



Freedom Health Studio

Freedom News

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Watching Your Portion Sizes

Over the past few decades, portion sizes of everything from muffins to sandwiches have grown considerably. Unfortunately, our waistbands have reacted accordingly. In the 1970s, around 47 percent of Americans were overweight or obese; now 66 percent are. In addition, the number of just obese people has doubled, from 15 percent to 30 percent.

Portions of food are getting bigger and bigger. Candy bars are bigger, fast food restaurants serve bigger meals for just a few cents extra and even regular restaurants serve larger portions than needed for a meal.

One quick tip for weight control is

to watch your portion sizes. The National Institutes of Health National Heart, Blood, and Lung Institute has a neat document that will help you visualize healthy portion sizes. <http://hp2010.nhlbi.nih.net/portion/servingcard7.pdf>

Another way to look at portion sizes is to use your hand. One serving of protein should be about the size of the palm of your hand. One serving of green vegetables and salad greens could be the size of two fists, while starchy items like potatoes or pasta should be served in a portion about the size of one tightly clenched fist.

These healthy portions may seem small at first, but realize your

stomach is only about the size of your two loosely fist held together.

More Portion Control Tips

- If you eat at a restaurant, ask for a to-go container and take half of your meal home.
- If you like to snack while watching TV, measure out a small portion of your snack in the kitchen, don't take a whole bag of chips with you into your TV room.
- If the smaller portions leave you feeling hungry, fill up on vegetables like carrots and celery. Start your meal with a clear low calorie soup to ease your hunger so that you don't over-eat.

References: Liz Monte & About.com

12 Week Challenge Special

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

Try the Freedom 12 Week Challenge.

12 weeks of unlimited Bootcamp's

36 personal training sessions for \$1999 (gst not included)

You'll save more than \$220—More Freedom equals more savings!
The more you attend, the more value you'll get out of your package.

Let Fitness Be Your Freedom

More Freedom

Freedom®
HEALTH STUDIO

Receive a free session

when you bring in a new client and introduce them to Freedom. 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!



...Freedom...

Fitness for your heart and soul.

Freedom Health
Studio

Don't just do something,
Do something you'll love.

Everyday fitness poses no danger to joints;

Review of previous studies examining the relationship between osteoarthritis and regular exercise has concluded that everyday physical activity does not have a negative effect on joints.

It is often thought that, despite its benefits to weight loss and heart health, amongst other things, exercise poses a risk to joint function, especially in the lower body. However, researchers from the US and Germany found



no such link in regular exercisers, although a relationship between joint pain and exercise in high level athletes was established.

Study lead researcher, David Hunter, of New England Baptist Hospital said, 'We found that elite athletes where there was more likelihood of obtaining sports injuries, there

was an increased risk of osteoarthritis in the damaged joints, but in most people vigorous, low impact exercise is beneficial for both its physical and mental benefits. The largest modifiable risk factor for knee osteoarthritis is body weight, such that each additional pound of body mass increases the compressive load over the knee by 8.8lbs'.

This suggests that overweight individuals who exercise to reduce bodyweight could reduce, rather than increase, their risk of osteoarthritis.

Source: Journal of Anatomy

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.

Drop-Ins are \$17.50.

We are still one of the few indoor bootcamp facilities in Vancouver. We can go outside anytime you want, but can your bootcamp go inside? Our classes are designed to accommodate all levels of fitness.

So what are you waiting for? Your health is too important to be too busy, too expensive, too unmotivated or too inexperienced. Compare Freedom's prices to some other classes that charge up to \$30 a class and you have no excuses to not attend.

It's time to experience Freedom!

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Let Fitness Be Your Freedom



We're on the web!

www.freedomhealth.ca

Why choose Freedom?

Freedom does more than put you through a workout—we will challenge you without adopting a drill sergeant approach. We will **get the results that you want** and desire. We can look after any client and any need they have. **We understand that sometimes, just you showing up at the gym is a victory in itself.**

When you arrive at Freedom, our work begins and your health and fitness gets started.

We'll provide you with **a game plan that will help you achieve your goals.** We've helped clients run marathons, climb mountains, and for those that needed a lighter touch, we have even helped them **touch their toes.** Maybe your goals aren't grand, maybe they're not even about fitness, maybe they're just about life, but they are still your goals. Your Freedom experience will be about helping you **find your energy again...sleeping better ...improving your posture...being able to enjoy life because you have your freedom through your fitness and health.**

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.