

## Maki Performance Training Newsletter V1, I13

Like the MPT E-Blast? Pass it along to a friend!

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### Openers

#### Ageless Xtra

Here's a clip of Dr Stephen Cherniske, the company's head scientific officer, explaining what this product can do for you. The graph below shows how Ageless Xtra scores in comparison with other anti-oxidant products.

## Basic Boot Camp (New Session)

If you're interested in starting to exercise, or just want to get back into a healthy exercise routine, there's a basic boot camp starting on Wednesday April 2nd at 6:45 pm. The cost for 8 sessions is \$72, or you can drop in for \$10 a session. If you know of someone who might be interested feel free to pass this information on to them. This class can be a great way to jump-start your fitness program or to get into a good exercise habit.

## Fit Bits:

"Fit bits" are pieces of information pertaining to the fitness industry which I have found to be interesting, humorous or just plain ridiculous.

## Rick Mercer at RCMP Boot Camp

I don't watch the Rick Mercer show that often, but I thought this 5 minute clip might give you a good chuckle.

## Nutrition Tip:

### Power Food (Spinach)

There was a reason Popeye was able to power up with Spinach. This leafy vegetable is rich in vitamin C, fiber and carotenoids—as well as calcium, fiber, folic acid, magnesium and other nutrients which help control cancers of the colon, lung and breast. Folate in spinach also lowers the blood levels of something called homocysteine, a protein that damages arteries. So spinach also helps protect against heart disease. The flavonoids in spinach also protect against age related memory loss. Lutein, makes it one of the best foods in the world for the prevention of cataracts, as well as age-related macular degeneration, the leading cause of preventable blindness in the elderly.

## Training Tip:

### Vary Your Training

Many athletes are constantly searching for the newest and most effective exercises to use in their training. Some of the best variations available are simple, and involve only changing one's grip on the bar, foot spacing, or the handle or implement used to perform the movement.

### Maki Performance Training: A Testimonial

I feel ready to face any type of challenge after training with Maki. Thank you.

Amy Huang

## Powerful Quote

The actions you take each day create the results of your life. And since every action you take has been preceded by a thought, what you focus on does drive your reality.

Robin Sharma

## Business and Class Updates

If you have any suggestions for a Specialty Class you'd like to see offered, please drop me an email.

Here are the dates for some upcoming classes:

### April 1st 2009 – Basic Boot Camp

**Basic Boot Camp:** This boot camp is a basic entry-level class for people who don't feel they are in good enough shape to join a regular boot camp. It's also for people who want to get back into fitness, and people who may be recovering from an injury.

This boot camp will build a foundation that will provide you with a solid base of fitness, so you can participate at a higher level or take part in more structured classes that will bring greater results!

Days: Monday & Wednesdays

Time: 6:45-7:30 pm

Duration: 8 sessions

Location: Sport Central (2611 Viscount Way)

Cost: \$72 or \$10 drop in

### April 1st 2009 – Maki Fit

Maki Fit: Small groups and intense workouts. Take your physical conditioning to the next level.

Days: Monday to Friday & Saturday (8 am and 10 am class)

Time: 7:00-8:00 pm

Location: Sport Central (2611 Viscount Way)

Cost: \$75 for a 5 session punch card or \$20 drop in

Fitness Boot Camp: This isn't an ordinary boot camp. If you're up for a challenge you'll love Fitness Boot Camp!

April 2nd 2009 – Fitness Boot Camp: 7 pm Session

Time: 7:00-8:00 pm

Duration: 8 sessions

Location: Sport Central (2611 Viscount Way)

Cost: \$100 or \$15 drop in

April 24th 2009 – Fitness Boot Camp: 6 am Session

Days: Monday/Wednesday/Friday

Time: 6:00-7:00 am

Duration: 12 sessions

Location: Sport Central (2611 Viscount Way)

Cost: \$150 or \$15 drop in

March 2009 - Spinning

Spinning: Spinning is an aerobic exercise performed on a specially-designed stationary bicycle called (obviously enough) a spinning bike. Spinning burns serious calories (about 450 in 45 minutes) and offers an awesome aerobic workout that makes your heart pump fast.

Days: Monday

Time: 7:30-8:30 pm

Location: Sport Central (2611 Viscount Way)

Cost: \$45 for a 5 session punch card or \$10 drop in

Until next time,

Maki Riddington

<http://www.dynamicconditioning.ca>