



Sept 2010

Fire Up Your Fall with Fired Up Fitness

Fall Blazing Boot Camps Start Sept 7— Register Now!

What can you expect from a Fired Up Fitness Blazing Boot Camp?

- Fun, motivating and challenging work outs - no two classes will be the same!
- A chance to get out and do something for YOU!
- All fitness levels can participate - exercises can be modified for individual needs.
- A certified Personal Trainer will lead every session to ensure correct form and avoid injury.
- All classes consist of a warm up, resistance, cardio training, and cool down.

Don't miss out...[register now!](#) Check out the Fired Up Fitness [website](#) for more details.



Become a Fan on Facebook

In a continued effort to be your source for fitness information and motivation, Fired Up Fitness has created a fan page. Join our page to get up to date fitness and nutrition information, find out more about our services and connect with others to help you reach your fitness goals! [Join here](#)

We look forward to connecting with you!



Check Your Pantry!!

Olive Oil and Green Tea are great for you but not if they are collecting dust in your pantry. Studies show that the amount of disease-fighting antioxidants in olive oil drops by 40% after 6 months while the level in tea falls by 32%.



2nd Annual Fired Up Fitness Charity Boot Camp

Join us on **Saturday Sept 25, 2010** from 10:00am-11:30am for our second annual Fired Up Fitness Charity Boot Camp. The cost is \$15 per person for a 90min class and all proceeds will go to *The Alberta Children's Hospital Foundation*. Charitable receipts will be provided for donations of \$20 or more. **All fitness levels**

are welcome, no previous boot camp experience needed. Join us for a great time, a work out and help out a fantastic charity all at the same time. Class will be held at Richmond Green Park in SW Calgary. Contact us at info@firedupfitness.ca for more information and to register for this fun, feel-good event!



"ABILITY is what you're capable of doing. MOTIVATION determines what you do. ATTITUDE determines how well you do it." ~Lou Holtz

Fired Up Fitness Move of the Month

Wall Angels

Proper posture can have more than an effect on the way a person looks. It can also help prevent or relieve pain in the back and neck. It may even help a person breathe deeper as the diaphragm isn't unnaturally compressed when a person stands up straight. One of the most simple exercises to stretch the chest and strengthen the back—improving posture is the Wall Angel. Here's how to do it:

Ensure contact to wall from lower back to shoulder. Begin with arms out to side and bent 90 degrees with elbows and fingers touching the wall. Slowly raise arms above head ensuring constant contact and return to start once you can no longer keep points against wall.

Good Luck!



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



Visit our website or contact us to find out more about what services we offer and how we can help you to reach your health and fitness goals.

