



Holiday Survival Guide

JANUARY CLASS AVAILABILITY

- ⊕ **M, W, F Early Bird 5:35am to 7:05am** \$299.99 plus gst.
- ⊕ **M, W, F Morning 9:30am to 11:00am** \$299.99 plus gst.
Note: Babies are welcome to join their mummies at this class.
- ⊕ **M, W, F Evening 6:00pm-7:30pm** \$299.99 plus gst.
- ⊕ **T,TH, Evening 6:00pm-7:30pm Sat morning 9:00am**
\$299.99 plus gst
- ⊕ **Lunch Hour** Boot Camp will be returning in the spring.
- ⊕ **WINTER SESSIONS BEGIN: Jan 12th, 2008.**

OUTDOOR SHELTER—YAH!!

In the past, we have offered several indoor classes at the Euro Studio during the January/February boot camp, only to discover that our clients much preferred being outside!

So we are taking it back outside for the winter camp, but have diligently searched for some sheltered locations to protect all campers from the serious elements that this season can bring.

We have 4 sheltered locations that we can use if the weather proves to be harsh or frightful this year☺. Last year, the January camp had wonderful weather and lots of sunny days to boot...but it is always good to plan for those less than stellar days, which make you wish you were on a hot tropical beach.

The first fall out space is at View Royal Elementary school. They have so kindly granted us access to their FABULOUS space underneath their gym, which will not only protect us from the wind, but it will keep us dry from the rain at the same time. This will be our fall out for classes scheduled at Esquimalt Gorge Park or at Gorge WaterfrontPark.

Next, we have found space close to Rutledge Park in the underground parking lot near the Future Shop and Michael's Craft store. Lastly we can use both the Juan de Fuca Gazebo and the Beckwith shelter to keep us dry as well!



HOLIDAY OFFICE HOURS

With a whole month off between boot camps, we will miss seeing all of your smiling faces, but rest assured, someone will be in the office to answer any of your questions or concerns.

Eryn & Kim will be working in the office daily (Monday to Friday) for short periods of time, generally from 10am until 12 noon and your calls and e-mails will be answered within 24 hours. The office will be closed from Dec 22nd until 27th so please call Kim on her cell (889-6376) for emergencies or urgent matters.

Our ad appears in the Times Colonist in early January, so things will be humming in the office during that week. Eryn will be extending her office hours during that time, but please remember that ALL reservations are based on a first come, first serve. Because spaces are limited, a deposit will be required to hold your space. If the office does not receive your deposit within 48hrs of your request you may lose your spot.



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AVOIDING PARTY POUNDS

Did you know that the average person puts on 6-12lbs during the holidays season? How is this possible? Well, when you add up all the calories consumed at staff parties, Christmas dinners, New Years Parties, etc...the rich tasty food, high calorie alcoholic beverages, and yummy desert trays really do add up!

As I watched my husband and his co-workers piling the food on their plates at the buffet line during their annual Christmas party, it became very obvious that this is when it all begins! It seemed as though everyone was eating like it was their last meal by the sheer amount of food that was crammed onto the plate!

Now, I am not trying to pick on my lovely husband nor his co-workers, because this is a trend that I think we all experience in one way or another during the holidays. So with that, I wanted to create a Holiday Survival Guide that will help you either maintain your weight, or at the very least, minimize any weight gain at this time. In this newsletter, I will be compiling some helpful tips that you can use to help you get through the season feeling wonderful!

LFS' PARTY TIPS

+ Get Moving Before your Feast:

"What I do EVERY YEAR and this year will be no exception - I have done my famous stair workout with a run just before my turkey dinner prep/cook and eat" claims Loreli. "It makes me feel like I can splurge and have some stuffing or a piece of pie! It also helps calm the jitters of preparing a huge dinner and I usually spend the run portion of the workout going over the prep in my head! This year if I can't find some stairs on the cruise ship, I will run around the deck of the ship and maybe take on the rock wall followed by some weights in the gym".

