Foundations! Developing a food lifestyle from the ground up.

TOPICS TO BE DISCUSSED:

- THE POWER OF LEAN PROTEINS, CARBOHYDRATES AND HEALTHY FATS TO CREATE LASTING RESULTS
- WHY JUST EATING HEALTHY IS NOT ENOUGH TO CHANGE YOUR BODY COMPOSITION OR CREATE WEIGHT LOSS
- ALL CALORIES COUNT BUT NOT ALL ARE CREATED EQUALLY
- THE SPECIFICS OF PUTTING FOOD TOGETHER TO ACHIEVE RESULTS
- WHY DIETING AND DEPRIVATION IS **NOT** THE ANSWER
- HOW TO READ LABELS AND FEEL EMPOWERED ABOUT MAKING THE RIGHT HEALTHY CHOICES FOR YOU
- WHY EXERCISE ALONE WON'T MAKE YOU LOOK BETTER, FEEL BETTER OR PERFORM BETTER
- THE ROLE FOOD PLAYS IN WEIGHT LOSS, BODY COMPOSITION CHANGE, MOODS AND ATHLETIC PERFORMANCE
- PUTTING TOGETHER HEALTHY, NUTRITIOUS AND TASTY MEAL PLANS

BEFORE

AFTER

"I absolutely love your class. You have really changed my life and the way I look at food…I will never be able to thank Lisa enough for being so passionate about what she does."

--Margot

"I'm halfway through this course, and it has already changed my life. And I'm not talking in pounds lost (although I am happy to see them go!) I am talking about whole life changes. I have a new understanding of food, calories, fats (yes, there are good ones!), and overall nutrition that has allowed me to feel more energetic than I have felt in years. I am happier, and my entire family is happier. My only regret is that I didn't have this knowledge a decade ago."

--Jewel yoyomama.ca

WHY YOU SHOULD TAKE THIS PROGRAM!

- IF YOU HAVE DONE IT ALL AND TRIED IT ALL BUT HAVEN'T FOUND LASTING SUCCESS OR REAL RESULTS
- IF YOU WANT TO GET OFF THE DIET COASTER AND LIVE AN ENERGETIC, HEALTHY AND BALANCED LIFESTYLE
- IF YOU WANT TO PROGRESS YOUR CURRENT "HEALTHY FOOD KNOWLEDGE" AND TAKE IT TO THE NEXT LEVEL
- IF YOU ARE FRUSTRATED THAT YOU SEEM TO BE DOING EVERYTHING RIGHT BUT STILL AREN'T SEEING RESULTS

FOUNDATIONS! Developing a food lifestyle from the ground up.	
STARTS:	**February 6, 2012** Please note ALL class dates (this is a 10 session series) February 6, 13, 20, 27, March 5, 26, April 2, 16, 23 & 30
TIME:	**6:00 PM to 7:00PM**
COST:	**$365.00 plus HST** ***EARLY BIRD REGISTRATION!!Save $40 if class is paid in full by January 21, 2012* ** Includes course binder, handouts and a free bottle of Barlean's Fish Oil ($40 value)* ***BONUS!! ADD MAKI FIT BOOTCAMPS 20 CLASS PUNCH CARD FOR $150*** ($50 savings) www.fitnessbootcamp.ca
WHERE:	#2135-12191 Hammersmith Way, Richmond BC V7A 5H2
TO REGISTER:	Contact Lisa at lisa@bucfitness.com or **604 618 4595**