



Fitness with PJ
MAKING YOU FIT. FOR LIFE.

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What's Happening at PJ's...

Climb the Grind June Event - A Success!

Thank you to everyone who joined Larry and me last **June 30th, Wednesday** as we climbed Vancouver's toughest hike, The Grouse Grind. There were a number of Grind virgins on the team and I was so proud to see them, and everyone else get up the mountain and all with a smile on their face. We will do it again in September – I will keep you posted!

July Event:

Stretch & Abs Class

Join me on **July 23, 5:00pm at Diefenbaker Park** in Tsawwassen (the top of 56th Street and 1st Ave, just before the Point Robert's border) as I lead a stretch and abs class. Unwind after a week at work with this unique Friday afternoon workout open to everyone and anyone.

The class begins at 5pm and I ask that you **bring a mat to lie on and a donation for our local Delta Hospital Foundation**. Mark this date on your calendar and invite your friends and family! The more people we have, the money we can raise for our local hospital.

(Please note: this class is suitable for all fitness levels and ages)

Weight Loss & Weight Maintenance Online Program

as low as \$39/month

Looking to continue with your weight loss journey, or perhaps maintain the loss you have worked so hard to get to? Join my *online community* and receive weekly email support, once a month training sessions to keep your program from reaching a plateau, a diet re-vamp, an online community to share your stories and experiences and an online weekly weigh in to keep you honest.

Studies have proven that those who have someone to manage their behavioural issues, and that have to answer to someone on a weekly basis do **66% better** than the placebo group that were left to their own devices to lose and maintain (*Journal of Cardiovascular Nursing 2005, Vol. 21, No. 4, pp 251-25*). Don't become another statistic, and spend the same amount of money on your body, your health and your energy that you would for gas in your car for 30 days. I think you will agree... you are worth it!

\$99/month or \$39/month without the monthly one-on-one appt.

30 Day Challenge Workout (One-on-One)

Want to take your fitness and/or weight loss to the next level? This 30 Day Program involves a 5 day a week workout program for a 30 day period. You will meet with me 4x's, once a week, to learn your workouts for the following 6 days and then continue on your own. If you are committed, this program will get you the results that you are looking for!

\$250 (Dietary advice: \$75 extra)

What I Want Is Within Me