










Beach Ready

CLASS AVAILABILITY (April 24th, 2010)

-  M, W, F Early Bird 5:35am to 7:05am.
-  M, W, F Morning 9:30am to 11:00am (baby friendly)
-  M, W, F Early Evening 5:00pm-6:15pm (New)
-  M, W, F Evening 6:00pm-7:30pm.
-  T, TH, 6:00pm-7:30pm Sat morning 9:00am


CORPORATE CLASSES (April.26th, 2010)

-  M, W, 12:00pm to 1:00pm Schneider Electric
-  T, Th 4:00pm to 5:00pm SMU (Knight Street)

We currently have room in all of classes ☺ All reservations are taken on a first-come first-serve basis. We can not hold your spot without payment (we accept visa, cash, or a cheque).




TESTIMONIALS

 **“I Felt Stuck in a Cycle of Bad Practices & Declining Health”.** This past year has been one of the most challenging in my life. Two major injuries caused me to stop exercising for 6+ months, which was devastating for my lifestyle. With the injuries came depression from not exercising, frustration and emotional eating. I felt stuck in a cycle of bad practices and declining health. After rounds of physio with slow results, I realized that I needed to really push myself and overhaul my life. I signed up for the March 2010 session of boot camp desperate for routine and accountability...which is exactly what I got!

Unfortunately I had two deaths in my family within weeks of signing up for boot camp. My first instinct was to give up...but boot camp helped me to dig deep and stick with it. The trainers have been fabulous – keeping me inspired, challenged and focused. I have had amazing results already and after only 6 weeks am able to play sports again and have drastically reduced the pain + weakness from my injuries. I am looking forward to continuing towards my goals and am enrolling in the next session! A heartfelt thank you to the entire LFS team for helping me get my confidence and my life back on track!

Thanks again!
~TR.


 **“I Really Love LFS Boot Camp a Lot!”** I have done 3 or 4 boot camps and I have to tell you – I really love this boot camp a lot! The nutritional aspect is above and beyond all of the other boot camps I have done and I am now realizing what a huge roll this plays in getting fit! Thank you for all of the guidance!

~NT.




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TESTIMONIALS


 **“Trading in My Old Jalopy Body”!!!!** I have attended two six-week sessions of LFS, one year apart, after hearing from a friend how pleased she and her husband were with their significant, intended weight loss and improved fitness results, I had to try the program myself.

Being the outdoors-type, I loved the idea of visiting different parks and enjoying the freshness and beauty of outside each workout day....something I wouldn't normally bring myself to do on a regular basis, often getting too caught up in the daily routine of work, groceries and transporting children. Each time I have done LFS, I feel like I am trading in my old jalopy for a new sleek-designed, well-oiled, fuel-efficient vehicle built for speed and endurance and that quite simply looks HOT! LFS helps provide the valuable tools and knowledge for people to obtain this new model vehicle and it is up to the client, through the fabulous, supportive, and encouraging environment of Kim and her excellent team of trainers, to identify and focus on their goals to make these changes happen. This is what I have done for myself under the support, guidance and excellence of LFS.

~KB

 **“I Have Never Seen Results so Quickly!!!!!!”** I am in LOVE with your boot camp... I literally jump out of bed at 5:00am on my camp days (yes, jump) because I have never ever seen results as quickly as this. I'm already down a size and 12 lbs (I know I know, I'm not supposed to weigh but I'm ecstatic!) If you remember, I had a total fear of eating 6 times a day and now I can't imagine anything but...it's actually made my life easier as I'm not having to “think” about what I'm going to have...it's already planned! I honestly can't thank you and your team enough...they are so supportive, I just can't say enough about it....other than thank you!!!!

~HA.

 **“Boot Camp Saved my Life”** Last summer I did two rounds of LFS boot camp, and had great results. I lost about 40 pounds off of my 5'4" frame, and managed to keep the lifestyle up long after the day I finished up camp. In November, I found a lump in my breast. I had a mammogram, then an ultrasound, and then a biopsy, and ultimately last week had a tumor removed the size of a golf ball. Today I found out it was completely benign, which I am so thankful for. But the thing is, if I hadn't lost that extra layer of padding, I may never have found it at all - until it was potentially much much worse.



People often think that carrying extra pounds, sure it affects your heart, and your appearance and your cholesterol and your blood sugar - but something a lot of people may not think of is it hides things. It softens the rounder parts and covers them with a layer of insulation that often will mask a lump or a tumor. I hate to think how many women out there don't find those lumps until it's too late - simply because they never put the effort in to shed those excess pounds.

Thanks for all that you have inspired me to be - and for helping me and so many others to learn how to take care of our bodies and stay healthy!


~TK.





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GETTING RID OF THE MUFFIN TOP



 **The Muffin Top...the affectionate term given** to that flabby area on the sides of your abdomen that you can't seem to get rid of. The anatomic term for them is "obliques" and unfortunately this area of the body is often neglected when it comes to exercising the stomach areas.

