



Freedom Health Studio

Freedom News

2009

January-March

Freedom from Winter

With winter regaling us with it's amazing show of white, Freedom wants you to be prepared for any activities you may be inclined to do on our local inclines. Skiing, snowboarding, snowshoeing? As we return to our favorite winter schedule of activities, we should remember that we can use all the progress we made from the fall to our advantage when we get back into the full swing of things . Physically, don't expect to come back to a full return during your first work out. Studies show that if you haven't worked out intensely at the gym in as little as 8 days, you start to lose

strength and cardio capacity.

However, this loss can



be made up over a very short time (1-2 work outs). It is generally accepted that a two week rest period can be overcome by returning to a regular routine, but the longer you spend "recovering", the tougher it is to get back to your training peak.

So don't be frustrated

when you get back into the gym—It will come back. If you haven't skied since last season, you must know that no matter how fit you are, there will be some soreness. No training can completely mimic the effects of skiing—except for skiing. However, proper training can minimize the effects of a long break between hitting the slopes.

Your goals may change like the seasons, but your Freedom trainer will always be able to help you accomplish them sooner. See you on the mountains!

Introductory Special

Looking for a way to get your fitness and health kick started?

Freedom offers the best deal for any new client.

1. Your first session is free

2. 10 sessions for \$550 (gst not included)

Let us help you get started and stay motivated.

Let Fitness Be Your Freedom

We would like to remind our clients that as we start the New Year, the easiest way to achieve your exercise goals is to get back into a routine. This will also ensure that your times are always available when you want them. We know from experience here at Freedom that it's not always the hardest working clients that get the best results. Having a regular routine for exercise and nutrition is the best way to ensure that you are consistently working towards your goals. Other ways to ensure that you accomplish your goals are :

- Set a reachable goal.
- Reward your accomplishments.
- Don't neglect your rest.
- Keep a food diary.
- Realize that it is a life long process.

Freedom Health Studio

Let Fitness Be Your Freedom



We've made our referral program even better.

Now when you bring in a new client, you'll receive a complimentary session just for bringing them in. If the new client purchases a 10 session Intro Pack, you'll receive a second free session!

Just keep telling everyone about us...

THANK YOU!



Jaclyn's Incredible Shrinking Story...by Jaclyn Delacroix

2009

Barely 2 years ago, I woke up and admitted the brutal truth; I was overweight, overworked, and severely depressed. It was January 2007 and after I weighed myself, I was horrified to discover the scale said I was 265 lbs. I knew I'd put on a "bit of weight" the last few years, but it was not until that moment in time I looked in the mirror and actually saw myself. I was shocked.



I had always had a few extra pounds but I never thought I was that big or unhealthy. Looking back it was easy how 5 pounds this year and another 5 pounds the next year never really seemed all that much at the time, but over the years, it had severely added up. I spent the next 3 days reflecting on my life and what had brought me to this point. With no general clear answers as to how I had ended up here, I started to put in place a plan to change my situation and bring me to where I am now.



I decided I needed to get moving. It was a simple idea but harder than I ever imagined. I couldn't even jog one block as it left me gasping for air. I had no idea I had become so unfit. I decided to educate myself. I looked for inspiration... I spent a lot of time researching information on the internet, every fad diet I came

across I scrapped as a bad idea - I'd both been there and done that in the past, none of them had really helped! I ended up at the body builders websites, and theorized that if I wanted myself to be lean and healthy then maybe I should take a page out of their book.

I began with a simple plan. I made sure I walked every day, I signed up at a local gym and I went every chance I got. I already knew that doing a thousand crunches wasn't going to get rid of my weight, so I got into real weight training workouts. They were hard, my body often ached and the last thing I usually wanted to do the next morning was get up and go for those walks. On top of this I designed my own eating plan; I took the information I had learned from my research and applied it to myself. I started eating breakfast and I actually started eating 5 to 7 times a day - this was a concept that was completely alien to me, considering in the past I was lucky to get in 2 meals a day. After one month I could already see results, my clothes no longer fitted me and I got to move down a clothes size. This gave me the inspiration I needed to continue on and work harder at losing the weight! Every workout saw me getting more fit... the results started to snowball. My eating habits improved... I always kept it simple! I continued to set and update my goals. My life took on its own direction...it needed to



be healthy!

