

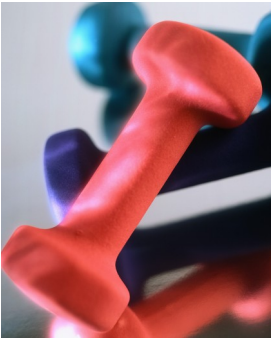


January 2010

Happy New Year From Fired Up Fitness

Blazing Boot Camps—Fitness for Everyone!!

Boot camps are designed to meet the needs of **any fitness level, age and gender**. Whether you are an athlete or an individual who rarely participates in physical activity, a boot camp trainer can modify activities to meet the physical demands of each individual. Results gained by the end of a

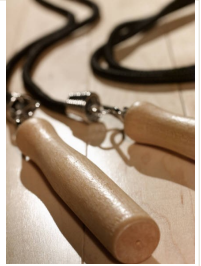


camp are weight loss, increased muscle strength, better functioning cardiovascular system and enjoyment found in physical activity.

Blazing Boot Camps begin the week of **January 11, 2010** and are indoors in Deer Run (SE) and Currie Barracks (SW). Check out the [schedule](#) to find a class that works for you. Space is limited so register now!

At Home Exercise Program Design

Want to work out in the comfort of your own home? Well you can, **you don't even need any equipment**.



Fired Up Fitness can design a fitness program to meet your needs at a very reasonable price. Our 12 week program includes a different exercise program every four weeks and weekly online or telephone support & motivation. Whatever your goals are, we can help you reach them! The first consultation is free so [contact us](#) for more info.

Want The Latest Fitness & Nutrition Information and Motivation?

Check out the Fired Up Fitness Blog at www.firedupfitness.ca/blog.php. There you will find daily fitness and nutrition tips as well as motivational quotes to help you "Find Your Inner Fire"!



Resolve To Eat Healthier? Snack on One Ingredient Foods!



Many of us get a quarter of our day's calories from snacks, most of which are not healthy. Switch to one-ingredient snacks (like fruits, yogurt and nuts), or combos of one -ingredient foods (like trail mix). By doing this you'll find you eat fewer packaged and processed foods, which will help boost nutrition while decreasing calories. Generally, the more ingredients, the more processed a food is and processed foods tend to be higher in fat, salt, sugar and additives.

~source, Woman's Day Jan 2010

Fired Up Fitness Move of the Month

Bridge On Stability Ball

Muscles Worked: Hamstrings, Glutes, Core

How To: Lay on your back, with legs bent and feet supported on ball. Relax head and shoulders as you lift hips upwards. Be sure to form a nice straight line from knees to shoulders and hold for 2 seconds. Slowly lower hips, without touching the ground and repeat. For added stability, the ball can be placed against a wall. Complete 2-3 sets of 10-15 reps.



Questions or comments? Email us at info@firedupfitness.ca or call 403-463-3887