inches lost around their midsections. Note: there is NO REST until all 7 exercises are completed. If you are a beginner, start by doing the 7 exercises for 30 sec and work your way up to a full minute.

- 1) Dead Bug
- 2) Candle Sticks
- 3) One Leg Candle Sticks (right side)
- 4) One Leg Candle Sticks (left side)
- 5) Crunches
- 6) Pill Bug
- 7) Bicycle

Minute 1:00: Start with the Dead Bug, which works the transverse abdominals. Lay on your back with your arms and legs in the air (knees bent at 90 degrees). Next, press your lower back into the floor, then extend the right arm above the head and at the same time extend the right leg towards the ground. Your lower back should stay pressed to the ground the entire time. If you find that your lower back arches do not extend the leg out as far. Next extend the left arm and the left leg out at the same time and repeat with the right side.

Minute 2:00: Candle Sticks; lay on your back with both feet in the air. Feel your tail-bone on the ground and gently lift your hips up towards the sky about 2 inches and slowly place the hips back down. Repeat for the full minute. Candle Sticks work the lower aspect of your Rectus Abdominus.

Minute 3:00: One Leg Candle Sticks; in the original candle stick position with both feet in the air take the right leg and

cross it over the left below the knee. If done correctly your legs should resemble the number 4. Follow the same lift as in regular sticks. Repeat for 1:00 minute. This focuses on the Lower Right aspect of your abdominals.

Minute 4:00: One Leg Candle Sticks; in the original candle stick position with both feet in the air take the left leg and cross it over the right leg below the knee. If done correctly your legs should resemble the number 4 but on the other side. Repeat lift for 1:00min.

Minute 5:00: Crunches focuses on the upper aspect of the Rectus Abdominus. Start on your back with your feet on the floor and knees bent to 45 degrees. Clasp hands together in front of your body and pull your body up 4 inches off the ground so that your shoulder blades are not touching the ground. Now go down 2 inches (top of the shoulder blades begin to touch) then go up 2 inches, and repeat. Eyes look forward, do not look at the sky as gravity will pull you down and engage your neck muscles. Focus hard on making your first movement come from your abs and not your neck once you are into active crunch position. Repeat for 1:00 min.



Joan P. demonstrating proper "crunch" form.

Minute 6:00: The Pill Bug is a combination of the crunch and candle stick except you start on your back, lift your torso up and at the same time lift your hips up to meet your torso. Knees can be bent more than the standard Candle Stick position. You should look like a Pill Bug at the top of

KIM'S 7 MINUTE AB ROUTINE con't:

Minute 7:00: This is a standard bicycle abdominal exercise. Start on your back with your hands supporting your head. Feet are both on the ground (knees at 45 degrees). Start a crunch reaching your right shoulder/elbow towards your left knee and repeat bringing your left shoulder/elbow to your right knee. Repeat without your feet touching the ground. Focus on starting the movement from your abs and not your neck and elbow. The shoulder and elbow should follow only because you are twisting from your core...not the other way around☺

One of the first things that many people experience as their bodies age is a 10-15% drop in their metabolic rate, which means that we lose our ability to burn calories during our mid 40's to mid 50's.

Now women especially, become more efficient at taking in energy (aka fat) into the cells (especially around the mid-section) during this time. Decreasing levels of estrogen are one of the key underlying reasons for these mid-life/waistline changes. Ovaries that are no longer producing estrogen cause your appetite to increase as a protective mechanism when estrogen levels drop.

Now if you are hitting a metabolic wall and your body wants to hold onto fat for dear life, then the first thing you need to do is re-stabilize your metabolism.

6 Simple steps, in addition to the 7 minute ab routine, that you can do today to restabilize your metabolism are:

- 1). Eat at least 5-6 times a day
- 2). Focus on portion size, not calories
- 3). Eat protein at each meal
- 4). Cut down on refined & high glycemic carbs, (including alcohol)
- 5). Eat healthy Omega 3 fats Daily
- 6). Add resistance training 3 days a week to your routine.

Exercise and Clean eating are 2 things that I guarantee will re-start and set your metabolism. Do that with this 7 minute abdominal routine and your abs should be nice and lean for the bikini season.

your crunch. Works all aspects of the Rectus Abdominus.

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.

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



AWARD WINNERS

Most Inspirational voted by your classmates:

Anne G., Susan B., Danette D., Fran C., Gord W.

Most Improved voted by your instructors:

Jody A., Dawn D., Michelle K., Anne D., Soki.

Perfect Attendance:

Gord M., Laura, Ingrid, Shelley M., Betty, Ken, Tricia, Marge, Marilyn, Rosemary and Soki.

Testimonial Award: Lorraine Lindsey.

