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Students Save all summer!

Members of the Month Profile - Kathy Stokotelny

Kathy has been with Boze's from the very beginning, but took a few years off "in between". Kathy started at Boze's as an exercise instructor way back in the late 1980's. She was one of our original crew of instructors and taught many classes for Boze's while we were located on Main Street.

After giving up fitness leadership Kathy spent a number of years as a devoted mom to her two kids - Brittany and Luke (both of whom are now members of Boze's). She spent considerable time supporting them as they participated in athletics and other extra-curricular activities.

Currently Kathy has become a regular noon-hour member, and works out predominantly during her lunch hour. After starting a new career in real estate Kathy can be seen talking more than the occasional call on her cell phone while working hard on the elliptical trainer.

Kathy has been an activity role model for her family, and has arranged for a family membership that includes her husband Lyle and the kids. Lyle usually spends most

winter noon hours as an active member of the NHL (Noon Hour League) - but has become a regular Boze's member during the hockey "off-season".

Kathy still participates in the odd exercise class, and does regular resistance training as well. She has managed to include regular exercise in an otherwise very busy life.

Kathy Stokotelny, a wonderful activity role model for her family and Boze's deserving Member of the Month for May 2006.

GROUP EXERCISE UPDATE

Wed. 5:15 pm Class to end in May-

The Wednesday 5:15 BOOT CAMP class will end its season this month, with the last class being scheduled for Wednesday, May 17.

Starting on May 23rd BOOT CAMP will replace BOSU CIRCUIT on Tue/Thu. This schedule will continue throughout May and June.

Noon Class "flip" – BOSU CIRCUIT

switches to Wednesday for May. Core Stretch/Conditioning will be held on Mon/Fri..

"There is no eye like knowledge; there is no mission like truth; there is no suffering like desire; there is no happiness like sacrifice.

- Buddha

MAY SPECIAL AT BOZE'S

FOUR MONTHS FOR ONLY \$189

(Plus GST)

Sale ends May 3^{1st}. Renew or extend your membership today.

**SUMMER HOURS KICK IN
AFTER VICTORIA DAY**

**Boze's will be closed on Monday,
May 22nd for Victoria Day.**

**We will remain open on Sunday,
May 21st, but this will be our last
Sunday open until September.**

"60 Hours to a New You" Returns!

Give us 60 hours of your time and effort (over the next two months) and we will give you a new outlook on life. We have had numerous members participate in this program during the past with great results. We are willing to bet that you too can achieve positive fitness and health results by following our exercise, nutritional and lifestyle plan.

Participate in this program and you could change your life. We have proven You WILL gain positive results if you follow our 60-hour program. Work out with us for at least 60 hours over the next two months. Adhere to our eating and nutritional guidelines (which are based on Canada's Food Guide for Healthy Eating) and you WILL succeed.

Now don't be fooled - this program isn't for you if you are looking for an easy way to get in shape. (You know there's no easy way to get or stay in shape - it requires effort.) 60 Hours to a New You is all about helping you change habits, in particular, to replace unhealthy lifestyle habits with regular workouts and healthy eating. It's a simple formula, but it requires dedication, focus and desire. We provide the formula, give you advice and all the encouragement you need ... you do the rest.

The workouts are split evenly between weight training and cardio sessions - from 30 to 60 minutes per day, six days per week. The more time you commit to your workouts - up to 60 minutes per day - the faster you will succeed in reaching your goal. Combine this regular activity with healthy, balanced eating and plenty of water and you're on your way to success.

F.A.Q.'s (Frequently asked questions)

This program sounds like hard work. Is it?

It involves desire and effort, but if you've grown tired of how you feel or look, this program is just what you need to get yourself started on the path to personal fitness. **YOU PUT IN THE EFFORT - YOU WILL GET POSITIVE RESULTS!** You determine the intensity of the program based upon your desired outcomes. It's YOUR program. The more you want to achieve, the harder you will have to work. We will discuss your personal fitness goals with you and help you establish reasonable objectives that are consistent with your current level of fitness and the amount of time and effort you will be able to direct towards the program.

How soon will I see results?

