



SPRING 2009!

Thank you for taking the time to read my newsletter. I have lots of exciting news to share since the WINTER newsletter. I was fortunate to get away with my family to Punta Cana for a family vacation over Christmas. I love the warmth, sun and beach. The change of scenery was great for my fitness program. It was so nice to run on the beach and work out in a different gym! A little change in routine can certainly do wonders and rev up an old routine. The New Year welcomed many new clients all looking to make that 'New Years Resolution'. 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 still covered with that cold white fluffy stuff! I am continuing to hold my 'OUTDOOR BOOT CAMP' INDOORS! 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



FITNESS COLUMN

My newspaper column appears in the life section of the Guelph Mercury Newspaper everyother Friday.

[I Will Start My Diet on Monday.... Again Article](#)

[Surviving the Holiday Food Fight Article](#)

[Losing Weight and Getting Fit in 2009...The Right Way!](#)

[Measure by measure...you'll get there!](#)

[Women and the Weight Debate](#)

Mercury copy editor Matt Shurrie is determined to get fit. I have been working with him to reach his goal! He has been sharing his journey in the Guelph Mercury Newspaper as well as on the website. See how he is doing.



FRAMEWORKS FIT CHALLENGE!!!

This is Frameworks version of the Biggest Loser!

THE NEXT 'LOSER'!

Kerry's "Lifestyle Change" journey continues. We can follow Kerry's weight loss, and fitness gains as she shares her experience with us all! Kerry has been sharing her journey and blogging on my website. Go to Frameworks website for a weekly update of how she is doing. Not only is Kerry sharing with us her weekly weight, but she keeps us informed of all her accomplishments and struggles.

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

Here are a few of her postings....

THE BLOG MATT vs FAT

The "3 PHASE dietDECK"

A GREAT WAY TO LEARN HOW TO EAT CLEAN

I am so excited about this product! I am selling the first 30 programs for just \$10... This system sells for \$29.95 US!

My Boot Camp clients love them! Don't miss out on this great opportunity!

The "3 PHASE dietDECK" is the tool that you have been waiting for. It will teach you how to control your portions. Eat a variety of healthy, clean foods from different food groups you need to eat everyday. Lose weight and learn how to keep it off. You have the choice of 3 Phases, to either **"Burn Fat"**, **"Up your Energy"** or **"Build Endurance"** to have a plan that will fit in your lifestyle forever.

Simple, easy and a "no brainer". No counting calories or points, you just use the cards.... EASY!

HERE IS HOW IT WORKS IN 4

January 16, 2009 Weight...199

Almost 2 pounds since my last journal and while I am happy, I so much want it to be faster. Slow and steady wins the race, and I just have to keep reminding myself of this. My eating has been pretty good and I attribute this to planning. I have had a few days where the cravings were crazy, but I did manage to avoid the sugar highway at work. Veggies, veggies, veggies, protein, protein, protein is my motto! My love/hate relationship with boot camp continues. I really love that I can see/measure the improvement in my strength and endurance. I love the camaraderie. I love the feeling of being tired because of my physical work. I love the feeling of it being over for the night. I hate doing the stairs. I hate pushing out one more push up. I hate jump squats, but I loath BURPIES! Marla does a great job of motivating us to continue on and makes the classes interesting by switching things up. It really distracts you from what you are doing. Which is wonderful. I do really enjoy going to boot camp, and I can see the physical differences in the girls who are regulars. On Monday at 5:10pm when I head out that door for boot camp, I will have that mental picture of me in ultimate health chanting slow and steady won the race!

Kerry

January 30, 2009 Weight....196

Wow! I can't express to you how light my step is these days. Thursday night was our weigh in and measuring. I am not sure how everybody did, but I do know that I am really happy with the results of 4 weeks of hard work. I lost a good amount of inches and a very good amount of weight. I had remarkable improvements in my fitness tests. I am very proud of going from a 45 second wall sit to 2 minutes. Having those measurable improvements in my physical abilities is very rewarding. I am under the 200lb mark and that is making me very happy. I certainly feel the loss in the way my clothes fit, and am now pulling those very tight clothes out of the closet, and they are not so tight any more. I know my confidence is up and there is a certain feeling of being able to conquer anything. I am certainly feeling energized as was the group at boot camp. I can see the changes in the group, and I can't wait to see what the changes are next month for everybody. It is a

EASY STEPS....

1 You will figure out your Level by using our "Calculation Card"

2 You will decide if you want to Phase 1 "Burn Fat", Phase 2 "Up your Energy" or Phase 3 "Build Endurance"

3 You will pull out the color coded cards that match up to whatever Phase and Level you chose

4 You simply remove the cards from your stack through out the day as you use them. The portions and calories are already listed on each card, so you just need to pick an item and consume it. That's it!!!

