



Life Force Systems Summer Newsletter, 2007

REGULAR CLASS AVAILABILITY

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

M, W, F Morning 9:30am to 11:00am \$299.99 plus gst.
Note: Babies are welcome to join their mommies at this class.

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

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

Fall Boot Camp Challenge: SALE – Sign up for two Boot Camps and receive \$50.00 off of the second Camp. Get an LFS boot camp shirt, and be entered into our “Best Results” contest to win a FREE make over from Arq Hair Salons and a Free 9 day Isagenix detox cleanse. Get a new cut and color/highlights, by talented hair stylist Lisa Bonenfant, to match your new body. Total Value \$450.00.



ALL SESSIONS BEGIN: September 15th

SPECIAL CLASS AVAILABILITY

M, W, F Lunch Hour Mini-Camp 12:00pm to 12:50pm (No Nutritional Component). 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.

Our next 6 week session Begins Sept 17th

T,Th,F Fabulous 50+ Class Our vision for a 50+ class is to create a program that has a very welcoming environment where safety, education, proper exercise techniques, and

balanced nutrition will be part of the core principles of the program.

- Safety
- Education
- Beginner Levels Only
- Joint friendly exercises (low impact exercises)
- Training to build bone density & strength
- Core exercises to increase balance
- Nutrition for graceful aging
- Information on super foods & antioxidants
- Friendly and welcoming atmosphere

This class would be a low impact, joint friendly workout with lower intensity levels than our standard program. It would be an excellent entry level course.





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SMOOTHIE OF THE MONTH

This was my favorite summer smoothie this year! I swear this smoothie tastes just like "WENDY'S" chocolate malt milk shake. The Protein Powder is awesome, tastes good, and is very filling.

- 2 scoops of Isagenix chocolate protein powder
- One cup of water
- One cup of ice cubes
- 1 tsp of cocoa (if you like extra chocolate)
- Extra sprinkle of cinnamon
- Mix in a blender until nice and thick.
- Enjoy!

Note: Boot campers can order Isagenix products through the office. Please call or email Eryn at the office (380-6947) to place an order. LFS can set you up to get these products at wholesale prices.

SUMMER HOLIDAY OFFICE HOURS



With a whole month off between boot camps, we will miss seeing all of your smiling faces, but rest assured, someone will be in the office to answer any of your questions or concerns.

Eryn will be working in the office daily (Monday to Friday) for short periods of time (generally 10am – 1pm) and your calls and e-mails will be answered within 24 hours. Our ad appears in the Times Colonist on August 21st so things in the office will be humming during this week/ Eryn will be extending her office hours accordingly. **ALL** reservations are based on a first come, first serve basis. Because spaces are limited, a deposit will be required to hold your space. If the office does not receive your deposit within 48hrs of your request you run the risk of losing your spot.

HIRING

Are you passionate about exercise and healthy balanced living? Do you have a strong desire to help people reach and exceed their fitness goals? If you are a personable, outgoing, and confident individual who has a good understanding of and belief in our program, we are looking for you!

LFS is looking to hire assistants who are flexible and able to work 2-4 evening shifts per week. You must have completed at least one boot camp. All of our instructors and assistants must have "walked the talk". Our trainers have all completed Boot Camp and know that with action comes wisdom. We understand our client's struggles and bring our own experiences to boot camp and a deeper understanding of the obstacles our clients face from a first hand point of view.

There are educational requirements. The staff at LFS can guide you to the appropriate courses however; desire and commitment are our first priority. The successful candidate will receive one-on-one training, competitive wages and the honour of being part of the LFS team! (not to mention free boot camp!)☺ Please e-mail your resume and cover letter to us at getfit@lfsbootcamp.com.

CONTEST WINNERS

I want to extend a special thank you to everyone who replied back to our questionnaire. Your feedback was invaluable and very creative! We truly appreciate the passion and enthusiasm in your answers and can't wait to bring forward this additional class to LFS.

The Five winners of the Free week of boot camp are:

- 1). Lara C.
- 2). JoMarie N.
- 3). Jane H.
- 4). Darlene F.
- 5). Jo-Ann W.

