



Fitness Overhaul

FALL SUPER-CHARGED BOOT CAMP



Super Charged Workouts: What is a Super Charged Workout? I am so glad you asked!!! Essentially, a workout becomes super-charged when you can increase both your “mental focus” and “the physical intensity in which you train” at the same time. If you do this successfully, your body will respond in a very quick and specific manner, which translates into a stronger and leaner physique in half the time. I call it the “X-factor of training” and it is making the world of difference in my own personal physical transformational journey.

When you “harness the power of the mind” to increase the intensity/focus of every muscle contraction you make, it creates a bigger “pump in the muscle belly”, which in turn, increases micro-tears with in the muscle fiber. Over time, this translates into more effective “growth and repair cycles”, which act to significantly boost your metabolism and fat burning abilities throughout your day. If you want results, don’t train harder....train smarter! Our Super Charged Fall Boot Camp classes will help you get results in record time.

Super Charged Eating: As you all know, the 80/20 rule applies to the weight loss equation. There is no way to sugar coat this (grin), but here it goes: You can train with all the “focus and intensity” in the world, but if you are eating junk-food, drinking wine, and eating chips, your body will not change. In fact 80% of the weight you want to lose this fall, will come from the Super-Charged Eating Plan and 20% of it will come from your Super-Charged Workouts. So if we want to help you get Super-Charged Results, then we are definitely going to have to overhaul your eating routine as well!

What does this mean? It is not going to be as hard or painful as you think☺ In addition to our clean eating basics, I am going to teach you all the secrets that the top fitness models, figure competitors, and bodybuilders use to lean out and shed fat for competition day. There are simple tricks that you can use to help you push past a weight loss plateau, help you overcome sugar cravings, and will turn your body into a fat burning machine.

Super Charged Results: When you combine Super Charged workouts with Super Charged Nutrition and add in the right kind of Motivation... the results can be MAGICAL! So my next question is what motivates you? Why do you want to lose weight? Why do you want to change your body, what is going to help you stick with it and what is going to drive you?

This is going to be different for everyone. Some will be driven or motivated by holidays, weddings, re-unions, while others will be driven by health, healing, or simply needing an out let for stress. For me, it was all about finding my strength again (after recovering from my illness and premature-stress induced menopause). So I picked a fitness competition.






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I know I am very goal driven--I have a competitive spirit and I need a challenge with a date attached. I need something that scares me a little bit, something that I have to work for, and I needed something that stretches me both mentally and physically. LOL...(What else is a boot camp instructor going to do)? I have done an extensive amount of research in both "accelerated training techniques" and "nutrition for performance" in the last 3 months, which has ultimately helped me prepare for my first fitness competition this November. The training and nutrition tips that I will be sharing with you this fall have helped me lose almost 25lbs of fat and 10% body fat so far (Progress picture is in the following B-Fit article below).

BOOT CAMP CLASS AVAILABILITY

Fall boot camp classes are 6 weeks in duration and run from Sept 11th to Oct 22nd.


-  *M, W, F Earlybird 6 - 7:00am 6wks \$225 plus HST
-  *M, W, F Morning 9:30am to 10:30am. \$225 plus HST
-  M, W, F Evening 6pm-7:30pm \$ 311 plus HST


Classes are first come first serve. Please email or call the office to reserve a spot in the next boot camp sessions. Please note that the one hour *Blast classes in the morning do not include the nutritional part of boot camp, but can be available to all clients for an extra 10\$ a week.


Although we prefer cash or cheque payments this fall, we are still set up to accept VISA payments at this time. Please note that there will be a 3% authorization fee added to all credit card payments.

NEW B-FIT CLASS (Boomer-Fit 40-65yrs)



 **Feel 10 Years Younger!!** This class is designed to meet both the unique physical, nutritional, and hormonal needs of women in their 40's, 50's and 60's.

 **Unique Challenges and Issues Boomer Face:** Declining hormones change not only our physiques (muscle tone and adipose tissue distribution), but they also affect the way our bodies metabolize, transport, and absorb our food. If you find that you are bloated, have puffy eyes in the morning, can't sleep at night, have a thickening waistline, and are having difficulties losing weight there is are things you can do to minimize these symptoms. Your body has very specific nutritional and physical needs as you age, making it extremely important to listen to the signals your body is giving you and support it accordingly.

