

Thank you for taking the time to read my newsletter. I have lots of exciting news to share since the fall newsletter. I am so fortunate to have such a great client base! I am very lucky to say I love what I do and look forward to work each and everyday! Getting up at the crack of dawn for a six am session is so easy when you enjoy who you are working with! I have so many clients reaching their goals and becoming the healthy, fit person they have always tried to become. I love sharing their wonderful success stories and hope they will inspire you to make some valuable healthy lifestyle changes!

As I write this, the ground is now covered with that cold white fluffy stuff! I really am a summer time girl! I love the warmth of the sun and all the outdoor summer activities. My winter outdoor activity for many years was clearing the snow off my car and if I wanted to challenge myself..I scraped the ice off the windshield! Times have definitely changed and I never give it a second thought to head outside and go for a power walk in -20degrees. However, I am not that in love with the cold, unpredictable Canadian weather, so my outdoor Boot Camp program has changed to an indoor program! Go to my website and hopefully I will inspire you to take part in this great new program!

[FRAMEWORKS FITNESS WEBSITE](#)

yours in health,
Marla

FRAMEWORKS FIT CHALLENGE!!!

This is Frameworks version of the Biggest Loser!

Susan is Frameworks FIRST Biggest Loser!
SUSAN has written her last post, here is what she had to say.

The last eight months, I really did make some great



MY FITNESS COLUMN!

I am excited to say that I will be writing a fitness column in the Guelph Mercury Newspaper! My column will be featured every other Friday in the Lifestyle section.

Is Frameworks Fit Camp for me?? A QUESTION EVERYONE ASKS ME! YES, YES, YES! The Bootcamp program is designed for any and everyone! Do not let your age, weight, fitness level or gender affect your decision to join!

Boot camp workouts are efficient because you work your entire body. Working your heart and muscles by going from one exercise to another with no rest. The workouts involve calisthenics like push ups, jumping jacks, crunches and other body weight exercises...the difference lies in the intensity.

changes! I had weeks that seemed to be so easy. I also struggled some weeks when old habits would reappear and challenge me. Having to be accountable to Marla and 'going public' with my struggle really helped keep me on track. Now, is the beginning of the real challenge! It is up to me to keep track of myself and use the tools that Marla gave me to continue on with my quest to stay fit, healthy and reach new goals. Wish me luck!

Thanks for following my journey and I hope all of you that are 'battling the bulge' reach all your health goals!

Susan



THE NEXT 'LOSER'!

Follow my client Kerry's "Lifestyle Change" journey. Kerry, is ready and up for the very PUBLIC challenge. We can follow Kerry's weight loss, and fitness gains as she shares her experience with us all! Go to Frameworks website for a weekly update of how she is doing. I will be posting weekly about her journey. Not only will Kerry share with us her weekly weight, but she will keep us informed of all her accomplishments and struggles.

KERRY'S STORY

My weight has been a life long challenge for me. I was

In boot camp, your challenge is to take your body to its limit. You work, you sweat and, best of all, you burn calories like crazy. Great reasons to join Frameworks Fitness Boot Camp! You will do workouts that are so effective for fat loss, weight loss, and fitness. You will:

Use multi-joint weight loss oriented exercises that burn more calories and fat and boost fitness levels quick.

Challenge yourself physically, mentally, and emotionally which is key for long term results.

Hold yourself accountable for showing up and for giving 110% when you're there.

Include innovative moves that keep the workout fun and interesting.

Set achievable fitness goals that contribute to weight loss and fat loss.

Address healthy eating and metabolism boosting strategies.

Be in the company of other highly motivated people who encourage and motivate you.

Push yourself to go past your comfort zone while staying safe.

Address all aspects of fitness

always considered a big kid and was certainly an overweight teen and adult. At a very early age food became my drug of choice. I turn to it in times of stress, happiness and pain, In my struggles with my weight, I have lost numerous pounds and have of course put them back on. With all this up and down, I have never met the goal of being at an ideal weight for my frame.

I came to Marla over a year ago after meeting several trainers. When I met Marla, I knew she was the one I could work with. Even though she is a petite thing, I felt she understood my struggles, and her ego didn't overwhelm me like so many other trainers did.

When I sat down with Marla, we set out what my goals were. I wanted to be able to ski with confidence that my body could handle this activity without undo injury, and I also wanted to feel stronger and healthier. I wanted to feel powerful. In the end, I certainly met my goals.

During my trainings with Marla, I would not let her weigh me beyond my initial assessment, nor did I do a food journal for any length of time. When I finally ended my sessions with Marla, I did have a final weigh in and I had lost 8% body fat which was totally fabulous. I had a great time skiing. I felt strong on the slopes and in my own accomplishments physically, but as Marla has told me several times, I could have done so much more if I was really willing to commit to eating clean and staying focused.

It is now a year later and I am once again back to my original body fat level. It has been a year of many challenges for me, divorce, moving, starting my own business and the truth is, I never fully committed to my health, but times they are a changing. I want optimum health for me and for my family. I have spent the last while envisioning the healthy life I want and committing to it. I have decided to go public with my health challenge to solidify my commitment to health.

I have committed to having my stats published (oh the horror!), doing a food journal for Marla, having a weekly weigh in and writing a regular blog on how I am doing with this challenge. Marla has set up a program for me that I can do in my home, plus I have chosen to participate in

including cardio, strength, and flexibility.

Have the option to modify all exercises to work at your fitness level but still be challenged.

OVERWEIGHT, OUT OF SHAPE YO-YO

DIETER...that was me years ago! To think I am a feature fitness model on various fitness and health sites, proves change can happen!!! Get great information on health and fitness! Check out these informative sites on my links page on my website.