 **Spot toning on its own is very ineffective** at reducing the muffin top and is the #1 misconception about stomach toning. In order to shrink the muffin top, you absolutely need to focus on raising your metabolism over all. In other words, you must train your entire body for you to see significant changes in the muffin top area.

 **Cardio can also help you burn fat** and reduce those stubborn love handles. Doing a minimum of 10 short minute cardio burst after eating breakfast, lunch and dinner will help to peak out your metabolism throughout the entire day. If you can not fit that short little bursts...doing a minimum of 30 minutes of moderate cardio a day can go along way in the muffin top battle.

 **While doing basic crunches will help tone** the underlying muscle in the abdominal area, here are a few extra exercises to consider adding to the muffin top arsenal along with clean eating and cardio on a whole:

- **Leg Flutters**

A lot of people don't realize that in order to tone your middle and love handle area you also need to strengthen your back. This creates a balance in your torso and reduces the fat on your back. Lie on your stomach and lift your head up slightly. Keep your arms straight out at your sides or bend them with your elbows resting beside you. Now, Lift your feet and knees off the floor and flutter your legs rapidly back and forth (looks like you are swimming on dry land). Do this for 30 seconds. Take a 10 second break and then repeat again for 45 seconds, then repeat again for 1:00min.

- **Twist Crunches**

This exercise will work your internal and external obliques as well as the rectus abdominis. These are the two muscle groups that live around your waist. Fat is generally stored on top of these muscles, thus creating the love handle effect. Lie on your back with your knees bent then carefully lift your head up and place your hands behind your head without locking your fingers together. Twist to the right bringing your left elbow past your right knee. Extend your left leg out.



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Now twist back to the left bringing your right elbow past your left knee. Extend your right leg out. Repeat 25 times. Take a 20 second rest and do it again.

Standing Trunk Twists

This is a good aerobic-type exercise that will help get your heart rate up as well as burn some calories in your middle. Stand with your feet about a foot apart and knees relaxed. Twist your torso to the left while keeping your hips and legs as stable as possible. As you twist to the left, cross your right arm in front of your body in a punching motion. Twist back to the right and cross your left arm over your body in a punching motion. Do 100 reps. Take a small rest and repeat.

RECIPE OF THE MONTH



LITA'S DECADENT CHOCOLATE CHIP COOKIES

On April 17th 2010, Lita showed up to the wrap-up party of her first boot camp and brought in these wonderfully delicious double chocolate chip cookies for the instructors. After thanking her, I immediately asked her...."are they healthy? And she quickly replied..."oh yes" with a big wonderful smile. She then produced a copy of the recipe with the nutritional break down in tow and sure enough they were actually the healthiest cookie that I have seen yet!

I was so very proud of her for seeking out new recipes and practicing some of the principles we taught in class...one being..."how can I make this healthier". The best part of all...is that they taste absolutely sinful! These cookies will definitely not contribute to the expansion of your "muffin top", in fact, it is a low fat alternative that is also low on the glycemic index, is packed with fiber, and has a decent amount of protein to boot. Enjoy! (Note: Recipe was modified from Chef Rocco Dispirito triple chocolate cookie recipe).



Ingredients:

- ½ tsp vanilla extract
- 1st cup unsweetened cocoa powder, sifted
- 1 cup canned white cannellini beans, rinsed and drained
- 2 tbsp light agave syrup
- 3 large egg whites
- 2/3 cup artificial sweetener (LFS recommends 1tbs of STEVIA or more to satisfy your sweet tooth as a more natural option)
- ¼ cup dark chocolate-covered cacao nibs
- ¼ cup mini chocolate chips



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RECIPE OF THE MONTH con't....



Directions:

Preheat the oven to 375°F. Line 2 baking sheets with parchment paper and spray lightly with cooking spray. Set aside. In the bowl of a food processor, combine vanilla, cocoa, cannellini beans, and the agave syrup, and blend the mixture until smooth, about 3 minutes, scraping down the side of the bowl halfway through blending.

In the bowl of a mixer fitted with a whip attachment, beat the egg whites until they form soft peaks. Gradually beat in the artificial sweetener (Splenda or Natural Stevia) . Continue to beat the whites until they are creamy and nearly stiff. Add 1/3 of the egg-white mixture to the cocoa bean mixture in the food processor. Blend to combine, for about 30 seconds. In 2 batches, fold the lightened cocoa mixture into the egg whites until they are almost fully combined. Add cacao nibs to the batter. Fold batter until cacao nibs are evenly dispersed and cocoa mixture is completely incorporated.

Drop mounded spoonfuls of batter onto the prepared sheets. Spread batter out to form cookies about 2½ inches in diameter. Sprinkle the chocolate chips on top of the cookies.

Bake for 20 minutes, rotating the pans one turn halfway through baking. Using a metal spatula, transfer cookies to wire racks to cool.



Nutritional Breakdown: Makes ~ twenty cookies

1.4 g fat
2 g protein
9 g carbohydrates
0mg cholesterol
2 g fiber
32 mg sodium

Thanks Lita for finding this great recipe....ENJOY!!!!!!!!!!!!