








# Summer Fun

## SUMMER CLASS AVAILABILITY



-  **M, W, F Early Bird 5:35am to 7:05am.**
-  **M, W, F Morning 9:30am to 11:00am**
-  **M, W, Afternoons 11:00-12:00pm** (Schneider private camp)
-  **M, W, F Evening 6:00pm-7:30pm**
-  **M,W at 5:00pm- 6:15pm and Fri at 6:00pm-7:30pm**
-  **T,TH, Evening 6:00pm-7:30pm Sat morning 9:00am**
-  **NEW!!!! Exclusive Fernwood Area Only Blast Class:**  
This is an action packed one hour boot camp blast class. Tuesdays and Thursdays at 3:20pm to 4:20pm (limited nutritional component in this class).

## BOOT CAMP BRAGS

### **FEELING FIT AND FABULOUS!!!**

Hi Kim and Gang: I want to thank you for such a wonderful and meaningful camp. I have joined Life Force Systems boot camp approximately 6 times in 10 years. Each time there were results, dependant on the effort I put forward.

My friend convinced me to join again and this time it had special meaning. In the last year and a half my mom has survived a brain aneurysm, a 27 year relationship I thought would withstand anything was over, and my father had open heart surgery. I found myself taking care of everyone, but myself. This was my opportunity. For 6 weeks it would be clean eating, hard exercise and I was in control of it all.

I followed the food guidelines faithfully and gave it my best efforts. My friend was by my side working just as hard, making me laugh and encouraging my all the way. Now I feel strong-both mentally and physically. I carry myself differently. I don't question my abilities and I am happy with who I am. Can exercise and clean eating really change your life? Truthfully—I think it brings out what is already deep within you. Life Force Systems helped me peel away the layers to find it. I peeled away 12 inches and 8 pounds!!

RD  
A 47 year old working mother of 4 who is feeling fit and fabulous!!

### **I HAVE THE DESIRE TO WORKOUT AGAIN!!!!**

Kim, my last class with LFS was this past April 17<sup>th</sup>. Since then, the only thing that has *gone up* is my age! My 6-week progress resulted in blasting away 9 pounds and tightening up 22.5 inches!



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## BOOT CAMP BRAGS con't.....

LFS taught me to take care of myself and has given me a whole new outlook. I feel both successful and empowered and I continue to be extremely active. And, yes, *extremely* is the right word.

I work full time and a great deal of overtime, yet my adopted the principles I learned at LFS boot camp, including a committed weekly routine full of variety: jazzercise (2x); hiking both lakes at Thetis (2 or 3 x) hiking Mill Hill (1 or 2 x); cardio blast/power circuit classes (1 or 2x); and – one day every weekend I head off to “the stairs” ... you know the ones at Burnside!!!

I climbed these stairs for the first time during one of our LFS classes. We had to run up and down those stairs 10 times, do a bunch of other challenging exercises, and then go up and down those stairs again for another 10 minutes! It was so hard. My legs were screaming, my heart was pounding like a jackhammer, and I really didn't think I could do it.

I go back to those stairs regularly now. On May 1<sup>st</sup> I decided I'd tackle them again to see if there was any improvement. Not only was there improvement, but I went up and down those stairs 20 times instead of 10 times! I went back the next weekend and zipped up and down those stairs 30 times! It was such an awesome feeling. But I'm not done!

I went back the next weekend and hoofed up and down those stairs 40 times!!!! Yes, 40! And I timed it: 44 minutes! That's 2,800 steps up and 2,800 steps down in 44 minutes! I don't get winded; I do many laps taking two steps at a time; and, though I'm exhausted when I'm done, my legs are not screaming “STOP!”. They're a little wobbly walking up the little hill to my car, but that comes with an awesome feeling of accomplishment! Ha-ha!!

Life Force Systems gave me back the desire to work out, taught me the power of food awareness and put the “Woohoo!” back in my life. Thank you, Kim.

~PV.



## HEALTHY FOR THE FIRST TIME IN MY LIFE

Kim: in April of 2009 my friend asked me to join LFS boot camp with her but at 220lbs and a couch potato I declined. My friend had done so well at boot camp and was sooooo excited about her results; she talked me into doing just the clean eating part of your program.

I started just using your clean eating principles, exactly as outlined and taught in all your boot camps classes on July 1/2009 (reluctantly with less than poor motivation). It was a case of “I'll just do it to shut my friend up” scenario at best.

My eating habits were so poor and I must have been extremely dehydrated as I felt like I was going to burst for the first week. I continued as my cravings subsided and I was not feeling deprived in any way. It is now 10 months later and 60lbs of weight that has melted off my body.

I have just now started my first boot camp class as I have a lot of loose skin and muscles that need toning now. I have been obese my whole life, but on Saturday at the Weigh and Measuring Orientation, I was in the “healthy range” for the FIRST TIME IN MY LIFE! I can hardly wait to see my results at the end of my 6 weeks!



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## BOOT CAMP BRAGS con't.....

Now.....there is something more that I need to share with you. Here is my Daughters Story....My daughter is 13yrs old and suffered her entire life with digestion problems. When she was 8 years old it got so bad that we were taking her to the emergency room on a regular basis. She was sent to a pediatrician who performed a variety of tests on her to find out why she was having regular tummy aches with diarrhea. To our dismay, nothing showed up and she was diagnosed with irritable bowel syndrome. That was that-no direction, no medication, NOTHING....she would just have to live with it.

