



2007 YEAR ROUND SCHEDULE

1. **January Boot Camp 2007**
Starts: Jan 12th Ends: Feb 22nd (6weeks)
2. **Early Spring Boot Camp 2007**
Starts: March 2nd Ends: April 12th (6weeks)
3. **Spring Boot Camp 2007**
Starts: April 20th Ends: June 14th (extended 8week option).
4. **Summer Boot Camp 2007**
Starts: June 22nd Ends August 16th (extended 8week option)
5. **Early Fall Boot Camp 2007:**
Starts: Sept 14th Ends: Oct 25th (6weeks)
6. **Fall Boot Camp 2007:**
Starts: Nov 2nd Ends: Dec 13th (6 weeks)

INDOOR BOOT CAMP LOCATIONS

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 9:30am classes, the evening classes will be run as usual.

BABY NEWS

On Nov 8th 2006, baby Emerson was born at 6:46 am. We had her at home and got to experience a water birth, which was really great! She came fast and furious, just like her big sister, and managed to give me only 4 hours of active labor and 6 minutes of pushing (after they broke my water). It has been a crazy 2 months as Emerson was nocturnal for the first 4 weeks, which was exhausting, however, she is almost sleeping through the night now....phew! I want to extend a special thank you to all the campers that showered both Indiana and Emerson with gifts. The girls just loved them! Thank you! Thank you! Thank you!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

It's a Girl!



Emerson Piper Ricci



5 DAY PRE-BOOT CAMP CLEANSE

With the holidays now behind us, many people are looking for a way to detoxify their bodies and rid their systems of all the excess sugar, fat, and alcohol consumed during the holidays.

Here is a 5 day “Pre-Boot Camp Cleanse” that will help clean out your systems and give you that extra little jump start before the boot camp course begins. Not only will this cleanse detoxify your body, but it will help all campers crush the habit to have a “little something sweet” that you created over the holidays. It will also help you get into the right mind set before camp starts.

I started this cleanse on January 1st after I had food sensitivity testing done to determine which foods were causing my new born daughter to have colic in the evenings. I discovered that I had moderate to severe sensitivities to all dairy, wheat, chocolate, cocoa, soy, p-nuts, and several preservatives...sigh. So, in attempt to get my daughter’s colic under control, I eliminated all of the above items. In just 3 days, I felt really good and by day 5 of this cleanse, I felt lighter (3lbs), I had almost double the energy, I had no sugar or chocolate cravings, and the best of all...Emerson no longer had colic in the evenings!

Now, I highly recommend that you do at least 30 minutes of moderate cardio during these 5 days and drink at least 2 litres of water before the exercise to help your body get rid of unwanted toxins. Please feel free to make substitutions as needed.

Enjoy!

5 DAY CLEANSE RULES

- 1). Absolutely NO sugar.** This means that you will have to look at labels because there is sugar in almost everything! Chances are that you had more sugar than your system is used to over the holidays. Excess sugar is stored as fat, promotes bad water retention, and causes candida bacteria to over grow and wreak havoc on your digestive system.. To get your sugar cravings and candida levels under control, we must eliminate all refined sugars for the entire 5 day cleanse.
- 2). No Dairy.** This means that you are to have no cheese, no Cottage cheese, no milk, and no yogurt for 5 days. Please note that you will be getting you calcium from vegetables, however if you are pre-menopausal or in menopause then you might need to supplement accordingly.
- 3). No wheat.** Yes, this means no whole wheat pasta, no bread, and no crackers that are made with wheat flour. Please read labels if you are going to make modifications to the meals suggested in this cleanse as there is hidden wheat in a lot of foods . We want you to avoid all yeast as well.
- 4). No P-nut Butter.** P-nuts have mold on the surface of the nut that many people are sensitive to. Many people may have a food sensitivity to p-nuts and not even realize it...me being one of them. To my surprise I had a severe sensitivity to p-nuts and didn’t even know it. Food sensitivities are different from allergies but can drain your energy and store toxins in your fat.
- 5). No vinegar.** Vinegar supports the growth of bad bacteria in your system. So, for this 5 day cleanse, no salad dressing.