+ Know your Weak Spots:

When Loreli was a camper many years ago, she also had Christmas parties to contend with as well. "I didn't want to self sabotage but would be aware of the challenges that lay ahead",

said Loreli. She sat down and wrote out all the temptations that usually enticed her and then she wrote out plans for each of them.

For example: Open House - usually means alcohol and lots of appies (usually the deep fried, dip in sauce type). Some of her strategies would include: food in her trusty cooler to snack on.

+ Limit the Number Festive Drinks:



Nothing is as good as your first glass of wine...so savor it, enjoy it and try to limit the amount of alcohol you consume. Drinking festive drinks is one of the fastest ways to pack on weight during the holidays. Do your best to limit yourself to one or two glasses of wine.

+ Say No to High Calorie Christmas Drinks:

Make smart choices when it comes to the kind of drinks you consume. "I would say NO to Christmas type drinks (rum and eggnog which packs a wallop amount of fat on the hips!)" claims Loreli. My favorite drink is simple: Vodka and water with a twist of lemon...makes you feel happy without the extra sugar or fat...and the best part is that you hydrate at the same time...Yes, I even try to make drinking healthier...grin.



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+ Have a “Pre-Dinner Dinner”: This is a strategy that has saved me from over-eating at my husbands Christmas party just a few days ago! I had a full dinner (my pre-party dinner) at 5:30pm because the party did not start until 7:00pm...dinner was served at 7:30 (a full 2 hours after my first dinner), and as a result, I wasn't starving or over-filling my plate at the buffet tables. When I served my plate I made sure I skipped the bread/buns, filled half my plate with veggies and salad and then took a couple mussels, one thin piece of roast beef, and a small slice of turkey.

By the end of the meal I was so full that I could only have a couple of nibbles of the plate full of deserts my husband brought over. We ended not even touching half the stuff he got but it was fun to have a few tastes of the different things that were offered. Loreli claims that having a good meal before a party or open house helps her stay away from the appy table. This brings me to my next point...

+ Don't Stand Around the Food Table:

One of Loreli's best strategies was to challenge herself to NOT stand around the food table. "Avoiding the food table and mingling instead helped me stay as far away from the temptation as I could. At some parties, I would have my almonds in my purse - depending on the time and the type of party" says Loreli.

+ Bring your own Food:

Food in a cooler!!! Is that rude??? Absolutely not! It is called being prepared and ready. Loreli is notorious for packing a cooler full of food that she knows won't negatively impact her body. She explains that she would sneak out to her car or bring her cooler inside (if the host or hostess didn't mind) so she could grab something "If some people can go outside for a smoke - then I could go outside to eat!"



You may find that some of these strategies work for you and some may not - but with consistent work and diligence - most time you will be proud of what you will be able to do. The end result? Well again, when Loreli was in boot camp many years ago she signed up for the next camp after Christmas, and her metabolism and her careful planning and strategies, enabled her to lose another two pounds!

Many of these strategies have helped many boot campers avoid putting on 6-12 lbs over the holidays. "I can honestly say, it is second nature for me to do...of course, you all know - the one or two glasses of wine isn't my limit anymore" laughs Loreli.

BURNING IT OFF

The following may be helpful to those of you who would like to plan to burn-off a few of those little holiday indulgences. The following examples are calculated with a 140-pound person, in mind. Here are a few activities that we believe our clients tend to participate in, so would therefore be relevant.

+ Moderate Bicycling: 381 calories in 45 minutes

+ Hiking: 445 calories in 1.0 hour

+ Boxing: 95 calories in 45 minutes

+ Running: 508 calories in 1 hour

+ Freestyle Swimming: 333 calories in 45 minutes

+ Power Walking: 181 calories in 45 minutes

+ Yoga: 119 calories in 45 minutes

+ Vigorous sex - 71 calories in 45 minutes.