 **Finding the Balance:** Many women feel helpless when it comes to weight loss in there middle years, not knowing what to do or where to begin. This is what happened to me in January of 2010. I was only 35 at the time, but the mounting stress in my life took a serious toll on my body and launched me into early peri-menopause and adrenal burn out with a vengeance!




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These significant imbalances within my body threw me into uncharted territory. My rapidly deteriorating muscle mass was swiftly being replaced with a very squishy layer of fat around my belly that was resistant to diet and exercise it seemed. To add insult to injury, I learned that I had the testosterone levels of a 65 year old, extremely low progesterone and DHEA levels, extremely low cortisol and thyroid levels. To top it off, the imbalance in my hormones left me in an estrogen dominant state that caused havoc in both my body and mind.

I couldn't stand carrying the extra weight around. I desperately wanted to shed it but nothing was working...the gas tank was empty. Muscle seemed impossible to build and my cravings seemed to always win out in the end. It was not until I changed my focus from "trying to lose weight" to "trying to heal my body" that things started to improve for me.

The excess weight I had gained was a symptom...so when I went to the source of my imbalance and began to heal my body with "focused nourishment and supplementation", and training that built me up rather than deplete me further my body began to respond and let go of unwanted body fat.

 **High intensity training did not work** for me during this time. In fact, it made me feel worse. When I changed my focus to SMART TRAINING and FOCUSED training, I experienced far greater results. Balanced training and listening to your body signals must extend into your workout program and routines during this time in your life.

In our Boomer-Fit (B-Fit) Class, we will be addressing weight loss from a "Balance and Healing perspective". It is a very intuitive program which is going to take you deep into your body. It is through the "art of connecting to yourself" that will begin your journey to finding your energy, vitality, and waistline again.



What is Your Body Telling You? Are your insulin levels continually elevated? Are you dehydrated all the time? Are your Adrenals glands taxed to the max? Is your thyroid gland sluggish? Are your secondary sex hormones (progesterone, testosterone, DHEA) dropping too rapidly? Are your estrogen levels decreasing?

It is my greatest intention to create a program that will help women navigate through this stage of their lives, with strength, intuition, energy, and balance. In other words this program is dedicated to all the women (and possibly men) who feels like their bodies have rebelled against them.

Before Stats: To make a long story short, my weight escalated to 145.5lbs as of Jan 2011 (the heaviest I have ever been outside of my pregnancies, I usually sit at 132lbs give or take a couple☺). I only had one pair of jeans that fit, I had absolutely no energy, my memory was shot, I was tired all the time, my cravings for salt and sugar were off the charts, my libido was non-existent, half my hair fell out, I lost a tremendous amount of muscle, I had difficulties sleeping at night despite my fatigue, I felt like I was 20 years older than I was.

(At my heaviest...such a tired smile!!!)





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NEW B-FIT CLASS (Boomer-Fit 40-65yrs)

After Stats: I am so glad I didn't give up on myself (feeling frustrated, tired, and frumpy...I really wanted to give up). I am happy to report that over the past 4 months I have changed my training, changed my diet, changed my supplements, and focused on creating balance in my life and body....as a result I have lost 25lbs in total...I am the leanest I have ever been in my entire adult and teenage life. I do feel 10 years younger than my actual age (36).

(Now...full of energy, hormones stabilized, lean, & no belly!)



Body Whispers: During times of stress, your body will burn through nutrients at a much greater rate. It will speak to you and tell you that it is struggling. It will start as a whisper. Is your body trying to tell you something? Funny enough, my body was talking to me everyday, but I wasn't listening.

Everything happens for a reason, and I now feel that through my experience, I have gained a tremendous amount of knowledge and wisdom in the area of hormones, menopause, and weight management for women of the BOOMER generation.



M, W, F Morning 10:45am to 11:45am Boomer Fit Starts September 18th- Oct 22nd \$275 plus HST. In addition, to the exercise and nutritional component of this class, there will be a topic of interest each week designed to help you navigate through some of the changes and transitions your body may be experiencing. Learn to understand the signals and signs your body is giving you so that you can release your stress, nourish your body, shed unwanted body fat and feel strong & vibrant again.

B-Fit Introductory Special: Bring a friend with you to Boomer-Fit and you will both get your classes for 250\$ each plus HST.