Winner for Name that Class is: TBA

Additionally, all clients who sent in a reply to our questionnaire will receive a \$10 Boot Camp G.C. for their time!



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CLEAN EATING VS CLEANSING

Clean eating is one of the most important things that you can do for your body on a daily basis. Clean eating, over time, will not only help you maintain a healthy weight, but it will also decrease your risk of developing heart disease, diabetes, cancer, and obesity. So, is it enough to just “eat clean”? If I eat clean do I need to cleanse? Will cleansing alone undo the effects of eating junk food on a regular basis?

In this article I hope to clear up some of these questions and explain how both cleansing and clean eating, when combined, can help you move past any weight loss plateau, jump-start your fat loss before you begin your next boot camp, and increase your energy levels at the same time.

So what does it mean to eat clean? I believe that there are 2 main principles that contribute to clean eating (a) conscious clean eating and (b) unconscious clean eating. Let me explain.

Conscious Clean Eating: Occurs when you decide to raise your level of awareness regarding any food or drink that you consume. When you are eating clean, you are:

- **Reading your labels:** make sure that you can pronounce all the ingredients in the food/drink item. If you cannot pronounce it, then chances are that it is harmful or toxic to your body...so don't eat it!
- **Eating food in its most natural state:** When foods are refined, they lose a tremendous amount of vital nutrients. When you are eating clean you are eating lots of fruits and veggies rather than products that contain refined sugars, white pasta, white rice, or anything white and refined for that matter.
- **Avoiding meat that contains hormones and antibiotics:** Injected hormones and antibiotics are toxic to your body and also contribute to the increased growth of bad bacteria in your system. Hormone free and antibiotic free meats are now available at most grocery stores, so ask for help if you cannot find it. I know that Thrifty's carries H & A free ground beef, roasts, stewing beef, and veal that are comparable in price to regular meat. The Market on Millstream & Yates carries H & A free chicken, beef, and pork.

The Red Barn Market also carries chicken, beef, pork, turkey and H & A free sandwich meats which are the same price as regular meats. I am sure that local butchers also offer H & A free meats, but can't recommend one at this time.

- **Eat organic veggies and fruits as much as you can:** Organic products contain lower amounts of pesticides, antifungal agents, and chemicals. One article I read this summer explained how antifungal agents sprayed on blueberries inhibited the cancer fighting properties from developing during the ripening process! If you have budget constraints take baby steps...i.e. Buy small amounts of fruits and veggies to ensure they do not go to waste...without the chemicals sprayed on them they do tend to go bad quickly. Also, when you go grocery shopping, only buy what you intend to eat. If you have no intension of eating the item then don't buy it. I know this sounds simple...but I so often hear how people end up throwing “forgotten food in the vegetable/fruit” bins away.

Unconscious Clean Eating: So I don't completely confuse you, unconscious clean eating means that you are following all the “conscious clean eating” rules but you are still eating foods that your body is sensitive to. In order to take clean eating to the next level, you would need to identify what your individual food sensitivities are. Food sensitivities can, without your knowledge, significantly interfere with your efforts to eat clean. For example, I was following all the conscious eating rules and it was not until I went and had food sensitivity testing done, that I discovered that some healthy clean foods were actually negatively affecting my body, energy, % body fat, and my ability to access all the good clean food I was eating! If food sensitivities are not identified it can lead to:

- **Unexplainable weight-loss plateaus:** Sometimes, in boot camp, we see clients experience tremendous changes. Then, despite their best efforts and clean eating their bodies stop changing, regardless of the amount or intensity of exercise they do, their bodies are unable to access the stubborn fat stores they wish to burn off.



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CLEAN EATING VS CLEANSING Con't....

- **Poor absorption of healthy, clean foods:** If you are sensitive to a food your body will not be able to break it down and digest it properly, which leaves undigested food floating in your blood. These food particles ultimately decrease your body's ability to absorb all nutrients.
- **Decreases your body's ability to access stored fat:** When your body is busy trying to rid your blood of undigested food particles, both your liver and digestive system become over taxed and unbalanced. An unbalanced system is a system that is resistant to change.

