



Beach Ready

SPRING CLASS AVAILABILITY (April.25th)

-  **M, W, F Early Bird 5:35am to 7:05am** \$299.99 plus gst.
(Sorry, This class is currently full)
-  **M, W, F Morning 9:30am to 11:00am** \$299.99 plus gst.
(There are 8 spots left in this class)
-  **M, W, F Evening 6:00pm-7:30pm** \$299.99 plus gst.
(Sorry, this class currently full)
-  **NEW M, W- 7:20pm-8:30pm & F at 6:00pm** \$299.99 plus gst.
(We have 10 spaces left in this class).
-  **T,TH, Evening 6:00pm-7:30pm Sat morning 9:00am**
(Sorry, this class is currently full)

Note: All reservations are taken on a first-come first-serve basis. If you tell someone about the course (and they sign up), you will receive a 20\$ referral credit that can be used towards your tuition. We can not hold your spot for you without payment (we accept visa, cash, or a cheque). We have started several waitlists and if there are more than 10 people on a wait list we can open a new class. Thank you for your business☺



HIRING NOW

Are you passionate about exercise & 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 and belief in our program, we are looking for you!

LFS is looking to hire assistants and leaders who are flexible and able to work 2-4 shifts per week. You must have completed at least one boot camp...all our staff must have "walked the talk" because with action comes wisdom. It will give you deeper understanding of the obstacles our clients face from a first hand point of view.

There are educational requirements that will need to be met. However, the staff at LFS can guide you to the appropriate courses. Desire and commitment are our first priority. The successful candidate will receive one-on-one training, competitive wages and the honor 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





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RECIPE OF THE MONTH

KIM'S SPLIT PEA VEGETABLE SOUP

OMG...this is one of the best soups I have ever had! I am usually not a big fan of pea soup, however this one has me coming back for more and offers that "comfort" feeling we often seek on cold days.



- 1 cup of carrots
- 1 cup of celery
- 1 cup of parsley
- 1 cup of potatoes
- 2 tbsp of omega 3 margarine (Lactinia)
- 1 cup of green split peas
- 5 cloves of garlic
- 2 bay leaves
- 2 cartons of Wolf Gang Puck's vegetable broth

Chop and sauté the onions, celery, carrots, potatoes, margarine, and garlic in your soup pot for about 10 minutes. Then add the split peas, broth, bay leaves, and parsley and bring to a boil. Let simmer for about 20-30 minutes or until desired texture of your peas.

I will have this with 1 cup of broccoli cooked, 1 cup of snap peas or 1 cup sautéed asparagus on the side and one

"preservative/hormone free" turkey pepperoni stick from the red barn market to boost the protein content of this meal. You could also add some diced turkey or left over chicken from the night before, if you like.

FAT BURNING FACTS

METBOLISM DEFINED

As you've probably heard, one way to increase your weight loss potential is by speeding up your metabolism. Basically, metabolism is a biological process in which your body converts the food you've eaten into energy. Any food that is not needed for energy ends up being converted into stored fat for later use. Although you can't do anything to stop some of the factors that are going to slow down your metabolism, such as your age or genetics, there are some metabolism boosters that have been proven to be very effective at perking it up.

MAXIMIZING YOUR METABOLISM

1). One way is to eat more frequently. Within an hour of eating, our metabolism reaches its peak calorie burning potential-converting food into energy. By eating five or six small meals a day, we can keep our metabolism running at higher rates throughout the entire day.

2). Increasing your activity level is another good way to speed up your metabolism. When you exercise, your body needs more energy, and that means more food has to be converted into energy through metabolic processes.

3). Build Muscle. Studies show that muscle burns more calories than fat, which means if you want to increase your metabolism, it is important to build muscle. You burn more calories when you build new muscle and when you maintain that muscle. In fact, muscle burns 9 times more calories than fat, just to maintain itself!