My husband and I said "okay, something has to be causing this so we took her to a Naturopath to see if they could help her. The naturopath put her on a very strict diet. No sugar, no dairy, no wheat, no pineapple and bananas. This went on for one year and my daughter did very well, but still experienced some tummy aches). Despite her valiant effort, she was not allowed to have any cheats, which posed problems and birthday parties and sleepovers. And after one year, my daughter gave up and said "I am not doing this anymore"!!! I explained that her tummy aches would come back and that she would feel terrible, but she made up her mind. So, fast forward to 3 years later, my daughter is now very ill and it turns out that what she referred to as tummy aches was in fact nausea. Now daily nausea. Due to her feeling of being unwell her eating had become out of control and by Christmas 2009 she had ballooned to 170lbs and felt terribly unwell. She began missing a lot of school, so I sat down with her over the Christmas Holidays and discussed the LFS clean eating program that I had been on and she agreed to start on Jan 2<sup>nd</sup> 2010.

I am so happy to share that her nausea stopped almost IMMEDIATELY!!!! To add to that, she has not had one day of nausea in all of January, February, and March. I would also like to add that she lost 20lbs. Then came a school band trip mid April.....I told her to do her best while she was away with her eating but that it would be difficult. When she arrived home she was extremely ill (nausea, tired, and just unwell.). The first thing that she said to me was "I need an orange and some veggies!!" It seems that she ate potato chips, pop, candy, and they

had their meals at McDonalds and Tim Hortons. She states, that she will never eat garbage again and realizes the benefits of clean eating. SOOO....after 13years of hell for my daughter, she is now healthy & well and committed to a clean eating lifestyle for hopefully the rest of her life...

~Thank you so much!  
Patti. Petersen.

### Kim's Note:

*"Patti, you have given your daughter an amazing gift of health by simply just eating clean and sharing your new found knowledge with her. To have learned this lesson at such a young age is such a tremendous accomplishment and one that will have such a positive influence on her entire for many years to come. Reading your stories gave me goose bumps and reminded me how much our children absorb and learn from watching what we do.*

*Being a role model and walking the talk may very well be one of the biggest gifts that you will ever give to your daughter. To teach her to love her body, to feed it with clean fuel, and to help her see the power of her own spirit is one you will both treasure for a lifetime. I have seen so many adults struggle for countless years having never learned nor had the opportunity to practice these skills you both have embraced. As a result, they often have continual battles with their relationship with food that leave them exhausted, powerless, and out of control..*

*I can not even begin to put into words—how very proud I am of you both....It took courage to face your fears, commitment to see it through and to practice what you learned, and consistency--you both didn't give up on yourselves or each other. I have to admit that when I read your story it gave me goose bumps and when ever I am having a bad day I have your story posted on my refrigerator and read it to lift me up and inspire myself and children. Thank you so much for sharing your story.*

~ Kim Ricci



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## LFS PLATNIUM CUSTOM CAMPS

We are very excited to launch a brand new line of boot camps taking service to the next level. After reviewing our course evaluations, we have learned about what you value most and created a program that puts you at the drivers' seat. It is more personalized, more intimate and less intimidating. I am blessed to have an abundance of highly educated Kinesiologists that are eager to use their education to serve your individual needs, injuries, etc. I hope you have as much fun as we did in creating this new line. This is personal training on steroids.

**WHAT IS A CUSTOM CAMP?** This new concept allows your group to personally design your own boot camp to suite your needs, goals, schedule, locations, and desires. You can workout with a group of co-workers, family, friends, Mom's can be with mom's, age related (50 plus) camps, fitness related (fit, un-fit, and really unfit) can work at the same levels in a supportive and fun environment.

**THE CAMP IS A FIXED COST:** so you can have a maximum of 6 people in your group and a minimum of 2-4 (in which case the price would be more because the cost is split between fewer people. Cost will be outlined in a table below.

**WE WILL COME TO YOU:** No more driving all around town, we will come to you! No more traffic headaches, no more long treks to parks outside your neighborhood!

**YOU'RE IN THE DRIVERS SEAT!** Decide what elements are important for your group. Your group can decide if you would like measurements, if you would like nutrition, what kind of nutritional advice you would like (ie. Meal plans, grocery shopping tours, nutrition for performance, clean eating ideas, specific information about hormones, menopause, or...your group may want no nutrition at all). We can build core and posture into your class, flexibility and stretching focus, fat burning focus, intensity and muscle toning, we can have a camp for young teen girls, or design one for those in their golden years.

**YOU WILL HAVE THE WISDOM & EXPERTISE** of Naomi or Alli, 2 Kinesiologists from UVIC, designing and customizing 8 workouts for you and your group. Your trainers will dedicate 4 hours of design time towards your custom workouts, nutritional strategies, ergonomic assessments, or exercise prescription.

**YOU CAN SPLIT YOUR WORKOUTS OVER TIME** We suggest that you do 2 classes a week (2 classes a week for one month) or a minimum of 2 weeks (4 different workouts a week for 2 weeks). Cost of the Camp is \$1950.00 per group.

Chart below outlines the per person cost of our premium custom camps.

Group of 6	Group of 5	Group of 4
\$ 325 each	\$ 390 each	\$487 each

\*\*price does not include gst or hst (after July 1<sup>st</sup>)

### HOW IT WORKS

- Step 1: get 6 or less friends who want to workout together.
- Step 2: pick the location(s) that you would like us to come to
- Step 3: pick a time and days that work for you.
- Step 4: CALL US TO BOOK your time so that you don't miss out
- Step 5: Meet with your Kinesiologist
- Step 6: Discuss goals and design of your program.
- Step 7: have a blast!
- Step 8: Give us feed back on how you like this new service.

We feel that this new program will offer tremendous value for our clients. To spend one hour alone with either of these girls, would cost you \$75/hr (\$110 to train you and design you a custom workout).

Naomi and Alli are eager and available to work with you and have a variety of hours day, night, or early morning to serve you and your group. It can be as gentle/progressive or as intense as you would want...the sky is the limit!



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