In Summation: So, is it enough to just "eat clean"? Well, eating clean, both consciously and unconsciously, will bring significant balance to your body and organ systems. However, due to the presence of daily environmental and food based pollutants (pesticides, chemicals, hormones, and antibiotics); I believe that 'clean eating' alone is not enough.

Remember that cleansing helps remove impurities that are built up and stored in your adipose tissue (aka fat), that is why many people can experience many detox "symptoms" while cleansing or as they begin to clean up their eating.

If you do NOT choose to "eat clean" on a daily basis, you will slowly dump additional toxins in your body, which means that if you consistently cheat and eat a little or a lot of junk everyday, over time, it will show up in your physical body. In the short term, it may show up as low energy, extra weight, cellulite, headaches, depression, moodiness, etc. However in the long term, it will cause your body to harbor un-wanted fat, may lead to the development of cancer, heart disease, high blood pressure, and other health related diseases as you age.

If you DO choose to clean up your diet a little or a lot, gradually over time, you will see significant improvements in your energy levels, weight, sex life and self-confidence. It really is the little things that you do daily that either contribute to the quality of life or take away and rob you of your energy and happiness.

How cleansing can help: Cleansing is an important part of bringing your body back into balance. 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 some of the 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.





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FAREWELL JUNK FOOD...HELLO DETOX

In our spring newsletter we discussed the negative impact of eating all of your favorite “junk food items” in the days leading up to the start of a boot camp. To add to this discussion, we would like to challenge you and suggest that you try replacing your ritual “farewell to junk food splurge” with a “Hello” to a pre-boot camp detox cleanse.

There are 3 things that you can do to start your next camp off on the right foot and to give you a tremendous advantage in reaching your weight loss and fitness goals.

1). 5 day Food Cleanse (as outlined in the January 2007 newsletter, posted online)

Personal Note: This 5 day food cleanse is a step by step guide on how to “eat clean”. I followed this guide and the clean eating rules for 6 months leading up to my half Ironman race in June. Both the clean eating and exercise combined, enabled me to safely lose 2lbs a week for 19 weeks. My total weight lost in 6 months was 39lbs (29 lbs was post-partum weight plus 10 additional pounds).

Client advantages: Instead of eating your cupboards clean of junk food, adding extra calories, extra toxins, and a poor source of fuel to replenish your muscle stores, we discovered that boot campers who resisted the pre-boot camp junk food splurge and replaced it with the 5 day cleanse allowed them to get both physically and mentally prepared for the demands of the journey that lay before them. Those who did the food cleanse generally saw greater results at the end of camp, had fewer cheat meals, and claimed to have more energy. In summation, the 5 day cleanse is a gentle way to begin cleaning up your body.

Client Comments: Clients commented that cutting out sugar, dairy, wheat, peanut butter, and vinegar felt a little overwhelming at first. But once they reviewed the recipes outlined in the newsletter they felt much better about it. All clients who partook in the 5 day cleanse were very pleased with the outcome and many adopted these eating habits into their regular routines because of the remarkable increase in energy they experienced.

2). Food Sensitivity Testing: Done at EVERGREEN WELLNESS (Dr. Yam), 881-7800

Personal Note: As a result of taking this test, I was able to make the necessary adjustments to my diet to improve digestion, food absorption, and waste elimination. I used the information from this test to make the necessary adjustments to the “clean eating rules”, stated above, to maximize the changes I wanted to induce in my body. Three days after eliminating the foods that my body was sensitive to, I experienced a remarkable increase in energy and my body began to ‘let go’ of excess fat at a steady rate.

Client Advantages: Having this type of testing done helps you to make the necessary adjustments to your nutritional program, which will help you maximize your end results. Because everyone has unique needs, having specific information like this can significantly impact the choices you make on a daily basis....at the end of the day it increases your awareness about the types of foods that will bring your body into balance and those that will throw it off balance.

