

# Vital News



## 6 Day Vital Steps Fitness Challenge for Multiple Sclerosis

All Vital Steppers, friends and family, are you ready to take the 6 day challenge?

Starting April 27<sup>th</sup> to May 2<sup>nd</sup>, take the challenge of a life time and feel great about furthering research to end MS.

Your \$20 donation will go towards multiple sclerosis research.

### Your mission:

- Take as many Vital Steps classes as you can.
- Complete one 30 minute group personal training session.
  - Take one body fat analysis.
- Take any of the following classes and receive an additional ballot to enter into the draw:
  - Super Circuit
  - Zumba
  - Boot Camp
  - Core Pilates
  - Organic Stretch
  - Cardio kickboxing


After each activity is completed you will receive a stamp on your MS challenge passport. Once you have completed all the activities your name will be entered into a draw to win awesome prizes. Come on out, meet your neighbours and have fun! It's all for a great cause!

RSVP early.



## Vital Steps 6-Weeks Outdoor Boot Camp at Haverlall





Women of all fitness levels, sizes and ages are gaining great results with Vital Steps Boot Camp! You can too! Vital Steps Boot Camp is a six week outdoor fitness instruction, nutritional counseling and motivational training – packed with fun and energizing activities designed to help you reach your fitness goals.

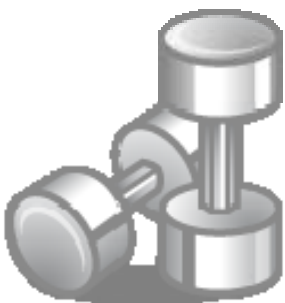


Whether you want to lose weight to fit into that special dress, shed the extra pounds from a pregnancy or just get fit before that special occasion, this is the program for you! Classes will run Tuesdays and Thursdays from 6:30am to 7:30am, and Saturdays from 8:30am to 9:30am. The Outdoor Boot Camp is only running for a limited time from June 23 to July 30. Sign up now for 3 classes a week, \$255 plus GST, or for 2 classes a week \$192 plus GST.

## Summer Class Schedule

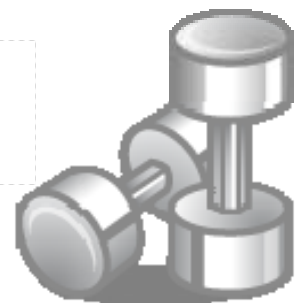
### May 4<sup>th</sup>, 2009 – September 4<sup>th</sup>, 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 7:30	Super Circuit Training	 Outdoor Boot Camp June 23 – July 30		 Outdoor Boot Camp June 23 – July 30 <hr/> Super Circuit Plus		
8:30 9:30						 Outdoor Boot Camp June 23 – July 30
9:30 10:30		Cardio Sculpt	Core Pilates	Cardio Sculpt PT		Organic Stretch
1:15 2:15			Zumba Salsa			
6:30 7:30	Boot Camp Chaos		 Cardio Kick Box			
7:30 8:30	Relaxing Hatha Yoga	Fat Burner	Vital Yoga	Fat Burner Plus		*Schedule is subject to change without notice



**Health is not a luxury... It is a necessity!!!**

**Have a Safe and Happy Summer!**



[www.vitalsteps.com](http://www.vitalsteps.com)  
[inquiry@vitalsteps.com](mailto:inquiry@vitalsteps.com)

## Individual Package Pricing May 4<sup>th</sup> – September 4<sup>th</sup>, 2009

	# of Classes	Price
Fat Burner	16	288
	32	512
Boot Camp	13	255
	15	277
Outdoor Boot Camp	12	192
	17	255
Cardio Kickbox	16	288
Vital Yoga	16	288
Relax Hatha Yoga	13	234
	15	267

	# of Classes	Price
Cardio Sculpt	16	280
	32	480
Organic Stretch	12	228
	14	252
Core Pilates	14	242
	16	288
Zumba Salsa	14	242
	16	288
Super Circuit	16	480

**SUMMER PACKAGE SPECIAL:** Unlimited classes for the summer \$375 plus GST.  
(Does not include Outdoor Boot Camp)

*Healthy Summer Treat*



### Banana Berry Smoothie

**What You'll Need:**

- 2 small ripe bananas
- 12 ounces strawberries, halved
- 6 ounces blueberries
- 6 ounces raspberries
- 12 ounces fat-free vanilla yogurt

**Preparation:**

Place bananas and berries in a blender, followed by yogurt. Blend until smooth, scraping down halfway through if necessary. Serves 4.

**Nutritional Information**

**Per Serving:** Calories 224, Calories from Fat 19, Total Fat 1.8g (sat 0.5g), Cholesterol 4mg, Sodium 61mg, Carbohydrate 45.1g, Fiber 7.7g, Protein 6.1g

Recipe from: [lowfatcooking.about.com](http://lowfatcooking.about.com)

## Fit Tips against Sneaky Fat Traps

You know the culprit; it lives in your home. Your couch. "Our culture gives us every excuse not to move," "We're either glued to our computers, driving someplace or vegging in front of the TV."

The solution. Work in exercise whenever you can. Do biceps curls while reading e-mail, get in lunges while waiting for your laundry or do as many bent-knee push-ups as possible.

You know the culprit; it lives in your fridge. Your snacks. With a coffee place on every corner, a burger joint on every highway and pizza just a phone call away, resisting can be tough. (Especially when the chicken fingers at the mall smell so good!)

The solution. "Make sure you're never starving," "Keep healthy food with you at all times - in your bag and at work - so you can munch on a banana or have a yogurt instead of buying a fattening snack."

You know the culprit; you pay much attention to it. Your job. Most of us spend the majority of our waking hours chained to our desks. We e-mail co-workers instead of getting up and talking to them.

The solution. Squeeze in a brisk 15-minute walk during the afternoon and you'll burn off an extra 95 calories. Do that every single day for a year and you'll lose 10 pounds.

You know the culprit. Your alarm clock. When life gets too busy, the first thing to go is pillow time. "But the sleepier you are, the more you'll eat, because your body thinks the extra calories will help it overcome the exhaustion," Your willpower also will be weaker when you're tired.

The solution. Aim for seven to eight hours of shut-eye every night. "Sleep deprivation is just as bad for your body as smoking cigarettes or drinking heavily," "It also puts the aging process on fast-forward. The result? You'll not only develop wrinkles before your time, you also won't live as long as you would if you were well-rested."

Contact Vital Steps at 416-785-8828 for Personal Training or visit [www.vitalsteps.com](http://www.vitalsteps.com) for fitness classes

### Easter Holiday Hours

Friday, April 10<sup>th</sup>: CLOSED

Saturday, April 11<sup>th</sup>: CLOSED

Monday, April 13<sup>th</sup>: No classes,  
Personal Training Available 6:30am –  
6:30pm, Facility Use Available

