



Life Force Systems Spring Newsletter, 2007

## SPRING CLASS AVAILABILITY

**M,W,F Early Bird 5:35am to 7:05am** (Full) \$299.99 plus gst.

**T,Th,F Early Bird 5:35am to 7:05am** \$299.99 plus gst. Just opened and we have lots of space in this class.

**M,W,F Morning 9:30am to 10:45am** (Full). Note: Baby's are welcome to join their mummies at this class. \$299.99 plus gst.

**M,W,F Evening 6:00pm-7:30pm** (Full) \$299.99 plus gst.

**(NEW) M,W, Evening 6:00pm-7:30pm "Masters Only"**  
(5 spots left). We are excited to launch our first masters only class. This is a fast paced class with quick form and technique instructions. There will be a focus on full muscle engagement and ROM (range of motion) to help you reach a higher level of fitness. Note: you will need to have completed at least one full boot camp session to be eligible for this class. \$299.99 plus gst.

**(NEW) M,W,F Lunch hour Mini-Camp 12:00pm to 12:50pm**  
(No Nutritional Component). See details in article below. Avoid mid-day slumps and make the most of your lunch break with our noon hour boot camp class, be prepared to sweat, have fun, and rev-up your metabolism for the rest of your afternoon. \$120.00 plus gst. (just opened lots of space left)

**T,H, Evening 6:00pm-7:30pm Sat morning 9:00am**  
\$299.99 plus gst. (Full)

All reservations are made on a first come first serve basis so please do not procrastinate. You can call or email the office 380-6947 or [getfit@LFSbootcamp.com](mailto:getfit@LFSbootcamp.com) to book your spot in our next session.

**NEXT SESSION BEGINS:** June 22<sup>nd</sup> and has either a 6 week option or 8 week extended option.

## MASTERS CLASS

In the past 7 years we have taken great pride in being able to accommodate all fitness levels in one class. In fact, we believe that this is a concept that sets us aside from our competition. But as our busy season approaches and demand increases, we are excited to launch this new class designed to meet the needs of our die-hard "boot-a-holics"...we love you all!!!

If you would like to try our Master Boot Camp class it is highly recommended that you complete at least one of our regular boot camps first. Master classes will be fast paced in both instruction and workouts, which means that there will be less time to rest in-between sets (evil grin).

You must also have a good handle on the nutritional component of our regular program before entering into a masters class as well. Depending on your goals, we can help you refocus your nutrition or give you a big pat on the back for following all our "eating for performance principles". If you would like more information on our masters program please feel free to email or call the office for more information. Price is the same as the regular boot camp classes.





Life Force Systems Spring Newsletter, 2007

## LUNCH HOUR MINI-BOOT CAMP

Avoid mid-day slumps, rev-up your metabolism, and make the most of your lunch break with our new downtown noon hour boot camp class. Be prepared to sweat and have fun with friends and co-workers in this fast paced outdoor class.

**When:** M,W,F afternoons from 12:00pm to 12:50pm. There is a class limit of 20 for this session.

**Where:** we will have 2-3 locations in the downtown core with in walking distance for most people.

**Cost:** Introductory price of \$120.00 for 4 weeks. Although the nutritional component is not included in this course, your instructors will offer nutritional tips throughout the program.

If you are looking for specific nutritional coaching, nutritional accountability, and nutritional motivation then we highly recommend that you join our regular boot camp program available in the early morning, morning and evenings before signing up for the lunch hour sessions.

Don't waist your time doing workouts that don't challenge your body. Noon hour boot camp will focus on toning your arms, sculpting your legs, and defining your abs just in time for summer.



## WHICH IS BETTER—flax seeds or oil?

Do I have to take flax oil every day? If I eat ground flax seeds do I need to take flax oil too? How much oil and seeds are enough?