[feature in shapefit](#)

THE HOLIDAY SEASON!

The holidays are a tough time of year to survive when it comes to sticking with your workouts and clean eating. Rich food, busy schedules, and holiday shopping is something we all have to deal with.

You're more likely to take in more calories from the extra treats and alcohol, you may not get in less exercise, you will be sleep deprived from all the extra parties, late nights and will be stressed from all the gift shopping.

Take a look at these few tips to help get you through the holidays. With some consistency and planning you will continue with health and fitness goals. This may also prepare all you 'NEW YEAR RESOLUTIONERS' for 2009!

BOOT CAMP. Let the challenge begin!

See all of Kerry's starting STATS on my website. She is willing to share her weightloss, goals, accomplishments and struggles along the way.



INDOOR BOOT CAMP FALL/WINTER PROGRAM The Fall/Winter Boot Camp

1. Set a holiday goal.

Don't just say, well it is the time of year to eat, drink and be merry! Set a goal to at least keep your weight the same. Taking some time to eat quality protein and fibrous vegetables will help fill you up. The good food you take in will take the edge off of your hunger and give you some extra willpower to pass up on high calorie foods.

2. Plan exercise into your schedule.

Health and fitness is a priority for you, so treat it like it is. Schedule your workouts in just as you do your parties.

3. Limit holiday eating to special events.

Don't make every outing an eating and drink fest! It is not necessary to try every shortbread cookie at every function! Stick to high protein foods, fruit and veggies. Go for the turkey, the sliced meats, the fresh fruit and raw veggies (without a little dip.) Avoid high fat hors d'oeuvres such as cheese, nuts, saucy tidbits and fried anything.

4. Stay hydrated with H2O

At parties plan on a glass of water in between every alcohol beverage. Have lighter versions of your drink of choice as well. Make yourself the designated driver at least half of the time. This will help you avoid calorie-laden alcoholic beverages. Instead of wine or mixed drinks all night long, try having soda water with lime for most of your

FRAMEWORKS FIT CAMP!!!
(FRAMEWORKS BOOT CAMP JUST SOUNDS TOO SCARY!)

THIS PROGRAM IS SUCH A SUCCESS THAT IT WILL CONTINUE THROUGHOUT THE WINTER! MOST 'RECRUITS' HAVE CONTINUED SINCE THE VERY FIRST 'BOOT CAMP' SESSION! I AM NOW RUNNING AN INDOOR BOOT CAMP SO WEATHER WILL NOT BE AN ISSUE!

Sessions are held at
Guelph Montessori School, 151 Waterloo Avenue

ALL BOOT CAMP SESSIONS RUN FOR 4 WEEKS, TWO TIMES PER WEEK AT THE RATE OF \$150 plus gst...

Registered Recruits receive a FRAMEWORKS FITNESS BAG, FOOD JOURNAL, PRE AND POST FITNESS ASSESSMENT TEST/MEASUREMENTS, SPECIAL RATES, AND UNLIMITED SUPPORT!

I want to track your progress! Fitness assessments take place on the first Monday and last Thursday of Boot Camp. Attendance is mandatory, as I don't want you to miss your assessments.

BONUS

**You choose what two days work for you! If you can't make it to your regular scheduled class you can join in on another day!

Returning Recruits can purchase a 'FLEX PASS'
A Flex Pass is a 12 session pass to attend all classes during a one month cycle. (JUST \$10 PER CLASS!)

***ASK ABOUT THE REFERRAL PROGRAM!

COME OUT TO ONE OF OUR SESSIONS ALREADY IN PROGRESS AND SEE WHAT IT IS ALL ABOUT! Call me to make arrangements.

FRAMEWORKS FIT CAMP!!!
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drinks and then truly enjoy that special beverage of choice. You will feel so much better the day after!

5. Avoid the BUFFET TABLE!

Instead, nibble on the veggies or chew gum and talk a lot!! Focus on talking more to party guests and eating less.

6. Offer something.

Bring your favorite low-fat recipe to a holiday event or dinner. Then eat a lot of it. Taste tempting treats, but limit yourself to one small bite.

7. Continue your workout schedule.

Just ease off a bit to allow for the extra time holiday commitments take. You don't want to stress yourself out but you also don't want to quit exercising completely!

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Register early as spaces will fill up quickly! Click on the registration link on my website for more information about FRAMEWORKS FIT CAMP.

Mercury copy editor Matt Shurrie is **determined** to get fit. I will be helping him reach his new lifestyle and fitness goals! Watch as his story unfolds in the Guelph Mercury newspaper.

[THE BLOG MATT vs FAT](#)

[MERCURY ARTICLE](#)

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WORKING
OUT WITH MATT IN MY STUDIO. MATT NEVER
KNOWS WHAT HE WILL BE CHALLENGED TO DO!
HE ALWAYS PUSHES HIMSELF AND GIVES HIS
ALL! GREAT JOB MATT, KEEP UP THE GREAT
WORK!

In November Matt and I did a segment on Rogers Daytime Television. We were asked to come back for another appearance on Monday December 15th. The show is live and will air at 11am. They will repeat the segment several times through the day. Please watch and see Matt's results and hear how he is getting through this lifestyle change!

A SPECIAL DAY WITH MY FAMILY to remember and a wonderful little boy, Nicolas Lambden, at the 2008 THANKSGIVING DAY RACES IN GUELPH. We walked in support of the NICOLAS LAMBDEN FOUNDATION. For more information about Nick, visit his

memorial page.

[Nicolas](#)



From my family, to yours, wishing you all a healthy,
happy holiday season!

yours in health,
Marla

Contact me today at: 519-220-9378
marla@frameworksfitness.com

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