



SUMMER IS COMING NEWSLETTER MAY/JUNE 2008!

**Thank you for taking the time to read my newsletter. Lots of exciting news to share since the spring 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! Summer is on its way and that means the layers of clothes covering you all winter will be gone! If you are feeling like you need a kick start and want to feel and look better this summer and "ever after" then don't hesitate to get in touch with me!**

**Visit my website, lots of interesting information, pictures, recipes and more!**

**[FRAMEWORKS FITNESS WEBSITE](#)**

**yours in health,  
Marla**

### **FRAMEWORKS FIT CHALLENGE!!!**

**This is Frameworks version of the Biggest Loser!**



**Framework's  
Fitness**

**MY FITNESS  
COLUMN!**

ENJOY, is a new section published monthly in the Guelph Mercury Newspaper. The purpose of my column "Ask Marla" is to answer your questions about training, clean eating and living a healthy lifestyle. I'll give you the information, tips and support you need to make positive changes for a lifetime. Send

**Follow my client Susan's "Lifestyle Change" journey. Susan, is ready and up for the very PUBLIC challenge.**

**We can follow Susan'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 Susan share with us her weekly weight, but she will keep us informed of all her accomplishments and struggles.**

### **HOW IS SUSAN DOING???**

**If you haven't been on my website in awhile to read Sues "Blog"...then catch a glimpse here and see how things are going!**

**March 28, 2008**

**Well, week 3 and I feel great!! Once again, I was excited for my weekly weigh-in, and am happy with the results. I am down 2 more pounds! I DID NOT EAT any chocolate on Sunday.....**

**APRIL 24, 2008**

**I did it..I am below 160 pounds!! I am very excited that my weight is in the 150's...it has been a long time.**

**My workout's are going really well. I know that each and every day includes a trip to the gym. When I missed a day this week (due to poor time management) I really missed it! My biggest challenge is still the 4 letter word...**

**MAY 16, 2008**

**I am home from a weeks vacation and am so proud of myself. I didn't lose any weight, but I**

your questions to [marla@frameworksfitness.com](mailto:marla@frameworksfitness.com) and look for responses as part of this column each month.

Here are the questions that have been sent to me and have appeared in my column:

Hello Marla,  
I want to tone my muscles but not bulk up. I'm not interested in building muscle. What exercises should I do?  
Karen P.

Hi Karen,  
I get asked this question so often! Every time a woman says to me "I just want to tone up my muscles", I think to myself when will this myth disappear? The fitness industry unfortunately leads people to believe they can make great changes to their body without building metabolism-boosting muscle! I'm frustrated because this is a MYTH that keeps women doing useless training that gets them nowhere. Then they give up and write off all fitness and training as useless for them. .So, if you are wanting to "get toned," PLEASE keep reading!  
1. You can't "tone" muscle. You can build muscle. You can lose muscle. Or your muscle can stay the same.  
2. You can't "tone" fat. You can gain fat. You can lose fat. But you can't "tone" it. The look that most people would describe as "toned" is ALWAYS a result of building muscle (or keeping the muscle you've got!) and losing fat...PERIOD.  
If you don't have muscle mass, you can lose fat by just

**ALSO didn't gain any while on holidays either! That was my goal for the week, and I did it!!!! I enjoyed delicious meals, some decadent desserts and red wine, all in smaller portions..ok maybe not the red wine! I worked out several times during the week. Something I haven't done on previous holidays. I am so glad I did because now I know I can enjoy a holiday and all the extras that go with it. I am back on track this week, which of course means clean eating and no red wine,(not as much fun but necessary). I have also begun BOOT CAMP! It is so much fun but challenging. I am working really hard and loving it. Enjoy your long week-end!! Until next week. Sue**



at work Susan! You are looking fabulous!

**If this is a challenge you feel you are ready to take on, email me and**

doing cardio but you'll just be a smaller version of what you are right now. The problem is women are afraid to build a single extra ounce of muscle for fear of "getting big bulky muscles." By doing that, you basically throw out most, if not all, of the most effective things you can do for fat loss! Unfortunately, what you pretty much achieve with a goal of "toning up" is nothing at all. I'm not saying this to discourage anyone from exercising. I'm saying this because I want you to see RESULTS! By staying away from those challenging weight training exercises, you're NOT going to get the best results possible. So forget the MYTH that lifting weights will make you look like a bodybuilder. Stop wasting your time doing your bicep curls with a can of soup! Pick up a weight! Learn the proper way to strength train. Do your squats and lunges(I know you hate them) but they work the big muscles of your body that will shape your legs and DRIVE your metabolism to burn fat 24 hours a day. If you want results, you just need to do your resistance training and eat healthy. I promise, you won't get big and bulky. With the right training and right nutrition, you'll get to where you want to be MUCH faster.

Hi Marla,  
I have been struggling with my weight for years. I am tired of this way of living. I have tried so many different diets and plans but here I am at the "big me" once again. I just want to eat NORMAL. I am so confused and think my body is as well. I know if I follow any of the diets I have in the past I will lose the weight...but it always comes back when I stop. Should I just go back to eating three meals a day???

Amanda  
Hi Amanda, Thanks for the great email. I know exactly

you can begin your JOURNEY right along with the rest of the group.

Go PUBLIC like Susan and be that much more "accountable" to your goal!