EASY.....EASY....EASY.....THE CARDS GUIDE YOU!

SPRING PROGRAM

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

THIS PROGRAM IS SUCH A SUCCESS!
MOST 'RECRUITS' HAVE CONTINUED SINCE THE VERY FIRST 'BOOTCAMP' SESSION! I HAVE BEEN RUNNING AN INDOOR BOOT CAMP SO THE WEATHER

great group that encourages each other and that makes boot camp more enjoyable. Until next week!

Kerry

Karin is way past the 5 pound weights now!



a look at a few 'Recruits' challenging themselves

HAS NOT BEEN AN ISSUE!

Sessions are held at
Guelph Montessori School, 151
Waterloo Avenue

CLASSES ARE HELD:

MONDAYS 5:30pm-6:30pm

TUESDAYS 5:30pm-6:30pm

THURSDAYS 6:30pm-7:30pm

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

Registered Recruits receive

- FRAMEWORKS FITNESS BAG
- FOOD JOURNAL
- SPECIAL RATES
- PRE AND POST FITNESS ASSESSMENT/MEASUREMENTS
- UNLIMITED SUPPORT!
I want to track your progress!
Fitness assessments take place on the first Monday and last Thursday of BootCamp. 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!

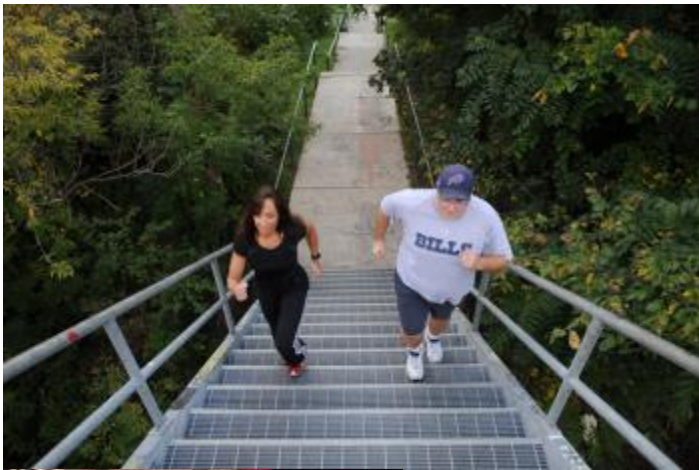
Returning Recruits can purchase a 'FLEX PASS'
A Flex Pass is a 12 session pass to attend all classes during a one month cycle.
(JUST \$10 PER CLASS!)

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

through a circuit!

WHEN WORKING OUT WITH MATT, I ALWAYS SURPRISE HIM AND HIS MUSCLES! EVERY WORK OUT SESSION IS DIFFERENT FROM THE LAST.

MATT NEVER KNOWS WHAT HE WILL BE CHALLENGED TO DO! HERE WE ARE DOING THE 100 STEPS, JUST MINUTES AWAY FROM MY STUDIO. A DIFFICULT WORK OUT, BUT MATT ALWAYS PUSHES HIMSELF! SO LOOKING FORWARD TO GETTING BACK TO SNOW FREE, SLIP FREE STEPS WITHOUT WINTER CLOTHING. I PUT THIS PICTURE IN TO INSPIRE ALL OF US!



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.
It was great to go back in December and report
Matt's weight loss!

A VIDEO OF ONE OF MATT'S WORKOUT
SESSIONS..... Guelph Mercury photographer Ryan
Pfeiffer

. WORK OUT VIDEO

newspaper write up



I am very pleased to let everyone know that my son
Brody is now a Certified Personal Trainer!

Brody has completed his course and written his
exam (passing with flying colours!) Brody has been
working along side me during training sessions with
clients. This is where the real learning begins! Being
an excellent personal trainer is more than
just getting 'certified'. Brody will continue to
'shadow' me during consultations and training
sessions. He will follow this 'list of qualities' that
have helped me be the best I can be.

*Must posses excellent people skills and be able to communicate
effectively*

Be a great motivator and understand the process of change

Act and look professional at all times

Act as a role model in mind, body, and action

Help people achieve the results that they expect

Have an in-depth knowledge of exercise technique and exercise theory

Have knowledge of human physiology and nutrition

Be responsible and dependable

Have concern for the health and well-being for each and every client that I work with

Be loyal and have a high level of integrity

Always keep learning and stay on top of current trends

Educate, develop independence, and empower clients

Know when to refer out to other medical professionals when clients require services that are not within my “scope of practice”. This basically means, do not provide advice that they are not trained to give!

Brody will be offering an intense, challenging, all Male Outdoor Boot Camp program this spring and summer.

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