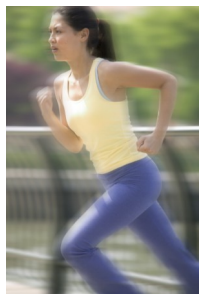


Fired Up Fitness Helps You Get the Most Out of Summer!

Why Join a Fired Up Fitness Blazing Boot Camp This Summer?

Get ready for summer with our Blazing Boot Camps. **Why Join a Boot Camp?** Boot camps are designed to meet the



needs of any fitness level, age and gender. Whether you are an athlete or an individual who never 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.

Boot camps focus on functional training by performing exercises that mimic our daily movement patterns. Body weight or functional resistance training allows for greater injury prevention with increases in strength and bone density.

Find your inner fire! Join a class now.

"The most glowing successes are but reflections of an inner fire"



**Space is limited!
Register now for a
summer boot camp.**

Registration is now open for our summer session beginning June 8. Classes will be held outdoors in the McKenzie Towne Area.

All fitness levels are welcome. Check out the Fired Up Fitness [website](#) for more details or to register.

ConocoPhillips Gets Fired Up!

Having trouble fitting a workout into your busy day? Fired Up Fitness can bring a boot camp to your office. Fired Up Fitness is currently running boot camps for the Calgary Flames Limited Partnership, the Calgary Stampede, AMEC Earth and Environmental and now ConocoPhillips. Your office could be next! [Contact us](#) for more details.



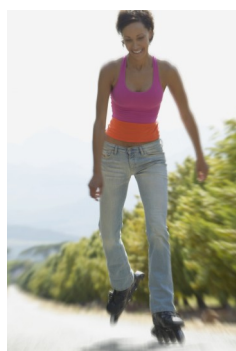
Find Us on Facebook

Fired Up Fitness is now on Facebook! [Join our group](#) and keep up to date on the latest in fitness and nutrition to help you "Find Your Inner Fire". We hope to be your source for fitness information and motivation.



Fired Up Fitness Can Help You Get the Most Out of Summer — Here are 4 Great Ideas!

- 1. Try something new**—summer is the perfect time to try an activity that you haven't tried before. Rollerblading, hiking, biking are all fun activities that get you outside enjoying the nice summer weather. Make the most of the season by turning a fun summer activity into a workout.
- 2. Choose functional exercises**- Weight lifting is a typical method for increasing strength, building muscle, preventing injury and increasing bone density. However, these types of exercises only isolate specific muscles and are not functional. They do not mimic our daily living movement patterns. Functional exercises such as lunges and squats mimic daily movements and not only increase strength and bone density but make everyday activities easier and more enjoyable. Boot camp classes focus on functional exercises. [Contact us](#) for more information on our schedule of classes this summer.
- 3. Eat locally**— summer is the season for local farmer's markets. At a farmer's market, most local produce has been picked inside of 24 hours. It comes to you ripe, fresh and full of flavour. Buying food from a farmer's market also allows you to get to know the farmers. Building relationships with local farmers helps to keep you educated on whether pesticides were used or if the meat is free range. Eating locally is good for you, for the environment and for the economy!
- 4. Small changes make a big difference**— Trying to loose a few winter pounds? Drastic changes in your diet are not necessarily the answer and are often not sustainable. Small changes can make a big difference. Take a week to record what you eat. At the end of the week take a look at your food journal. Small changes like starting your day with protein or eliminating evening snacking can add up over the week and can be an effortless way to loose weight and maintain it. Fired Up Fitness offers nutritional counseling and can help you learn to make healthy choices. A tour of the grocery store is often a great place to start. [Contact us](#) for more information.



Want to learn more about ways to **Find Your Inner Fire?** [Contact Us](#)

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