+ LFS Boot camp: 700-1000cal in 1.0 hour.



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HEALTHY CHRISTMAS BAKING

Is it possible? Can Christmas baking actually be good for you? Is there something out there that will keep our blood sugar levels on an even keel? Is there such a thing as cookies, brownies, or chocolate cake that are not packed with sugar, butter, and extra calories all at the same time? More importantly, if such a thing does exist will it taste like hockey puck or can it be as good as the real thing? The answer is YES! YES it is possible and quite easy! I have come up with a couple of amazingly yummy recipes that a few lucky campers and staff members got to sample...and needless to say, they are all begging me to share my cooking secrets with everyone so here it is. Sending you these recipes with lots of love. Please enjoy, but watch your portion sizes because they are highly delicious and a bit addicting.

+ Kim's Healthy Chocolate Chip Cookies

These are very delicious and are good to bring to a party or potluck. No one will know that they are packed with healthy stuff and the best part is that you will not feel guilty having a few yourself.

- Bob's Red Mill Chocolate chip cookie mix (gluten and wheat free). You can get this at Thrifty's.
- ½ c of brown rice protein powder (I like the West Coast Naturals brand in the brown bag. It is less gritty). You can also get this at Thrifty's.
- 1 unsweetened (small lunchable size) Mott's applesauce. Note: if I do not have this in the house I have peeled an apple and microwaved it for 2:00 minutes and mashed it up myself in a pinch.
- ¼ cup of Lactinia Omega 3-non-hydrogenated Margarine
- Egg whites...(2 maybe 3 depending on the size of the eggs)
- ½ cup of ground flax seeds.
- If you are a chocoholic you can add an extra ¼ to ½ cup of Hershey's Premium "Dark Chocolate" chocolate chips.
- I also have a bit of either Brown Rice flour (Bob's Red Mill) or Garbanzo/Fava bean flour (Bob's Red Mill) on hand if the eggs and applesauce make the batter too sticky.



Directions: Dump the cookie mix into a large bowl. Read and follow the directions on the cookie mix package but make the following substitutions and additions.

- Use egg whites instead of the egg.
- Cut ½ the butter/margarine and add the applesauce in its place.
- Add ½ cup of brown rice protein powder.
- Add ½ cup of ground flax.
- Add extra chocolate chips if you would like.
- If batter is sticky then add the extra flour as needed until the batter is not sticky.
- Roll into small balls and bake.

So we have cut the fat in half, added protein powder which will slow down the release of sugar into your bloodstream, the ground flax will add fiber which is good for adding bulk without adding calories, not to mention the fiber you get from one of these cookies is great for your digestive tract and colon. The garbanzo bean flour and fava bean flour used in the mix is great because it is more complex than white flour and white sugar. Eat them, share them, or give them away at your cookie exchange...take part in holiday traditions without feeling guilty or packing on the pounds.



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HEALTHY CHRISTMAS BAKING Con't...

+ Kim's Healthy Chocolate Cake:

This is my favorite chocolate cake recipe and is one that I use for all birthday celebrations. I have also made cupcakes with this recipe as well, which tend to be a big hit with the big kids (aka husbands) as well as the little kiddies too. I don't put icing on my cake...you just don't need it. I will just sprinkle a tiny bit of icing sugar or cocoa for presentation and serve with a few raspberries or strawberries on top for more formal occasions.

- Bob's Red Mill Gluten Free Chocolate cake mix. You can get this at Thrifty's.
- ½ c of brown rice protein powder (again I use West Coast Naturals brand in the brown bag). You can also get this at Thrifty's.
- 1 unsweetened (small lunchable size) Mott's applesauce. Note: if I do not have this the your house I have peeled an apple and microwaved it for 2:00 minutes and mashed it up myself in a pinch.
- ¼ cup of Lactinia Omega 3-non-hydrogenated Margarine
- 1 cup of milk, soy milk, rice milk, or goat's milk
- 1 tbsp of fresh lemon juice.
- 2 large eggs or 4 egg whites
- 1/3 cup of hot water
- 2 tbsp of vanilla
- ½ cup of ground flax seeds.
- Heat oven to 350 degrees and bake for 30-35 minutes.



