



Freedom Health Studio

# Freedom News

2009

April-June

## March into Summer!

Freedom will once again be helping you to get ready for Summer. With the Spring break now finished, Freedom is prepared to get you fit for Summer.

Starting in March, Freedom will be getting you ready by offering the **March into Summer 12 WEEK CHALLENGE - 12 weeks of unlimited Bootcamp sessions and 36 sessions of personal fitness training for \$1999 (gst not included)**. The more you use, the more you'll gain in savings and health. For 12 weeks, you can attend as many Bootcamps

as you want—no limits! With 5 classes a week, you'll have every chance to get yourself prepared for summer and with 36 sessions of Personal Fitness Training, Freedom will ensure that you look and feel your best when summer arrives. **You'll save over \$220 compared to our regular 30 pack and that doesn't even include the Bootcamp savings!** **TESTING WEEK**—Starting March 23rd, Freedom will be ready to put you through physical testing to see how much you are improving. Push ups, pull ups, sit ups, step ups, sit and reach are just a few of the tests

you can be subjected to. Testing is voluntary and a great way to measure how much you are improving.

**FREEDOM 500**—Just in case the rain doesn't stop, Freedom will have you prepared with alternate travel means—ROWING! March 30th is the start of the **FREE-DOM 500 ROWING CHALLENGE**. 500 meters on the rowing machine to start your lungs churning -Will anyone knock the defending champ off his lofty perch? This author thinks not! Freedom—your fitness facility for your heart and soul!

## 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*

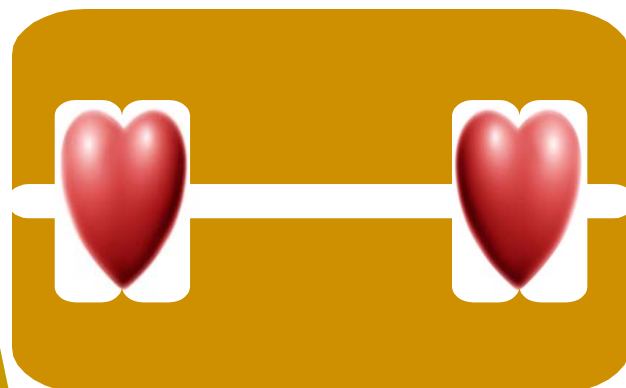
# More Freedom

Freedom®  
HEALTH STUDIO

Bring in a new client and you'll receive a complimentary session just for introducing 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.

## Simple tips for eating better...by dana lis

Training hard, but perhaps need to pull up the nutrition end of things to see the fitness results you want?

Here are some key things you can right now (without dieting) to help you eat healthier and see the result you deserve.

### 1. Eat Breakfast

Studies show that people who eat breakfast snack less and eat less fat during the day.



Hint: A quick and easy breakfast

smoothie can be made in 2 minutes by throwing ½ cup of frozen blueberries, 1 cup low fat vanilla yogurt, 1 cup of skim milk and ice into a blender. I make a shake while brushing my teeth - efficiency at it best!

### 2. Eat Soup before a Meal

A cup of broth or tomato based soup cuts calories and fills you up so you eat less calories and less calorie-dense food.

Hint: Try minestrone or tomato soup.

### 3. Protein

You don't need much. 2-3 ounces of lean meat, like chicken and fish, or alternatives like tofu will keep you fuller for longer between meals.

Hint: Zest up your greens by adding a lemon grilled chicken breast to a salad.

### 4. Fruit and vegetables

Naturally high in water and fibre, so you will fill up before you fill out.

Hint: Fill half of your dinner



plate with vegetables, like a spinach salad.

### 5. Healthy Fats

Adding a small portion of nuts or light dressing to a meal makes you feel fuller.

Hint: Try adding 2 tbsps of flax seed or almonds to your cereal or salad.



There you have it: 5 simple nutrition habits that you can start today. It is the little changes that lead to greater success. Give them a try and watch as you begin to feel better, look better and perform your best.

*Dana Lis, B.Sc. RD is a Registered Dietitian with Sport-MedBC's Nutrition Program in Vancouver.*

## FREEDOM BOOTCAMP—ATT: IMPORTANT UPDATE!

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.

Due to client input and feedback, starting April

11th, we will be moving our Saturday bootcamp from 12:00 pm to 9:00 am. Get an early start on your weekend with one of the North Shores longest running classes. 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](http://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.