YOUR GROCERY LIST

Grains:

Bob's Steel cut oats
Kavali Rye Crackers (thin)
Irene's Yeast & Wheat free bread (Costco)
Ground flax seeds and fax oil
Corn Tortillas
Rice Noodles

Fruits:

Blueberries (Costco)
Bananas
Grape Fruit (Costco)
Granny smith apples
Frozen raspberries, black berries, and peaches
Organic Apple Juice/Cider
Tropicana O.J.
Pomegranate
Lemons and Limes

Protein:

Living Harvest Vanilla spice protein powder (Thrifty's)
North Coast rice protein powder (Thrifty's)
Eggs (free range)
Smoked Tuna (Costco)
Antibiotic & hormone Free Beef Roast and Stewing
Beef (Thrifty's in the pink packaging)
Prawns (Costco or Thrifty's)
Wild Salmon
Roasting Chicken and 5 chicken breasts
Almond Butter (Costco)

Misc:

Cinnamon, fresh ginger, garlic
Chai Green tea, Calm tea (Tazo), Ginger tea
Ryza Rice Milk
Low sodium organic chicken broth
Salsa and one can of chipotle peppers
Dark sesame oil and olive oil, and omega 3 butter

Vegetables:

Asparagus (Costco)
Dark green Lettuce (not iceberg)
Snap Peas (Costco)
Celery
Carrots (Organic bag from Thrify's are awesome!)
Green Onion
Red Onion
Broccoli
Cilantro or parsley
Fresh green beans
Yams
3 cans of sugar free tomatoes (Organic)
Tomatoes
Red peppers
Baby Bock Choy
Bamboo Shoots

Note: Boot camp "Nutrition for Performance" does not have as many restrictions as this cleanse. You will be educated on how to fuel your body and will use many of these clean eating principles during the program.



DAY ONE

Breakfast: Kim's Apple Pie Oatmeal: cook $\frac{1}{4}$ c of steel cut oats. Add $\frac{1}{4}$ c. of organic apple juice and $\frac{1}{4}$ c of water (if you don't like your oats too thick). Then add cinnamon and a $\frac{1}{4}$ of a granny smith apple (chop it up into pieces before adding it to your oatmeal). I also add one table spoon of ground flax seeds. Have 2 cups of water while your oatmeal is cooking and drink one cup of green chai tea with your breakfast. (10minutes to prepare)

Morning Snack: Very Berry Smoothie: Combine 1c of blue berries, $\frac{1}{2}$ c. raspberries, 1 heaping tbsp of rice protein powder (can substitute soy or whey powder), 1 tbsp of Vanilla spice hemp protein powder, 2 heaping tbsp of ground flax seeds, 1 tbsp of flax oil, $\frac{1}{4}$ cup of O.J., and $\frac{3}{4}$ c of water. Blend and enjoy. This makes enough for one adult and a child. (5 minutes to prepare)

Lunch: Tuna, Soup, and Fresh Veggies: On a small plate crumble $\frac{3}{4}$ of smoked Tuna (from Costco) Then fresh vegetables on the side. I had 2 peeled carrots, 2 celery sticks, and snap peas. Then I had a small bowl of chicken broth. Add chopped green onion, cilantro, salt and pepper to taste (no noodles). Warm the broth in the microwave for 1:30 minutes. Have one cup of Green Chai tea with your meal and have 2 cup of water while you are preparing your meal. (6 minutes to prepare).

Afternoon Snack: Blueberry Banana Smoothie: Combine 1 cup of blueberries, $\frac{1}{4}$ of a banana, 1 heaping tbsp of rice protein powder, 2 tbsp ground flax seeds, $\frac{1}{4}$ c of O.J., $\frac{3}{4}$ c of water. I love to have this snack around 3:30-4:00 just as I am starting to prepare dinner because it stops me from snacking

while I cook dinner☺ I leave a bit left over in a small glass and give it to my husband when he walks in the door and it also keeps him from snacking if dinner isn't quite ready yet☺

Dinner: Prawn Stir-Fry: Sauté Carrots, Celery, Bamboo shoots, baby bock choy, onions, yams and red bell peppers in a little bit of sesame oil, chicken stock, garlic, and ginger. In a separate pan, sauté the prawns in a little bit of sesame oil, garlic, ginger, and cracked pepper. Have 2 cups of water while you prepare your meal and have one cup of ginger tea with your meal. (No noodles or rice with this meal). (20-25 minutes to prepare depending how fast you can chop☺).

Evening Snack: Pink Grapefruit with 10-15 almonds Do not put any sugar on your grapefruit and eat this snack with 1 cup of calm tea and 1 cup of water. (5 minutes to prepare)

Please remember to drink water throughout your day & during/after exercising too. Get to bed early tonight...aim to be in bed at least 30 minutes before your usual bed time (i.e. I was in bed by 9:30 to read a book then it was lights out at 10:00). Getting to bed early helps to stave off late night cravings☺

DAY TWO

Breakfast: Kim's Apple Pie Oatmeal: Preparation is the same as day one. Have 2 cups of water while you are preparing your meal and have 1 cup of chai green tea with your oatmeal. Note: now that you are exercising you can add one tbsp of Rice protein powder to your oatmeal today.

