



## SUMMER 2009!

Thank you for taking the time to read my newsletter. I have lots of exciting news to share since the SPRING newsletter. As always, I want to thank my clients for allowing me to be a part of their lives and journey to better health. Making the commitment to get fit, lose weight and be healthy is not an easy task. At first, it is exciting to begin a new way of life. Most feel so strong and convinced this time they will stick with it and never go back to their old ways. This isn't always the case. We do have slip ups...Some just for a few days, others a few weeks and then there are those that let things slide for months. Feeling of disappointment, failure and hopelessness will not do anything but keep you on the wrong path. You slipped up, get over it. You can't change what you did yesterday, last week or last month-- but you can decide what to do today. I am not here to judge. I am here to help. I understand how hard it is to start again. Most important, I am here to listen, support, guide and get you back on track. It is up to you!

Yours in health, Marla

### **Getting Your Fitness In During Your Workday!!**

I am currently working with interested employees at Homewood Health Centre in Guelph.. These sessions are designed to provide maximum benefit by utilizing all the muscle groups in different ways, combining cardiovascular with resistance training and most importantly peer support. The time slots



### **FITNESS COLUMN**

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

Here is one of my columns...

[Prep your Body for the Garden](#)

If you are interested in reading my other articles...Go to my website

are flexible to meet the needs of staff who have expressed how challenging it can be to fit a regular fitness routine into their hectic daily schedules. I am now conducting lunch time sessions and 4pm sessions weekly, on site at Homewood Health Centre. We are into our second month long session and I am happy to welcome back almost all of the 40- 1<sup>st</sup> session participants. Everyone is challenging themselves and embracing a new healthy lifestyle. The results were amazing for many when we did the post 4 week assessment! Congratulations to all, I wish you continued success and positive results.

## TESTIMONIAL

"I am so pleased with the positive feedback I am getting from our staff participating in Frameworks Fit Camp. As a one year veteran of The Frameworks off site Boot Camp Program, I am delighted to have the opportunity to share the work out experience with my colleagues. It is a great opportunity for us to get our work out in during our lunch hour or before going home from work. We support each other and the camaraderie is great. Marla keeps the sessions challenging for all our levels and each session is a different work out. We never know what to expect! The 60 plus stairs from the parking lot to our building no longer intimidates any of us! We are all enjoying a much healthier and fit lifestyle. Thanks for the awesome program!"

*Samantha Marsh RN  
Associate Director of Nursing  
Homewood Health Center*

Healthy workplace initiatives are a win-win for everyone. Fitness and active living have been proven to have a positive impact on employee productivity and satisfaction. According to the Public Health Agency of Canada (2009),

Healthier employees positively impact companies in every respect:

[and they are all there!](#)

[25 Traits Keeping you from your Fitness Goals](#)

[Spring into Action!](#)

[Competing at Any Age!](#)

[How to keep the Weight Off!](#)

[What's Your Excuse?](#)

[Muscle Doesn't Know Age!](#)

Matt Shurrie was **determined** to get fit. I helped him reach his new lifestyle and fitness goals!

[The Results Video](#)

[The Results Newspaper Article](#)

[Results continued](#)

[The Daytime Television Show is always so much fun to do!](#)

[fitness segment](#)

- **Lower healthcare costs**
- **lower turnover rates and reduced absenteeism**
- **fewer medical claims**
- **improved productivity and employee morale**

For more information go to: [http://www.phac-aspc.gc.ca/pau-uap/fitness/work/res\\_layer4\\_e.html](http://www.phac-aspc.gc.ca/pau-uap/fitness/work/res_layer4_e.html)

## **April 11th 2009...THE FITNESS STAR COMPETITION**



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



Help me get on the cover of **Beyond Fitness Magazine!**

**I am so excited to be one of ten women having the opportunity to appear on the cover of Beyond Fitness Magazine! Please take a moment and go to the link and vote for me! It is quite obvious I am the oldest woman in the group by as much as 20 years!**

**Please help me prove "MUSCLE DOESN'T KNOW AGE"!**

**Thank you so much for your support!!**

vote link

<http://www.fitnessstarnetwork.com/group/femalefitnessstarbeyondfitnesscovermodelsearch2009>

April 11th 2009...THE FITNESS STAR COMPETITION

This was Fitness Stars Inaugural competition. There were roughly 100 contestants. It was a fabulous event! I placed first in the Top Level of the Masters Fitness Model category! I am now what they call a 'PRO' athlete....A SUPERSTAR...I have been telling that to my husband and

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 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!**

kids for years, hahaha

Guelph Mercury Front Page!

[Newspaper Front page](#)

[continued](#)

**\*\*\*NEW PROGRAM\*\*\***

**BABYBUMS BOOT CAMP** go to the *Specialty Programs Page* to find out more about this exciting new Boot Camp!



**SUMMER BOOT CAMP PROGRAM**

THIS PROGRAM IS SUCH A SUCCESS!  
MOST 'RECRUITS' HAVE CONTINUED SINCE THE VERY FIRST  
'BOOTCAMP' SESSION!

\* BOOT CAMP SESSIONS RUN FOR 4 WEEKS, TWO TIMES PER  
WEEK.

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**

Returning Recruits can purchase a 'FLEX PASS'  
A Flex Pass is a 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.

**Click on the registration link for more information about FRAMEWORKS  
BOOT CAMP** Register early as spaces fill up quickly!!

**Registration Form**

### **City of Guelph Wellness Fair**

**Thanks to many of my loyal Boot camp participants  
who came out to help demonstrate what Boot Camp  
is all about!**



The group working hard as always!

**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.

***Brody will be offering a challenging, all Male Outdoor Boot Camp program this summer.***

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