- B-intuitive
- B-Strong
- B-Happy
- B-FIT!

Note: If you thing you are in early menopause please know that you are welcome to join this class at any age! If this time does not work for you let us know what time does. We are looking to start a wait list for this class at 7am as a secondary option.



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RECIPE OF THE MONTH

I will be sharing all of my new training secrets and clean eating recipes with my BOOT CAMPERS this fall! So stay tuned for more awesome tips on how to transform your body! For now, here is a preview of one of my favorite morning meals that is clean, lean, and very tasty! I have these at least once a day and find that they give me un-believable energy post workout.

Oatmeal Crepes:

- 6 egg whites
- 1/4c of rolled oats
- 1 tsp of vanilla
- 1/2 teaspoon of cinnamon

Combine the ingredients in a bowl and whip with a fork for about a minute or two. Dump one ladle of mixture into your pan. Spread so that it is nice and thin (I cover the entire pan).



Once it is cooked, smear a little bit of Omega 3 margarine on it and then a generous sprinkle of cinnamon on the entire thing. Then roll it up and eat it like a crepe. When I first weaning myself off sugar, I really needed to sprinkle some stevia with my cinnamon on top, but now, I don't need it the stevie. Now, I often will dump extra cinnamon onto my plate and dip my crepe in that!


In my off season, I would have this with fresh fruit on the top (no sugar added). I have tried it with 3/4 cup of frozen blue berries (heated up) and it is delicious!!!

This dish has about 24g of muscle building protein and 20 grams of carbohydrates. It has very little fat (about 4grams from the 1 tsp of margarine if you use it sparingly).

NOTE: If you add the fruit on top you will be adding another 15g of carbs to this dish.


IMPROVING YOUR METABOLISM


RE Ving-UP Your Metabolism: In order to Rev-up your metabolism (the rate in which your body burns calories), you will need to focus on building up your muscle mass. This means that you will need to increase your resistance training or make sure you include it in your fitness plan this fall.


 **Growing Muscle Tissue:** Muscle tissue is metabolically active, which means for every pound of muscle have, you will burn about 50 calories per day while you are just sitting around! A pound of fat is not metabolically active and only burns about 2 calories per day. So if you replace a pound of fat with a pound of muscle you will increase your metabolic rate by 48 calories!




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 **Best Results Happen in Growth:** When you use the full range of motion during each exercise. Aim to get a full stretch at the bottom of each repetition and a peak contraction at the top of each movement. Each repetition causes a stretch and contraction in the muscles forcing both blood and nutrients into them. This in turn causes the muscle fibers to elongate and swell, which will ultimately cause the muscle fibers to tear.


 **Always Try to Get the Fullest Possible Pump Possible** with each repetition. If the clients goal is to increase muscle mass, then the main goal of each weight training session should be to create the biggest pump possible in the target muscles. Aim for 12-15 reps to build a full pump in a controlled manner. Heavier weights are best to use when hitting failure, but be sure that you do not go so heavy that you sacrifice form or that you reach failure before pumping the muscles full of blood.


 **Aim to Hit Failure in your Target Muscle.** In nature, each stimulus creates a response. The response to resistance training is to add an increased amount of muscle to repair the damaged area to compensate for the amount of stress placed on it during the previous training session. If the amount of resistance is increased along with variations in the exercises from session to session, the body will continue to adapt and add muscle mass as a result. If, however the stimulus remains constant, the body will become conditioned to it and over time the increase in muscle will plateau.


 **During Each Resistance Training Session,** the body is pumping 4-8 times its regular blood volume (from 5L/min to 20-40L/min. This creates an optimum time to intake nutrients that are beneficial to enhance pump, growth and recovery. Pre-workout meals and supplementation are therefore very important to Rev-ing up your metabolism.

BOOT CAMP BRAGS



 **Kim, I just wanted to let you know that I am LOVING** bootcamp! You are such an inspiration to me and I am very grateful to be able to train under you ☺ I'm off to have an epsom salt bath now!! hahahaha :) ~L.S.


 **Hi Kim, You taught a great class** on Wednesday morning. I got a fantastic workout for an hour, and am still feeling sore today. THANK YOU! Your comments and brief talk was also very inspirational. ~A. T.