## COMPETITION TIME!

### UPCOMING COMPETITION SEASON 2008

**It is that time of year again! The 2008 Fitness Competition schedules are out. I have already begun my training. This year I am registered to compete in two shows. I am competing at the FAME World Tour Championships & PRO Showdown! I have never competed at the PRO level so I am a little(ok..alot nervous!)**

**Preparing for a show is for me, a reality check as to how difficult it is for my clients to stay focused and on track with their fitness and health goals. Believe me, I know how hard it is to keep up with your workouts and eating clean!**

**I am a featured athlete on the Fame website! click on the link and check out what this weekend event is all about. If you have never been to a fitness show, then this is the one to attend! Perhaps it may inspire you to set a new fitness goal!**

### **FAME WORLD TOUR WEBSITE**

how you are feeling! I was on the same road you are on 15 years ago. Trust me, you can get back to NORMAL eating and lose the weight and feel better than you have ever felt! First off, forget all the "diets" you have been on in the past! You are going to learn what your body needs to be healthy, at a proper weight and still enjoy life! First you have some homework to do. In order to figure out what your body requires, you need to do some simple calculations. All you have to do is plug in some numbers like your height, weight, activity level, age. I have several calculators on the "articles/resource" page of my website. I want you to start writing in a food journal. You need to record your "eating" for a week. I mean exactly what you eat, even a piece of gum! You need to record not just what you eat but the amounts, time, where, why (hunger or mood?). Lastly, you need to learn a new way of eating. Forget the "three meals" per day! A "SIX" meals a day diet is your best option for losing weight and gaining lean muscle mass quickly. Eating 6 small, protein-rich meals and snacks - spaced 2 to 3 hours apart - has been proven to be the most effective way to keep your metabolism going strong and to ensure that your energy levels remain constant throughout the day. You will have way more energy, be less hungry, you won't get crazy food cravings, you will control your blood sugar levels and insulin production....OH AND LOSE WEIGHT!! It takes planning and some persistence to get into the habit of eating this frequently, but Amanda, it is well worth it!

REALITY  
TELEVISION!  
I will be on a reality



My second place win at the Ultimate

Fitness Event Show in April

[UFE video clip](#)

tv show sporting a very interesting look! A bikini and shower cap! If you go to my website you can see one of the production pictures of me getting a competition spray on tan for the show. I went from pale skin to stage ready dark skin in 15 minutes. Looking forward to seeing Nicole on her television appearance featuring her company Tan On The Run!

Is Frameworks Fit Camp for me??

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. 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.

## **A MAJOR TRANSFORMATION!!**

**I would like to share one of my clients amazing accomplishments. I am so proud of him. Mark is one of the most determined individuals I have ever worked with. From the very day we sat down to discuss his goals and health plan, Mark never lost sight of where he was headed.**

**Thank you Mark, for sharing your personal life story. Thank you, even more for sharing your pictures. I absolutely know you will inspire others who perhaps, have given up on themselves.**

## **MARK'S STORY**

**If you have come to the Frameworks Fitness website, you need not look any further. I was referred to Mrs. Arndt's website by a friend of mine and little did I know at the time, how much my life would change. I have struggled with my weight from early childhood. My weight has been as high as 298 unhealthy pounds to an equally unhealthy low of 128 pounds, and every number in between! I was overweight and unhealthy but it was easier to continue my poor habits than try another attempt at losing the weight I had lost and gained back. I finally took a look at Frameworks Fitness website and was inspired and encouraged that perhaps there was hope for me to make positive changes. I could feel Mrs. Arndt's sincerity and honesty in wanting to help people make positive healthy lifestyle changes once and for all. I set up an appointment. I was so nervous even a bit scared, but a few minutes into our first**

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 including cardio, strength, and flexibility.

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

**meeting she made me feel very comfortable. I started training with Mrs. Arndt in Mid October 2007. I have made great changes since then. I am at a healthy weight and body-fat percentage. I am stronger, confident and finally have lean muscle. I also have the knowledge, guidance, desire and motivation to continue living this healthy lifestyle permanently. Thank you Mrs. M for your continued support and friendship.**





MARK

This is what dedication can do!

## **FRAMEWORKS FIT CAMP!!!**

**If you are tired of the same old workout or gym routine, and serious about finally getting in great shape and health, then Frameworks Fit Camp is for you! Frameworks Fit Camp is an outdoor FUN Boot Camp fitness program. It**

**is a functional based work out... It's something that anyone can do, whether you are in shape, sort of in shape or in a shape you wish to change. It doesn't matter if you're 15 or 65. Everyone is able to work at their own pace and no one is judged. Each session trains the entire body, from head to toe, with bodyweight calisthenics, cardiovascular and strength-endurance activities. No matter your age, size or fitness level, you can achieve great results.**

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

**NEXT 4 week session begins JUNE 10TH  
Boot Camp Sessions are held at a local park (TBA) and will run Tuesdays and Thursdays in the morning and evening (set numbers required to run each class) Register early as spaces will fill up quickly!**

**Andrea Mehes, Personal Trainer and Bootcamp Leader is highly experienced and skilled at incorporating motivation, accountability, and humour into every Bootcamp session. Both Andrea and myself are extremely encouraging and hands on. We will challenge you with a variety of interesting exercises always teaching proper form and technique. Every Boot Camp session is different. You will never know what to expect!**



Everyone challenges themselves! Here the group is doing a one minute wall sit. They never know what to expect at each session. What they do get is a one hour full body workout that hits every muscle group!

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

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