**FLAX OIL:** Let me explain the difference and importance of both flax seeds and flax seed oil as a part of your daily routine. First of all, flax seed oil or any type of Omega 3 oil (wild salmon oil, hemp seed oil, etc), should be apart of your daily routine especially if you are active or trying to lose weight. Adding flaxseed oil to your food creates a feeling of satiation (feeling of fullness and satisfaction following a meal). The essential fats in flaxseed oil cause the stomach to retain food for a longer period of time as compared to no-fat or low-fat foods. The addition of flax oil to food results in a gradual release of nutrients into the small intestine. The physiological effect is a slow, sustained rise in blood sugar, then a prolonged plateau of blood sugar. Ultimately, the blood sugar undergoes a slow and gradual drop resulting in a corresponding feeling of prolonged energy, stamina and satisfaction with no immediate hunger pangs following the meal. The net result is that you feel fuller longer and actually eat fewer calories in the long run. So, yes...I would highly recommend that you should take approximately one tbsp of flax oil per 100lbs of body weigh every day.

**FLAX SEEDS:** Ground flaxseeds offer a significant supply of fiber in your diet. Two heaping tbsp of ground flax seeds offer 15g of the recommend 30g of fiber a day. In terms of weight loss, fiber has a dual role. If your digestive system is clean and free of "build-up" then your body will be less toxic and will have greater absorption rates. A diet that is high in both fiber and water also flushes mobilized fat from your system, which encourages accelerated weight and fat loss.

Emerging scientific evidence has begun to focus on the special phytochemical constituents isolated in flax that once ingested are converted to potent cancer fighting and preventative compounds called lignans. **Lignans** have been shown to prevent the cause of colon and breast cancers where they start, by normalizing hormone metabolism responsible for the disease.



Life Force Systems Spring Newsletter, 2007

## FAIR WELL TO JUNK FOOD



Over the past 7 years I have seen a big trend in our client's behavior in the days leading up to the start of a boot camp. Many first time boot campers spend their last days/week eating all the sinful foods they can possibly consume without being sick, while others (boot-a-holics) spend the week in between boot camps dipping into the junk food drawer a little bit more than usual.

Now, I want you to take a moment to think about how this pre-boot camp indulging is affecting your body. Think about how the junk food will make you feel during your first week of boot camp? What kind of nutrients will your body have available to repair your muscles? How many extra calories are you going to have to burn just to work off all that junk food you ate prior to starting this program?

Now, imagine how your body will feel if you cut out that last binge of junk food? Your body will be prepared to absorb all the good food that you are about to eat. Higher absorption rates will help your body repair faster, reducing muscular soreness and aches typically experienced in the first few weeks of the program. Your liver will be less toxic, which is important because the liver is an organ that is largely involved in fat metabolism. Lastly, your body will experience fewer detox symptoms typically experienced in the first 2 weeks of camp.

So say a sweat fair well to your lingering junk food and chuck it in the garbage! You can do it! Mental preparations this week will get your body and mind ready for the new challenges you are going to face in camp. If you are clear about your intentions, it will be easier to get rid of what is holding you back.

## CLEAN EATING WOES

This month we would like to further inform you how clean eating (before and during boot camp) can help your body fight the bulge. However, it is important to understand that you might feel worse before you start feeling better. This phenomenon is often referred to as a healing crisis. Let me explain. When you ingest a higher quality of food than the tissues from which the body is made, the body discards the lower quality tissues to make room for new healthier tissues. Dr. Stanley Bass, ND, DC, PhD. further explains that it takes a tremendous amount of energy to discard toxic tissue and regenerate healthy tissues, so it is quite typical to experience a feeling of weakness during this time. He warns that the mind can often interpret this as an overall weakness, including muscular weakness, so more rest is needed if you are cleaning up your nutrition.

In other words, it is normal to feel tired at the beginning of boot camp or in the week prior to camp if you start the "pre-boot camp cleanse". It is imperative that you do not grab that extra latte, cup of java, or stimulants of any kind because it will interrupt and abort the regeneration process. Remember the body is not getting weaker; it is just using energy for more important internal work.

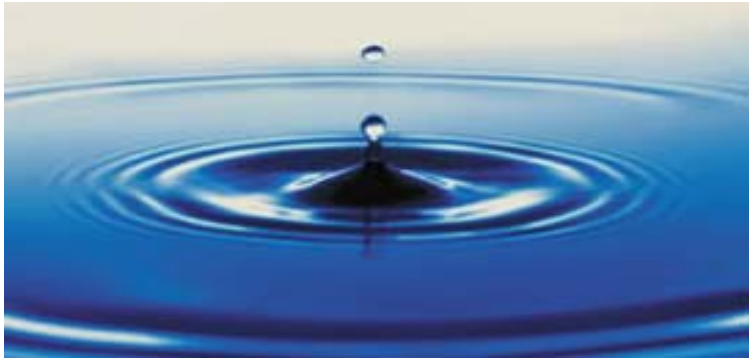
Cleansing and regeneration processes are an important part of bringing your body back into balance. You see, chemicals and toxins accumulate in fat tissues. The more chemicals and toxins your body accumulates the more fat the body manufactures to house the toxins. It is possible to rid your body of toxic fat (aka long lasting fat or deep fat that seems to be resistant to diet changes and exercise), through cleansing and making your body more alkaline.