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4). Eat your Breakfast. When you sleep, your metabolism slows down almost to nothing. When you wake up, it doesn't really get moving again until you've eaten something. You may not realize it but if you're not eating anything until lunch you could be missing out on lots of great calorie burning opportunities. To ensure you kickstart your metabolism, be sure to eat a healthy balanced breakfast (~400 calories) that is high in fibre to help you lose weight faster and stave off hunger pains.



5). Get Enough Sleep. One of the reasons we sleep is because our bodies need time to recuperate from the day's activities and stresses. During sleep, our bodies work as little as possible to achieve this goal. However, if you're not getting enough sleep, your body never gets the chance to refresh itself in preparation for a new day and you end up being too exhausted to function efficiently. As a result, your metabolism slows down because it requires your body to be well-rested if it's going to work at its most efficient rate.

6). Don't Cut your Calories too Fast.

Many people falsely believe that cutting calories as low as possible is going to ensure that the pounds melt off quickly, but this is not the case. When you cut your caloric intake by too much, your body misinterprets your act as starvation and goes into survival mode in order to protect you. Part of that action involves slowing down your metabolism so you need fewer calories during the day.

Ultimately, this can lead to muscle atrophy (muscle loss).

7). Eat Healthy Snacks

Snacking is actually good for your metabolism. Well, as long as you're not snacking on a cheesecake or potato chips. Eating 5 to 6 small meals during the day keeps your metabolism going steady so you keep burning calories all day long. Otherwise, you'll have lulls where your body won't be burning anything, and you'll be losing valuable fat burning opportunities. The best snacks combine lean protein with healthy carbs, such as a hard boiled egg with some veggies. The veggies make you feel full while the protein gives your metabolism a bigger boost because it is more difficult to digest and requires more energy.

8). Drink More Water

Having those 10-12 cups of water a day will do more than have you rushing to the bathroom every couple of hours. The water keeps you properly hydrated and that's important for your metabolism since a dehydrated system can't function efficiently without it.



If you're trying to lose weight, understanding your metabolism can be crucial to your overall success. Ultimately, your metabolism determines the rate in which



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our bodies burn calories as energy. A faster metabolism means fewer calories get converted into fat. A slower metabolism means it's going to be more difficult getting rid of those extra pounds once they've accumulated. Understanding how to speed up your metabolism is going to give you a strong advantage to your weight loss program.

BOOT CAMP BRAGS



WOW, BOOT CAMP WAS BRILLIANT!!!!

"It is hard to say who motivated me most because everyone was trying so hard that I was encouraged by the whole group. I have to say, I pushed harder when I would see the fit people in front of me who were also trying SO hard as they encouraged everyone else with their wonderful words of cheer! Not to mention, the ones with injuries who worked around them and did not used it as an excuse! It was just so amazing to be apart of this wonderful group of people.

I am really proud at the changes I have made in my diet. I feel so much healthier and have much MORE energy than when I started. Years ago I struggled with an eating disorder and I was so happy to see the really healthy changes in my body for working hard and not trying the quick fix fad diets. I feel my blood sugar is so much more stable.



I lost 7 inches and gained 8 lbs of muscle! I might be 36 years old but my metabolic age is now 17, which means my body is burning calories at the rate of a 17 year old female! I am so motivated to keep going! Thank you to everyone who taught me and pushed me. I never dreamed I would go from 17 push ups to 60! You are all amazing! Thank you so much! Cheers to all".

~Nicole.



GETTING IN SHAPE TO CLIMB MOUNT MERU!



"About a year ago, I set myself a goal that the next time I was in Tanzania, I would be in good enough shape that I would successfully climb 'my' Mount Meru and watch the sun rise over Kilimanjaro. After six months of half-assed attempts, I convinced a friend to give boot camp a try.

We decided upon LFS because it was the first boot camp page which had pictures of young and old, fat and fit at the works out and we figured we could do that.

I have done two camps and the changes have been amazing. In the last camp, I surpassed my goal of 5 'on the toes' pushups by doing 10, and I have tripled the number of sit ups and squat jumps I did on my very first day. I may still be a ways from my ultimate fitness goal, but for the first time in a long time, I actually feel like it's achievable. Thank you so much Kim and your amazing staff".

~Andrea



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