Evening Snack: Celery sticks with almond butter and 1 cup



DAY TWO (continued)

Also, while your oatmeal is cooking, throw on some eggs to hard boil for your mid-morning snack.

Morning Snack: Smokey Spicy Egg Snack: mix 2 hard boiled eggs, with some chipotle peppers, and put it on 2-3 Rye Kavali Crackers. Can garnish it with green onion. Have with 2 cups of water. (4minutes to prepare).

Lunch: Tuna, Soup, and Fresh Veggies: On a small plate crumble $\frac{3}{4}$ of smoked Tuna (from Costco) Then fresh vegetables on the side. I had 2 peeled carrots, 2 celery sticks, and snap peas. Then I had a small bowl of chicken broth. Add chopped green onion, cilantro, salt and pepper to taste (no noodles). Warm the broth in the microwave for 1:30 minutes. Have one cup of Green Chai tea with your meal and have 2 cup of water while you are preparing your meal. (6 minutes to prepare).

Afternoon Snack: Very Berry Smoothie: See day 1 Morning snack for directions to prepare this smoothie.

Dinner: Poached Wild Salmon, Yams, and Green Beans Boil 4 cloves of garlic, ginger, lime juice, and green onion. Then add the salmon and cook for 10 minutes. Dice yams and sprinkle with garlic powder and pepper. Add 2 tbsp of water and 1 tbsp of non-hydrogenated Omega-3 butter and microwave for 6 minutes. Wash and cook green beans any way you wish. I was in a rush so I nuked them for 4 minutes in the microwave. Have one cup of ginger tea with meal and 2 cups of water while you are preparing your meal. Note: keep some of the chopped garlic, ginger, lime juice and green onion to garnish the salmon (12 minutes to prepare).

of calm tea plus one cup of water.

DAY THREE

Breakfast: Kim's Apple Pie Oatmeal: Preparation is the same as day one. Have 2 cups of water while you are preparing your meal and have 1 cup of chai green tea with your oatmeal. Note: now that you are exercising you can add one tbsp of Rice protein powder to your oatmeal today.

Morning Snack: Blueberry Banana Smoothie: Combine 1 cup of blueberries, $\frac{1}{4}$ of a banana, 1 heaping tbsp of rice protein powder, 2 tbsp ground flax seeds, $\frac{1}{4}$ c of O.J., $\frac{3}{4}$ c of water. I love to have this snack around 3:30-4:00 just as I am starting to prepare dinner because it stops me from snacking.

Lunch: Prawns, Soup, and Pomegranate Salad: Sauté Prawns in Garlic, cracked pepper, lime juice and sesame oil. Soup: combine chicken broth, chopped green onion, cilantro, salt and pepper to taste (no noodles). Warm the broth in the microwave for 1:30 minutes. Salad: toss greens with seeds from half a pomegranate, snap peas, cilantro, and red onion. Then squeeze the juice from one slice of lemon & lime on your salad. Have one cup of Green Chai tea with your meal and have 2 cup of water while you are preparing your meal. (12 minutes to prepare).

Afternoon Snack: Almond Kavali Sandwiches: smear almond butter in between two Kavali crackers. Make 2-3 cracker sandwiches. Have with cut veggies 1 celery, 1 carrot, and snap peas. Drink 2 cups of water with a squeeze of lemon.



DAY THREE (continued)

Dinner: Roast Beef, Broccoli, and Salad: stuff roast with garlic cloves, season meat with pepper, seasoning salt, and crushed garlic. Throw ½ sliced onion around the roast and add 1 cup of water. Cook for 1.5 hours at 350 or in a slow cooker all day. Boil broccoli in water; prepare the pomegranate salad from lunch before. Have 2 cups of water while preparing your meal and have one cup of ginger tea with dinner. Note: do not throw away the juice from the beef, use a little bit on your meat and strain the rest for soup broth for the next day.

Evening Snack: Poached Apple and Almonds: cut up one granny smith apple, ¼ c of water, and boil in the microwave for 2 minutes. Toast almonds in a frying pan until brown and sprinkle them on top of the apples, add cinnamon and enjoy. Have with 2 cups of calm tea.

DAY FOUR

Breakfast: Kim's Peach Pie Oatmeal: Preparation is the same as day one except take 5 peach slices (from a can with no sugar added). Have 2 cups of water while you are preparing your meal and have 1 cup of chai green tea with your oatmeal. Note: now that you are exercising you can add one tbsp of Rice protein powder to your oatmeal today.

Morning Snack: Blackberry Peach Smoothie: Combine 1 cup of blackberries, 5 peach slices, 1 heaping tbsp of rice protein powder, 2 tbsp ground flax seeds, ¼ c of O.J., ¾ c of water.