It depends, because it's your program and it's built around you. It depends on your level of fitness and the goals you have set for yourself. It depends upon the amount of effort you put into your workouts, your eating habits and the amount of rest you get. Since you determine and control these variables, it's totally up to you. How much you put into the program will be reflected in how much you take out of it. "The sky is the limit", and we guarantee successful results if you stick to your plan.

I don't know if I can find 60 minutes a day, or six days a week to workout. Will I still get results if I workout less than recommended in the plan?

Yes, maybe, but the results will not be as significant and you will likely have to reduce or scale back on your expectations. If you skimp on your workouts and/or don't stick to the recommended eating plan you won't see the results you want, pure and simple. Let's be honest, you won't achieve long-lasting results without effort. This program is about focus, about setting a goal and then working towards it. There is no "quick-fix", nor is there an easy way to success. If you want to succeed, you MUST find a way to exercise daily and eat properly.

How are the workouts scheduled?

It's pretty simple, you engage in a "One-day-on, One-day-off" weight training program (three times per week for up to sixty minutes per session). On the in-between days you do cardio workouts - at intensity and duration levels you set for yourself. The seventh day is a rest day - if you choose. It's also a day for you to eat anything you want (at first you might want to eat some "junk", but more likely you'll nibble on some of your favourite snacks and rely on your newfound resolve

and focus. Your rest day is unique, in that you can divide it into "relief" sessions that you can use on a workout day when you can't eat properly or get all the exercise you need. We'll give you all the details when you join the program.

What does it cost to join the program?

Nothing, if you're a Boze's member. 60 Days to a New You is another Boze's program designed with the best interests of our members in mind.

If you're not a member, or know of someone who's interested in the program, Boze's has a special price for a two month membership – just to try the program out. Cost for the two month special membership is only \$85 plus GST.

Student extra-discount continues in May!

Boze's already has great student rates, but they get even better as Summer approaches. Students can choose to purchase a one-month membership for only \$40; a two-month membership for \$80; three months for \$120 or four months for \$160. It doesn't get any better to be a student at Boze's.

Off-Season Conditioning Programs available - for teams or individuals

Contact David if you'd like to develop a program for the athlete in your family. (Team discounts are also available. Please see David or Cherie for details.)



**Bran Muffins with
Molasses and Dates**

**These muffins are
sweet and moist and have no added fat.**

Ingredients:

**½ cup chopped dates
1 cup boiling water
1 egg or 2 egg whites
1/3 cup molasses
1 cup yogurt or buttermilk
¾ cup unprocessed bran (not the cereal)
½ tsp salt
1 tsp baking soda
1 cup whole wheat flour**

**Optional: ½ tsp cinnamon; 1 tsp grated
orange rind; 1 tsp vanilla extract.**

**Preheat oven to 350 F and lightly oil
muffin cups or treat them with cooking
spray.**

**Soak the chopped dates in the boiling
water while you prepare the other
ingredients.**

**In a large bowl, mix together egg,
molasses, yogurt, bran and salt.**

Drain dates and add them to the batter.

**Gently stir in wheat flour, baking soda,
cinnamon, orange rind and vanilla as
desired.**

**Fill muffin cups 2/3 full. Sprinkle tops
with cinnamon and sugar if desired. Bake
for 18-20 minutes, or until a toothpick**

**inserted in centre of muffin comes out
clean.**

Yield: 9 muffins

Total calories: 1, 330

Calories per muffin: 150

Boze's new website popular

**Our new website is getting lots of visits.
Check it out at www.bozesbodyshop.com**

**Let us know what you think about the site by
sending us an email. It's simple, just click on
the *send us your feedback* button and we'll
know in an instant what you think.**

**We'd also like to get you to share the site with
your friends – click on the *email this page to
a friend* button so they may also keep up to
date on fitness and Boze's happenings.**

**Our popular newsletter will be updated
monthly, with articles added to the site
regularly. It's never been easier to print an
article or recipe you want to have for yourself.**

**Additionally, all our previously printed
articles, Members-of-the-Month and recipes
from Zonia's Kitchen will be archived on the
site for your retrieval.**

**The new website is all about keeping you
informed and helping you achieve your
fitness goals. Let us know what else you'd
like to see on the new Boze's Bodyshop
website.**