After 9 months I had lost nearly 90 lbs and every day I had someone who knew me asking me how I did it! I finally knew what new direction my life was going to take, I realized that if I could do this, then I could help and inspire others to do the same thing, I'm not going to say that it wasn't hard work and that at times I didn't feel like giving up, but I realized that the major reasons that had defeated me in the past was lack of good education on the subject of fat loss!

I enrolled in the master trainers program at the Australian Institute of Fitness, left everything I had known behind and moved to Sydney to complete the intensive training! After Spending 3 months in Sydney and losing another 35 lbs I returned to Broken Hill to take up my new career as a personal trainer. When I walked down the street people didn't recognize me, on more than one occasion I had to stop people I had known for years and tell them it was me - it was really the most rewarding exhilarating feeling!

And where am I now? In less than 12 months from the time I had started, I lost half my body weight. I changed my career and I moved half way around the world. I have gone from a girl that could barely run a single block to the girl who just ran her first half marathon. There is not a day that goes by that you won't find me out and about being energetic and active and enjoying all the benefits of what my hard work has given me.

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Let Fitness Be Your Freedom



We're on the web!

www.freedomhealth.ca

Welcome to Freedom ... a personal training studio that caters to people who want a change in their life - people who want to take control of their health and fitness. **At Freedom, we train with an attitude of gratitude - We're successful, when you're successful.**

Freedom to Change ... This understanding has helped mold the idea that at Freedom, each individual is unique, and thus deserves to be treated as unique. Our trainers provide a variety of services to help you meet your goal, whether that is to **be more active**, or just motivated and inspired.

Freedom to do what you want...a true work out involves more than just training in a gym. It means involving you in the process of designing a program that is suitable to your needs. Any goal you have is a goal that we will work together to achieve. Most importantly, it means getting the most out of what you want. We will challenge you without adopting a drill sergeant approach, and we will get the results that you want and desire. Fitness and health is about redefining what you can accomplish, and being able to do it as much as you want. **That is Freedom.**

FREEDOM BOOTCAMP

Freedom offers several packages to ease your return back to a regular fitness routine:

The **Unlimited Freedom** – \$99.99 for unlimited **Bootcamp classes per month**. The more you use, the more you'll save -With 5 bootcamp classes offered per week, you'll have lots of opportunities to save and no excuses to not attend!

The **Freedom Classic** - Buy 6 and get the 7th FREE for \$105.

At \$15 per session, this package is still one of the best deals for Bootcamp on the North Shore.

Classes are held 5 days a week – Tuesday and Thursday at 1:00, Wednesday and Friday at 4:00, and Saturday at 12:00. Drop-Ins are \$17.50.

Freedom Rewards Program—Bonus Sessions

At Freedom, we have an attitude of gratitude— we're successful when you successful.; therefore when you workout at least 10 times in a month, you get 1 free session and if you attend 15 times, you get 2 free sessions! Freedom also awards a free session to clients who bring a new client in for their complimentary workout. If the new client purchases an Intro Pack, we'll give you another free session - a total of \$140 worth of training! If you keep attending and referring, we'll keep rewarding.

After Hours Message Check...

As part of the service industry, Freedom Health Studio has always prided ourselves on putting our clients' needs first and striving to make your experience at Freedom the best one possible. One of those services is checking messages at

8:30 pm Sunday to Friday. We feel that this service allows you to fully use and appreciate your training sessions with Freedom. Our intention has always been and will always be to help our clients get better by making it easier for them

to get into Freedom, striving for the goals and challenges that you want to accomplish.

We hope you are able to use this service to your advantage, and we look forward to seeing you at Freedom.