Anytime you start a cleanse, whether it be a food cleanse, herbal cleanse, or liquid cleanse it is important to understand that some symptoms you may expect when you are improving your diet. For instance, some people might experience constipation, while others might experience diarrhea. Now, if you are addicted to sugar or highly toxic you might experience some of the following withdrawal symptoms: headaches, dizziness, heightened sugar cravings, fatigue, shakiness, chills, irritability, skin eruptions, colds, frequent urination, sluggishness, depression.



Life Force Systems Spring Newsletter, 2007

## BOOST YOUR ENERGY



More and more people are consuming nutritional drinks as a fast and convenient method of supplementation to increase energy, vitality and health. However the easiest and most cost effective way to improve your energy while detoxifying your body is to drink water. Water will help your body eliminate toxic material from your system and will assist the regeneration process at the same time.

Outside of water, there are now a broad range of choices with an impressive list of exotic ingredients and phenomenal claims. However supplements, including nutritional drinks, cannot be efficiently absorbed in an acid environment, which makes it important to find something that helps to balance your pH levels.

I have found one product called Ionic Supreme that I take daily to help me rebalance my pH levels making my system more alkaline and boosts my energy at the same time. In boot camp, you have two things taxing your energy systems, the first being cleaning up your diet, as explained above, clean eating can leave you feeling weak and tired. Secondly, vigorous exercise will also leave you craving rest as your body works to repair your muscles. So rather than grabbing chocolate, coffee, pop, or any other acidic producing stimulant you might want to give this product a try in addition to drinking more water.

Essentially, Ionic supreme supported my cleansing process by creating an alkaline environment so that my body can properly utilize food and supplements to revitalize itself. As the body gradually becomes more alkaline, the tissues simultaneously become more oxygenated. Ionic Supreme is a nutritional mineral rich drink that provides an extraordinary technology to cleanse the body of accumulated acid-producing impurities and debris.

Ionix Supreme contains over 100 active ingredients including 20 amino acids and 29 fatty acids. Active agents within a formulation may serve 3 roles: preventative, corrective and/or balancing. Ionix Supreme also contains 9 adaptogenic herbs. Adaptogens are stress fighting herbs that reduce recovery time for athletes, calms anxiety, supports sexual health, improves mental clarity, promotes deeper sleeps and protects against degenerative diseases. The role of an adaptogen is to provide the body with the resources to regulate over-activity or under-activity and to return it to normal function and balance.

If you would like more info about this product please visit [www.allinonebottle.net](http://www.allinonebottle.net) for more information about Ionix Supreme please call Andrea Calder at 727-2121 . Mention you are with LFS boot camp for a special discount.





Life Force Systems Spring Newsletter, 2007

## SMOOTHIE OF THE MONTH

### Kim's Blueberry Blast: Serves One.

- 1 ½ cups of blueberries
- ¼ cup of tropicana O.J.
- 1 heaping tbsp of plain brown rice protein powder
- ½ scoop of Vega (berry flavor) protein powder
- ¾ cup of water
- 2 heaping tbsp of ground flaxseeds
- 1 tbsp of high lignan flax oil



## JOIN OUR RELAY TEAM



Life Force Systems would like to challenge all campers to join our relay team for the Peninsula Runners-Oak Bay ½ Marathon Race held on the May long weekend.

The cost is \$110 for the team of 4 or \$26.50 per person. The longest leg of the relay is 7km and The shortest leg is 3 km, so run, jog or power walk and have a blast with your class mates this May long weekend.

We are also putting together a relay team of LFS boot camp instructors and both Chantelle and I, are running the ½ Marathon on our own. We would love to have all the cheering and support from fellow boot campers alike so please let the office know if you are interested being apart of our relay team.