+ Kim's Healthy Chocolate Brownies:

I think you guys are beginning to see a theme now. I have discovered that Bob's Red Mill wheat free gluten free products are a very good base to start from. It is quick...easy....and quite tasty. So if you don't like cooking then all of these recipes are great to do in a pinch. Please note that the only place I have found the brownie mixture is at The Market on Millstream and it is pricy so you really have to love brownies if you are going make these. The cookies and cake are more reasonably priced at Thrifty's and are just as good.

Again follow the directions on the package and make the following substitutions.

- Cut ½ the butter/margarine and add the applesauce in its place.
- Add ½ cup of brown rice protein powder.
- Add ½ cup of ground flax.
- Add extra chocolate chips if you would like.

I don't have a brownie package in front of me for a list of other ingredients but if my memory serves me right you will need eggs, vanilla, and applesauce for this one as well.

HIRING

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 of and belief in our program, we are looking for you!

LFS is looking to hire assistants who are flexible and able to work 2-4 evening 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.



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HIRING Con't...

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 honour 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



GIFT IDEAS FOR HEALTH NUT

+ LFS Stocking Stuffers for 15\$ and Under:

We have a number of cool stocking stuffers available for the biggest health nut. We have Boot Camp Toques, T-shirts, and Water Bottles and Gift Certificates available until Dec 21st.

+ Gift Packages:

- 1) 50\$ Gift Certificate
- 2) 100\$ Gift Certificate
- 3) 150\$ Gift Certificate.
- 4) Full Boot Camp Gift Certificate and get a free Long sleeve shirt.

Please Note that Clothing orders must be in by Dec 17th to be available for Christmas. Gift Certificates can be picked up at our office or mailed out to you. Please indicate the clothing size

+ Boot Camp Apparel ~ Nothing over 35\$:

We have a nice line of Boot Camp active wear available to our clients now. All the prices are posted on our website www.LFSbootcamp.com One of our most popular items is a nice warm cozy hoodie that is perfect for those cold boot camp nights and early mornings. If you purchase one of our holiday gift certificates you will receive a free \$5.00 coupon to use on any of our active wear items. We have 9 toques in stock, along with several t-shirts, sweatshirts, long sleeve shirts, and water bottles.

+ Isagenix 9 Day Detox Cleanse:

Is a perfect idea for cleansing after pigging out on rich holiday foods and drinks. Details about this cleanse are outlined in the Summer 2007 Newsletter posted on our website. This cleanse is ideal while you are not doing boot camp or vigorous exercise. Please call or email Andrea Calder (our LFS boot camp rep) to get started. andcalder@yahoo.com phone: 727-2121 please tell her you are with LFS boot camp.

+ Isagenix 30 Day Detox Cleanse:

We have a month off in between camps so this program might give you that extra little bit of structure that you need to avoid weight gain and gently Detox your body at the same time. It is not as aggressive as the 9-day program, but can be quite effective. If you would like to try this cleanse I highly recommend that you boot-campify it a bit (I would add in 2 healthy meals/day, on top of the outlined program, to ensure that your metabolism stays high (at least that is what I would do)). Andrea is a boot camp veteran and will be able to answer your questions about this product. Call Andrea at 727-2121

+ Isagenix Chocolate Protein Powder:

I really like their protein powder. If you make it with lots of ice and a little touch of cinnamon it tastes just like a Wendy's malt shake. It can help you with sweet cravings and fills you right up! The protein bars are pretty good too! So stock up now so you are ready to avoid those high calorie treats. Call Andrea at 727-2121 or email andcalder@yahoo.com



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