Lunch: Roast Beef Soup: Take the broth from last night's roast and add diced beef, cilantro, green onions, salt and pepper to taste, sliced garlic, and ½ can of diced tomatoes. (No noodles). Heat for 2 minutes in the microwave or heat for 5 minutes on the stove. Serve with a small plate of fresh chopped veggies, one carrot, 1 celery, snap peas and ¼ of red pepper. Have 2 cups of water while preparing meal and have one cup of green chai tea (no sugar or milk added) with this meal. (7 minutes to prepare)

Afternoon Snack: Blueberry Banana Smoothie: Combine 1 cup of blueberries, ¼ of a banana, 1 heaping tbsp of rice protein powder, 2 tbsp ground flax seeds, ¼ c of O.J., ¾ c of water. I love to have this snack around 3:30-4:00 just as I am starting to prepare dinner because it stops me from snacking.

Dinner: Roasting chicken with grilled Asparagus and Rice noodles. Season chicken with poultry seasoning, garlic powder, salt and pepper. Add one cup of water and cook at 350 for one hour. Save the juice for chicken soup for lunch the next day. Remember to drain the fat from the juice. Grill and chop the asparagus in garlic and cracked pepper. Put it on top of the cooked rice noodles along with chopped green onion, and fresh tomatoes. Sprinkle with garlic powder and a squeeze of lime juice. Have 2 cups of water while preparing the meal and one cup of ginger tea with your meal. (15 minute prep time)

Evening Snack: Granny Smith Apple with 10-15 almonds eat this snack with 1 cup of calm tea and 1 cup of water. (5 minutes to prepare).



DAY FIVE

Breakfast: Asparagus and Tomato Omelet: Take 1 egg and 2 egg whites, add chopped asparagus, fresh tomato, cilantro, salt and pepper to taste. Place salsa on top. Homemade salsa is the best because it has no sugar and no vinegar in it. Have with one piece of Irene's yeast free, wheat free toast.

Morning Snack: Very Berry Smoothie: See day 1 Morning snack for directions to prepare this smoothie

Lunch: Kim's Chicken Taco Salad: Cut one corn tortilla into wedges and brush it with olive oil. Sprinkle with garlic powder and chili powder and bake in the oven until crisp. Make a salad and use left over chicken from last night on top. Mix tomatoes, cilantro, black beans, olive oil and garlic together and toss it in the salad. (NO Cheese)! Garnish with the corn tortillas. Drink with 1 cup of green chai tea and have 2 cups of water while preparing this meal.

Afternoon Snack: Pink Grapefruit with 10-15 almonds Do not put any sugar on your grapefruit and eat this snack with 2 cups of water. (5 minutes to prepare).

Dinner: Chicken Salad and Yams: season chicken breast as desired. Cook yams as outlined in dinner on day 2. Have a salad with granny apples, lime, cilantro, red onion, toasted almonds. Dressing is crushed garlic, olive oil, lemon juice, cracked salt and pepper to taste. Have with ginger tea and drink 2 cups of water while preparing your meal.

Evening Snack: Almond Kavalı Sandwiches: smear almond butter in between two Kavalı crackers. Make 2-3 cracker sandwiches. Have with 1-2 cups of calm tea.

BOOT CAMP STARTS SOON

By the end of this cleanse you will be ready both physically and mentally for boot camp. The January session starts on January 12th and 13th with a nutrition tutorial and assessing your bench marks. I am very excited to help you start this New Year off on the right foot! If you have any questions about the up-coming session please check out the website at www.LFSbootcamp.com or email the office at getfit@LFSbootcamp.com. All classes are running: including the early bird, morning and evening sessions.





WANT A FREE BOOT CAMP?

Sign up for a full year of boot camp and receive one six week boot camp for free! That's right; commit yourself to your best year yet, a full year of health and fitness! A full year of fun and friendship! A full year of the support you need to finally make those lifestyle changes that you have always wanted. Sign up now for all six 2007 boot camps and you will only pay for five! Plus, receive six guest passes for a friend (or six!) Remember, consistency in diet and exercise is the key to transforming your body. Make 2007 the year you make yourself and your health a priority!

JANUARY SPECIAL

Double your fun! Encourage a friend to join January boot camp with you and double your referral credits. Instead of \$20 off your next camp you will earn \$40 off just by telling a friend how much you enjoy boot camp and bringing them along for the fun. Tell them about the six weeks of training that will help them burn fat and lose inches, gain strength and flexibility. Share with them your success and let them know about the motivational trainers that can help them achieve their goals too!



TESTIMONIAL

I've tried various fitness and nutritional 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 the leaders and participants were positive motivators to start the path to a healthy lifestyle change through self-identified goals. Hard work, individually paced, wonderful peer support and lots of fun. I'll do it again for sure!!

---Marilyn