

A NEW YEAR ...A NEW YOU

Weight Loss Resolutions, often make it into our “top ten list” of things to change, improve, and overcome each year, yet it still continues to plague many people despite the motivation a new calendar year brings. There is something special about the first day of January. It is a time of reflection, a time of improvement, and most of all it is a time for fresh starts. So why are so many weight loss resolutions unsuccessful? In this news letter I would love to share some insight and ideas that might help you make your New Year’s Resolution successful all year round. “Please take these gifts/principles and use them when you are ready. Be Successful. Be unstoppable”. Kim Ricci/ Owner

HEALTH PRINCIPLE # 1

Every experience you have is a reflection of your intentions.

“You create your experiences with your intentions. If you are unaware of your intentions then your current physical body composition might not be one you are happy with.

When you raise your level of awareness/consciousness and begin to choose your intentions, then you are in control of your experiences, your reality, and most of all you are in control of your results. All successful weight loss clients have an intention to fit themselves into their day—they are aware of what they are eating, they exercise on a consistent basis, and they intend to put themselves first for a small portion of their day, because this is what it takes to make their vision a reality.”

INDOOR BOOT CAMP

Beat the Winter Blues. This year we have secured some indoor workout space at the EUROSTUDIO just off of cook and Pandora. We managed to book space for only the Early bird classes and or 9:30am Classes, the evening classes will be run as usual.

“ I am feeling better both physically and emotionally... I am a happy girl! Thank you...(Leslie H.)

JANUARY BOOT CAMP SCHEDULE

Start Date for All Classes: Saturday January 14th

- * **Early Bird:** All fitness levels welcome
- * **Runs:** Monday, Wednesday, and Fridays.
- * **Cost:** \$325.00 plus gst.. (indoor rate)
- * **Starts:** 5:45am to 7:00am
- * **Details:** This class will be approximately 50% indoors. All cardio classes will be held outdoors. Monday’s will be indoors, and every second Wednesday will be indoors. If weather is really bad then we will have the ability to move the class inside on short notice.

- * **Morning:** Beginner and baby friendly
- * **Starts:** 9:30am to 10:45am.
- * **Runs:** Monday, Wednesday, and Fridays.
- * **Cost:** \$325.00 plus gst.. (indoor rate)
- * **Details:** This class will be approximately 50% indoors. All cardio classes will be held outdoors. Monday’s will be indoors, and every second Wednesday will be indoors.

- * **Evenings:** All fitness levels are welcome
- * **Starts:** 6:00pm to 7:15pm
- * **Runs:** Monday pm, Wednesday pm , and Sat 9:00am
- * **Runs:** Tuesday pm, Thursday pm and Sat 9:00am
- * **Cost:** \$299.99 (8 client minimum needed to run a class. If the minimum is not met in both evening classes will be combined)



HEALTH PRINCIPLE # 2

If you are not truly committed to creating health or changing your body, chances are you won't".

"Weight loss and changing your body is not a simple matter, it is not always convenient or easy. In fact, it is one of the most challenging journeys you will ever embark on. Such a venture should be entered into consciously-- it is one that requires you to make a solid commitment to yourself.

What do I mean by making a commitment? I mean absolutely no holding back; giving 100% of everything you've got to achieving health. It means doing what ever it takes for as long as it takes. So, before you embark on this journey, you should ask yourself a few simple questions and listen to the answers with an open heart, because your answers will largely determine your degree of success.

'Am I ready to make this commitment today? Am I ready to devote myself unreservedly to my vision? Am I ready to put myself first no matter what for as long as it takes?'

If you are ready to make this commitment then your success rate will grow exponentially. If you can't fully commit then this may not be the right time to start, as success will be limited. When you are ready to commit the universe will bend over backwards to support you. But first you must decide to commit.

You will know when you are ready to start, you will feel the energy of intention surge through your body, your vision will be crystal clear, and nothing will get in your way because all your focus is being channeled into creating your new reality.