SUMMER RECIPES

“Jen’s Mango Salsa”

2 (or more) large ripe mangoes (peeled with potato peeler) and cut into 1/3 inch cubes
 1/2 cup chopped fresh cilantro
 3/4 cup of chopped tomato
 1/3 cup of chopped red onion (or/and green onion if you like)
 1/2 chopped avocado
 1/2 cup of chopped red pepper
 1 tbsp olive oil
 1 tbsp lemon juice
 Regular salt or seasoning salt to taste
 4 grilled chicken breasts

Mix ingredients together. Feel free to substitute or omit anything but the mangoes and cilantro and tomatoes (they make the dish). Sometimes I add chopped oranges, corn or

other veggies or fruit. Please keep in mind that I don't measure anything (except the oil and lemon). These are only estimates. Grill chicken and dump large spoonfuls onto chicken and eat. Or chop up chicken and add to salsa for a chicken mango salad (that's what I did for Boot Camp).

“Joan’s Best” B-B-Q Salmon (Serves 6)

6 Fillets of Fresh Salmon

Marinate

1/4 cup Soya Sauce
 1/4 cup Olive Oil
 2 Tbsp. maple syrup or blackberry syrup
 Juice of 2 limes
 3 cloves crushed garlic
 1 Tbsp. grated fresh ginger
 2 Tbsp. cracked black pepper

Marinate Salmon for 1/2 hour to 1 hour

Grill 5 minutes per side

“Joan’s Baked Oysters with Wasabi Mayonnaise”

1 Cup (240 ml) mayonnaise (commercially prepared)
 *1 TBSP (15 ml) prepared wasabi paste
 24 freshly shucked oyster on the half-shell (I use the ones from Thrifty's in the containers)
 1 TBSP (15 ml) toasted sesame seeds
 2 green onions, finely chopped. Combine the mayonnaise & wasabi paste until well blended. Choose a large rimmed pan to cook the oysters on. (I use a cookie sheet) Crumple a piece of aluminum foil twice as large as the pan you are using to broil the oysters in and then stretch it out to fit the pan. You want the little hills and valleys of the foil to hold the oyster securely, so don't smooth it out. Spread about 1 tsp. (5 ml) of the mayonnaise/wasabi mix over each oyster, sprinkle with the sesame seeds and arrange on the pan. The oysters may be prepared up to an hour in advance. Cover and refrigerate.

Preheat the broiler. Broil the oysters until the mayonnaise picks up brown spots, 3-5 minutes. Sprinkle with the green onions and serve on the half-shell (I scrap the shell nonsense and serve as an apple!)

*P.S. I add the wasabi to taste, 1 TBSP is not enough for my tastes, I usually double that!

SUMMER SALES!!!!

Student Rate: All college and university students save 20\$ on your tuition when you register for summer boot camp. Get ready for the hot beach weather and whip your body into shape in no time flat!

Fathers' Day Special:



Give your dad the gift of health this year. Perhaps dad can lose a pot belly, or some sympathy pregnancy weight gain, or get ready for ball season? Any Dad who signs up for Summer Boot Camp will not have to pay any GST and will receive 2 "bring a friend" guest passes to be used at any time during boot camp. So go ahead and shed some extra weight, build your muscles, lower your cholesterol and blood pressure.

Ken S., father of 2, just finished our Spring Camp with outstanding results. He lost 15.5 lbs, 12.7% body fat and 16.5 inches off his body in 6 weeks. Way to go Ken we are very proud of you!

Parent and Teen Sale: Kids out of school?

All teens are welcome to join their parents or siblings at LFS boot camp this summer. Any parent and teen combo joining summer boot camp will both get a 10% discount on your tuitions. Note: If teen is 17 or older they may attend a boot camp session without parental attendance.

Note: sales can not be combined (ie. The parent and teen sale can not be combined with our student rate special).

TESTIMONIALS

"I was always one of those kids who was always picked last for teams. I grew up believing I couldn't do well at anything physical. Then a couple of years ago, I joined my first boot camp. Thanks to the encouragement and expertise of our trainers, I lost inches and pounds. But I gained self-confidence- I proved that I can do well at physical challenges! You can't by that kind of feeling. Thank you Kim and crew! Lorraine L.

"I have just finished my 4th boot camp with LFS and am amazed at my results. I have lost pounds and inches, managed to lose body fat and at the same time increase my fitness and energy levels. I have completely re-shaped my body. Kim and her staff are extremely professional, supportive, encouraging, and inspiring. I am definitely a "lifer" with Life Force Systems". Nancy M.

The numbers say it all for me: Weight loss 13 lbs, overall inches lost 17 3/4 , Sitting heart rate 58 beats/min, Blood pressure 110/60, Completed TC 10 K in 66:34 (first one in 10 years!), completed Vancouver 1/2 marathon (walker) in 3 hours and 10 minutes. **BOOT CAMP GOT ME THERE!** Thank you! Thank you!!! Thank you!!!" Joan P .

"Having a baby 5 months ago I desperately wanted to tone up for the summer... I was so amazed with the staffs dedication and commitment to help me surpass my goals...After 6 weeks I was back to my pre-pregnancy weight. I dropped 12lbs, lost 4 inches off my waist, 4 inches off my hips, 3 inches off my thighs, and 7 inches off my belly! My body fat went from 28.4% to 21.8%. Joining LFS was one of the best things I could have done for myself". Jody A.