Client Comments: From those clients who took the initiative to get a food sensitivity test done, 100% of them also experienced a significant increase in their energy levels. I specifically remember a client from the 9:30am class who had discovered that she had a sensitivity to dairy and wheat that she was unaware of...and she was eating cottage cheese and yogurt almost everyday for her mid afternoon snack! Generally, cottage cheese and plain organic yogurt would be a very healthy and balanced choice for a snack, however due to her sensitivity her body was unable to break the food down and created a sluggish, low energy feeling throughout her day!



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3). Pre-Boot camp 9 Day Isagenix Detox Cleanse:

Personal Note: 2 months ago, a friend asked for my opinion about a 9 day detox cleanse. Well, to make a long story short I told her that I would look at it but could not recommend it if I didn't try it first, and because I was nursing Emerson and undergoing vigorous triathlon training, I decided to put off doing this cleanse until after my big race in June.

To tell you the truth, I was a bit nervous about doing this cleanse as the only type of cleanse I have ever done before in my life was a food cleanse (like the one listed in my January newsletter).

What it included: Now, the 9 day cleanse is quite an aggressive way to detox your body. It starts off with a 2 day fast, and then you have 5 eating days, followed by 2 more fasting days. But I like that...go hard or go home...right? (Evil grin)!



My stats before the cleanse:

- **Weight:** 124lbs
- **% body fat:** 18% (I had hit a plateau for 1.5 months regardless of all the training and clean eating I was doing.)
- **Food Cravings...**yes I had them monthly☺
- **Eating habits:** Clean for sure, but my portion sizes were a bit too big...once my race was over and my training load decreased, the size of my stomach did not. As a result I was over eating a bit too much and saw a 4-6 lb



- **Energy levels:** Felt a bit low
- **Digestion:** was experiencing a bit of bloating as I was re-introducing some foods from my sensitivity list after I was done nursing. Discovered my body was still sensitive to many of them☺
- **Overall:** I was very happy with my stats, was a bit tired, and was not happy with my digestion...I wanted to clean it up to improve recent disruptions immediately.

My stats After the cleanse:

- **Weight:** 118lbs and holding (1.5 weeks after cleanse has finished). A 6 lb drop is pretty big drop for my frame and I was very happy with it.
- **% body fat:** Went down almost 3% to 15.9% Yahoo! I finally broke through my plateau! (Note: this stat is also holding 1.5 weeks after the end of the cleanse).
- **Food Cravings...**Went through the cycle without any...now this blew my mind!
- **Eating habits:** Since the end of the cleanse I have a renewed sense of self-discipline for sure. Also, I believe the size of my stomach shrunk a little bit and as a result, I felt completely satisfied with having proper portions sizes.
- **Energy levels:** Significant improvement. Probably can be attributed to better food adsorption and less energy wasted on processing toxins.
- **Digestion:** Well, the bloating is completely gone and elimination is working tickety-boo!
- **Overall:** I am really glad I did this cleanse. I am very pleased with the outcome. It was relatively easy to do and I am a bit of a wimp when trying something new. Results will vary from person to person.



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weight increase in the 1.5 months after my race.

HELLO DETOX....Con't

What you can expect while doing this cleanse:

During the first 2 fast/cleansing days I thought I was going to starve!!! I love food and I love eating good food even more...so I honestly didn't think that this type of cleanse was going to work.

The next 5 days I was able to have 2 shakes and one big meal with a few protein snacks throughout the day. The shakes were surprisingly tasty! I had one in the morning, a big lunch (with lots of veggies), and one for early dinner and then it was early to bed for me.

During the cleanse, I did have a few detox symptoms, I got chills in the evening and while I was grocery shopping. So I just bundled up even though it was quite hot out and let my body let go of the stored toxins that had accumulated in my fat.

Learn from my mistakes! Do not participate in any heavy exercise while doing this cleanse. I did a 15km run on a fast day and did not feel very good afterward. Remember, that 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 doing a cleanse. Remember the body is not getting weaker; it is just using energy for more important internal work.

Detox Recommendations: I would highly recommend that if you are going to do a detox cleanse, PLEASE do it in between boot camps. During boot camp your body will need energy to repair your muscles.

