



## QUALITY FITNESS

For Your Quality of Life  
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## LIFESTYLE CHANGE BOOTCAMP

*Eat to facilitate health... be a more effective exerciser... have confidence to make permanent changes*

**Enrollment** is limited to 12. Call Quality Fitness to sign up.

**Cost:** \$474.00 per enrollee (Quality Fitness members receive a 20% discount)

**Includes:** CD with Nutrition workbook, Exercise Music, Meditation guidelines & Incentive gifts

**Optional:** 9 monthly follow-up meetings &/or Additional workout/week Tue @ 6pm for a small added fee

**Where:** All sessions held at Quality Fitness, with 1-2 "field trips" for a shopping trip & for a meal

**When:** January 31, 2011 to March 25, 2011 8-week course meeting 3 times per week

Tuesday 7:00-8:00pm: **Nutrition** with June

Thursday 7:00-8:00pm: **Exercise** with Lori

Sunday 4:30-5:30pm: **Meditation** with Kathryn

### **NUTRITION:**

WHEN SUCCESSFUL THIS IS AN:

Adequate PROTEIN,

Moderate CARBOHYDRATE,

### **EXERCISE:**

Low BAD FAT, High GOOD FAT... Eating Plan

WHEN DONE EFFECTIVELY THESE ARE:

FUN, FAST and PRACTICAL exercise classes

Specific to your abilities

### **MEDITATION:**

That you can use anywhere

WHEN PRACTICED THIS IS A:

Form of self talk (respecting your own spiritual beliefs) that uses

AFFIRMATIONS and REFLECTIONS

That will OPEN NEW DOORS & Melt old barriers

### **BOOTCAMP:**

WHEN ALL 3 DISCIPLINES are put together you should:

**... BURN FAT ...NOT FEEL HUNGRY ...KEEP BLOOD SUGARS LEVEL**

**...HAVE A STRONG IMMUNE SYSTEM...LESS ILLNESS ...LESS INJURIES**

**...HAVE MORE ENERGY ...BE LEANER...BE STRONGER**

**...BE MORE CONFIDENT ...MENTALLY ALERT ... HAPPIER**

### **INSTRUCTORS:**

JUNE QUICK PT, AT, CPI

Physical Therapist

Former Athletic Trainer &

Olympic High Performance Team

LORI DuBOIS

ACE Certified Personal Trainer

ACE Certified Group Fitness Instructor

Lifestyle Weight Management Certification eligible

KATHRYN HANSEN BA, CHT, CNLP, CHC

Certified Health/Life Coach