2006 YEAR ROUND SCHEDULE

- **January Boot Camp 2006**
Starts: Jan 14th Ends: Feb 23rd.
- **Early Spring Boot Camp 2006:**
Starts: March 10th Ends: April 13th
- **Spring Boot Camp 2006:**
Starts: April 28th Ends: June 8th.
- **Summer Boot Camp 2006** (extended- 8week option)
Starts: June 23rd ends August 3rd or 17th(extended)
- **Early Fall Boot Camp 2006:**
Starts: Sept 8th Ends: Oct 19th
- **Fall Boot Camp 2006:**
Starts: Nov 3rd Ends: Dec 14th
- **January Boot Camp 2007:**
Starts: Jan 12th Ends: Feb 22rd.

"I have increased my strength and slimmed down...my droopy underarms are gone!" Verna P

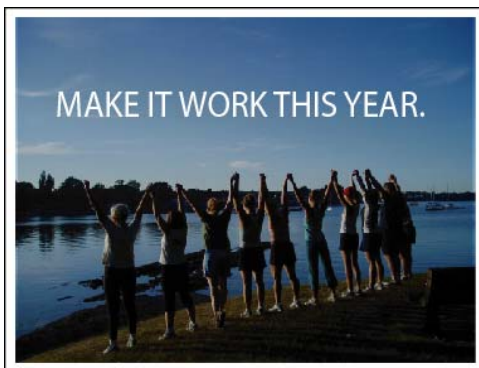
NEW YEAR'S SPECIAL.....

Sign-up for a year, or 6 boot camps, and get one camp for FREE. Regular Boot Camp:~ \$300.00 x 6 is \$1825.00 Year Membership: \$1625.00, which means that you can attend all classes year. (Note: Contracts are signed by both parties to ensure 100% of service is received to the client and at the same time, full payment is received for the business).

"The boot camp Queen" Thank you very much for getting me back on the path of good health and physical fitness...I did the Time Colonist 10K run this year in 49 minutes 29 seconds. Not bad for a guy who was never a runner"! Zig (age 55)



" I am so pleased with my results! My clothes fit..YEAH!!! I have more stamina and energy. Boot camp was an awesome kick start." Debbie.



HEALTH PRINCIPLE # 3

Training your mind is the most important skill you can ever have.

Because we are creatures of habit, we must change our mindset and begin to practice "acting" in spite of fear, doubt, discomfort, inconvenience, worry, and laziness. Learning to act, in spite of discomfort, is so important because "comfortable" is where most people are at right now. If you want to move to a achieve weight loss success you must break out of your "comfort zone".

How do you begin to train the mind? You first need to observe your thoughts and actions. If you struggle with weight loss, then chances are that you constantly produce thoughts that do not support good health. Your body will pay for each negative thought with your time, energy, health, and happiness. Remember thoughts lead to feelings, feelings lead to actions and actions lead to results. You must start observing, monitoring, and replacing unhealthy thoughts with healthy ones.

HEALTHY APPLE CRUMBLE

This mouth watering Apple Crumble recipe that is so yummy that it passed "the husband test"! This fabulous dessert is low on the glycemic index, which means that your blood sugar levels will remain stable. This recipe is full of fiber, which helps your body flush out mobilized fats. Lastly this recipe has lots of cinnamon, which has is a powerful anti-cholesterol agent. Scientists exclaim eating cinnamon once a week will significantly lower bad Cholesterol levels in the blood. Serving Size 2. YES...No sugar or Butter!!!!

Apple Filling:

- One large granny smith apple
- ¼ cup organic apple juice
- Generous sprinkle of cinnamon

In two small microwavable corning-ware dishes slice half or the apple into each dish. Add the organic apple juice to each dish...just enough to help cook the apples and then generously sprinkle cinnamon on top. Microwave each dish for 3 minutes or until the apples are cooked. Take out and let cool while you prepare the crumble.

Crumble Topping:

- 1/4 c of "Red Mill" steel cut oats
- 1/3 water
- 4 tbs organic apple juice
- Generous sprinkle of cinnamon
- Island Farms vanilla iced milk

Combine steel cut oats & water and cook in a deep bowl for 3 minutes. Then add the apple juice and cinnamon and cook for another 1.5 minute. Then spead ½ of the oatmeal mixture onto the one cooked apple dish and the other ½ to the second dish. Then take 1 heaping tbs. of iced Milk and put it on top. I will eat this will a cup of "hot protein cocoa" to make it a balanced meal.