If your body is out of balance, your fat loss burning abilities will be compromised. Bringing your body systems (digestion, elimination, absorption, pH levels) back into balance will increase fat burning systems again. All in all, I would suggest doing ANY and all of the 3 cleansing options outlined above.

Isagenix 9 day cleanse at cost for all campers! The office has been instructed to give all LFS clients (past, present, and future) the Isagenix cleanse at cost. If you are interested in giving this a try before your next boot camp, just call or email the office and Eryn will place an order for you. It usually takes 5 business days to be delivered, and it can be delivered right to your door. The office number is 380-6947 or e-mail Eryn at getfit@lfsbootcamp.com.

WALKING THE TALK

By: Eryn Brett

The staff at LFS has been busy behind the scenes this summer!

Recently, Loreli's Dragon boat team the "Dragonauts" took home the overall Gold medal in the Vancouver Island Dragon Boat Championship Festival! The Dragonauts, which Loreli is the captain of, has won gold in many events this year and always seems to come out with the fastest times at each festival! The next races are taking place in Victoria' Inner Harbour at the Victoria Dragon Boat Festival so come on out and cheer on the mighty Dragonauts! Later in August, the team is off to compete in Hawaii! Loreli, once again, has set the perfect example of setting goals, creative visualization, hard work and perseverance.

At the Oak Bay half Marathon in May, Kim and Chantelle both finished the race feeling fabulous. Loreli, Eryn, Ann and Megan formed a relay team and each ran a section of the race and crossed the finish line together! What a blast!



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Kim worked hard at her training this Spring in order to complete her Half Ironman Triathlon in June. Her goal was to finish in under 6 hours (however, secretly, her goal was to beat her husband's time!) She accomplished both goals by finishing in 5 hours 36 minutes! Kim also competed and finished the Sooke Sprint Distance Triathlon in April and was part of a relay team for and Olympic Distance Triathlon in August. "Some days the hardest part was just getting out the door, I tried to take one small step everyday towards my goal," says Kim.

The staff at LFS strives to be an example of the possibilities one can achieve through clean, healthy eating and feeling the fear but doing it anyway!

FACE WHAT ISN'T WORKING

One of my absolute favorite things to do during the summer is to sit out on the porch and read a good book. In fact, I am reading a book right now called the "Success Principles —How to get from where you are to where you want to be" by Jack Canfield. I would highly recommend it to everyone.

I would like to share some wisdom from chapter 33 as I see it is somewhat fitting for the time of year we are entering into. With summer coming to an end and fall just around the corner, many people find that this is a natural time to look back at their year. To acknowledge what was working and what did not.

I decided to do this exercise just recently and I was amazed with the powerful outcome, focus, and forward motion that I experienced as a result of getting clear about "what wasn't working in my life". Walter Anderson, editor of Parade Magazine so eloquently states that "Our lives improve only when we take chances—and the first and most difficult risk we take is to be honest with ourselves". In other words, ignoring & denying what isn't working can rob you of your energy, time, money and happiness.



Do you ignore how toxic your work environment is? Are you in denial about your lack of energy, your excess weight, or your level of fitness? Have you put off talking to your boss, life partner, or employee who is not delivering, reciprocating, or acknowledging your work, effort, etc.?

According to Canfield, successful people face their circumstances squarely and take appropriate action, no matter how uncomfortable it may be. And he is right! When I made my list and began to take action I felt varying levels of discomfort. Yet, whatever your situation might be, whether it is demanding more respect, exercising more self-discipline, confronting someone, or simply asking for what you want, taking action opens up and frees you from tolerating a situation that does not work. So this fall, when you begin to re-establish your routines, it might be a good idea to have a look at what was "not working in your life" and be committed to finding out why things are that way and take steps to fix them rather than wasting energy defending them.

The old saying "practice makes perfect" holds true; the more you face uncomfortable situations, the better you get at working through them.

Again, if you would like to learn more about Canfield's "Success Principles" I highly recommend his book. It is an easy read and has had a tremendous impact on how I organize my time. It has helped me be more focused, both in the personal and professional areas of my life.



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