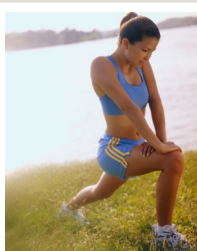


Blaze into Summer with Fired Up Fitness

Notice: Please accept our sincere apologies if you have received duplicate copies of this email. We have been experiencing technical difficulties with our distribution list that have now been rectified. We have taken steps to ensure that this issue will not occur again. Thank you!

Register Now for a Spring Blazing Boot Camp!



Get ready for summer with our Blazing Boot Camps. Registration is now open for our Tues/Thurs morning classes and Mon/Wed evening classes beginning April 20. Classes will be held outdoors in the McKenzie Lake Area. Come out of hibernation and get the blood pumping again! All fitness levels welcome. Check out the [website](#) for more details or to register.



Explosive 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. 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.

Fired Up In the Workplace

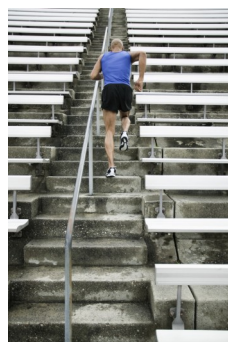
Having trouble fitting a workout into your busy day? Fired Up Fitness can bring a boot camp to your office. Fired Up Fitness is currently running boot camps for the Calgary Flames Limited Partnership, the Calgary Stampede and AMEC Earth and Environmental. Your office could be next! [Contact us](#) for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



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

Fired Up Fitness can help you fit exercise into your life—here's 5 Great Ways

- Schedule it in**—At the beginning of your week, sit down with your day timer and schedule your workouts for the week. If you write them down and give them a date and time they will be less likely to be pushed aside by things that come up.
- Fit it into your day, don't add it to your day**— If you know you are not a morning person, then accept it. Set aside time during your day for your workout, whether it's during lunch or on the way home from work. If you have to force yourself to get up at 5:30am or try and get a workout in before bed, it will be easy to find excuses not to do it.
- Make it fun**—If it's a chore, it will take much more motivation to complete it. Exercise can be fun if you find something you like to do or if you find a program that gives you the results you want. (Need help finding a program you will enjoy doing? Fired Up Fitness can help; [contact us](#) for more info). Get out and go for a walk with your kids or kick around the soccer ball. Exercise doesn't necessarily have to be in a gym.
- Keep it simple**— Park further away, take the stairs instead of the elevator or carry your own groceries to the car. Simple changes add up. Remember, the Government of Canada's recommendations for physical activity is 60 min of light effort per day and that doesn't have to be all at once—10 minutes here and there really adds up.
- Multi-task**—get your workout in while you watch TV. Hold plank or do some push-ups during the commercials. It takes 20-30mins for chicken to cook in the oven right? Well use that time to do a quick workout in the living room while dinner is cooking. Did you know that it only takes four "super moves" (squats, pushups, row and plank) to workout your entire body?



Want to learn more about these 5 and more ways to Find Your Inner Fire? [Contact Us](#)

Get Connected with Lisa D. Roberts



Lisa D Roberts is a personal and professional certified coach. Being successful for 12 years as a top sales person at Microsoft, now running a successful coaching business and in recovery from emotional eating she wants to give her skills back to others. She specializes in helping others "get connected" to their own personal success and full potential.

She works one on one, in support groups and does events centered around increasing self-esteem, recovery from emotional eating, and how to get more clients running your own business. Need to feel energized in life again? Want to increase your business and gain the skills to make your business grow? Lisa can help. Please contact her at lisa@lisadroberts.com or 403-512-9007. Mention this article and your first session is free.

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