

Winter Fitness Deals from Fired Up Fitness

Want to save money on an Indoor Blazing Boot Camp?

Bring a friend and you both receive \$10 off your registration! Bring 5 friends and receive a FREE boot camp!!

Registration is now open for our next session of boot camps.

Deer Run classes begin Tues Nov 3 and **Currie Barracks** classes begin Wed Nov 11. All classes are held indoors and all fitness levels are welcome.

Check out our [website](#) for more details and to register. *Find your inner fire! Join a class now.*



*You can achieve anything you want in life if you have the **courage** to dream it, the **intelligence** to make a realistic plan, and the **will** to see that plan through to the end."*
Sidney A. Friedman

Thank You on behalf of the Alberta Children's Hospital Foundation



Thank you to everyone who participated in our first annual Fired Up Fitness Charity boot camp and to all those who generously donated! Thanks to you we raised \$950 for the Alberta Children's Hospital Foundation and we had a great time doing it!



Fired Up Fitness is Blogging and Tweeting

We hope to be your source for regular bits of information and inspiration. Check out our [blog](#) and follow us on [Twitter](#) for daily fitness and nutrition tips as well as motivational quotes to help you "Find Your Inner Fire"!

Explosive Exercise Program Design

Want to work out in the comfort of your own home but don't know what to do? Well we can help! You don't even need any equipment. Fired Up Fitness can design a fitness program to meet your needs. 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! Any **current and past Fired Up Fitness clients receive % 10 off** so [contact us](#) for

Have a Healthy Holiday!

Tips for not gaining weight over the holiday season.

Sometimes it feels inevitable that we will gain weight over the holidays; all the parties, baking and chocolates. It seems like an insurmountable task to get through the holidays without gaining an ounce and anyway, who wants to be the boring one in the corner on a diet? Well, there is good news; you can celebrate the holidays with friends and family without being doomed to work it all off in the gym in January. Here are some tips that will help:



1. Be the Social Butterfly

So, do you go to a party for the food or to visit with good friends and family? Well if you are like I was, at first thought you may say for the food. Who doesn't love a meal of appies? But seriously, if you plan to go to a party and be the most social person in the room, you won't have time to eat. Who can talk and eat at the same time (without spraying crab and artichoke dip on the person you're talking to)? Grab a few of your favorite appetizers and head to the opposite side of the room, so you won't be tempted for seconds, and chat it up. Who knows you may meet a few new friends that way.

2. Don't Go Hungry

Have a snack consisting of a good source of protein and carbohydrates before you go. Heading to a party on an empty stomach sets you up for overeating and it's generally not overeating on the veggie tray. If you have food in your stomach you will be less tempted to stand by the buffet and snack.

3. Come Armed

Sometimes the hardest part about going to a party is that you don't have control over what is being served. If you want to have a healthy option, then bring one.

4. Stay Active

It's tempting, with our busy schedules over the holidays, to skip the workout. But staying active allows us some forgiveness in our diets. It also helps us to deal better with all of the holiday stresses. Schedule your workout like you schedule any other appointment in your day planner and it will be harder to avoid or join a Blazing Boot camp and we will ensure that those unwanted pounds stay off!

5. Stay Hydrated

Keep up the 8 glasses of water per day during the holiday season; in fact, when drinking alcoholic beverages, try to match water drink for drink. It will help to reduce the water retention weight gain and does wonders at preventing that hangover!

6. Listen to your body

Your body is an amazing piece of machinery and it does not lie to you. If you listen, it tells you what it wants and what it doesn't want. Get in tune with how you feel when you overindulge and how different it feels when you don't.

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