 **First of all, I want to thank you and your staff** for putting on a great boot camp and ensuring I had a positive experience. This time I lost 8 pounds of fat and really found my energy levels go up exponentially. This energy increase is no small thing -I am in my mid 40s, have a stressful job, and sleeping issues. Before boot camp my low energy made all these things feel so much harder to deal with. Having more energy now helps me cope better, and take more steps that will lead to longer term improvements.




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BOOT CAMP BRAGS con't...


 **Another thing that boot camp has done** for me is to increase my mental toughness around exercise. I used to let a lot of things cause me to wimp out and skip workouts -now I just tell myself it has to be done, no excuses. When I got sick earlier in the camp, I really appreciated the advice I got from Life Force Systems, and once my lungs were cleared, I got right back into the workouts (the old me would have dragged out the return to fitness). ~L.T.

 **Between you and Kevin, I had the best 2 months** working out and finding a new person within myself. I have never really challenged myself like I have these past months. Signing up for boot camp was wanting to lose a few pounds gained from quitting smoking (thank goodness), but I never thought I would come out of this camp transformed to having such a high about wanting to work out. I feel good about myself inside and out and want to thank you both for helping me find that. ~A.R.

 **Bootcamp has been a godsend at this time in my life.** The fact that it is steadfast, not moving from day or time has given me a certainty to hold on to while other aspects of my life remain up in the air. A small certainty that I am holding on to. Moving past the shock and devastation that came with losing my job I am able to start focusing on what positiveness can come out of this. Knowing that I will be okay no matter what and having the support of my partner, friends and the team at LFS is invaluable. Words can not express how much I appreciate your email or having one of the instructors pull me aside to check in on how I am doing. Thanks for genuinely caring.

TRAINING WITH INTENSITY



 **In the recipe book for incredible results,** intensity is an essential ingredient. Cookies aren't sweet without sugar, and your workouts aren't worthwhile without intensity. In exercise science, intensity is defined as the amount of weight lifted for a given set. However during your workouts, it has a completely different meaning. But what is it? How do you know if you're training with enough of it? How can you raise your current intensity level? In this article, I'll define what training intensity really means and help you determine if you're working with enough of it to achieve the results you desire.

Intensity is a State of Mind

Training intensity is best described as giving 100 percent of your mind, body, and focus to every REPETITION, every SET, every EXERCISE, and every MINUTE of your workout.
Intensity



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BEST RESULTS con't...

Therefore means "pushing the weights so hard that all your working sets end in absolute failure". No energy left in the tank. Intensity is as much a mental feat as it is a physical one. Thus, to train with intensity, one must consistently push for a higher level of excellence with every exercise, set and rep, regardless of what you've achieved in the past. You must raise your standards and self-expectations each and every workout. Never be satisfied with your current level of performance. Deep down, know that you're capable of at least one more rep, five more pounds, or better execution.

Guaranteed Better Results:

When you train with this type of passion and enthusiasm, performance and physique improvements are inevitable. The higher your training intensity rises, the better you'll be at initiating the muscle-building process. Here are four simple and extremely effective tips to help elevate your current intensity. Where ever you are on the workout road-beginner, intermediate or advanced-you can benefit from these techniques. I most certainly have.

1. Elevate your intensity, each and every workout

Just because you showed up to boot camp you can't assume you're ready to fire on all cylinders and hit the weights with full force. You must focus and mentally commit to raising your training intensity. If you do, you'll see the physique and performance improvements you want.

2. Don't confuse activity for intensity

There is a huge difference between the two. Activity could just be showing up and going through the motions. Intensity occurs



when you continually pour yourself into each exercise and lift like nothing else matters. Some people consistently show-up to boot camp but do not demand enough of themselves in training. It's like they're "punching a time clock." Their consistency is admirable; their lack of focus is not enough.

3. Don't confuse training volume with training intensity

Make every set count. Instead of throwing on more sloppy sets, force yourself to do the job in fewer sets. Focus on training smarter not harder. The warrior inside you will make each set matter. That's when you know your training intensity is ramping up. Always remember that more isn't better. Better is better. Force yourself to get better-with every workout.

4. Train with your desired end result in mind.

Visualization is a training technique that elite and professional athletes use all the time. This effective strategy will boost your training intensity immediately and produce better results over time. Always strive for improvement during each workout.