

GEORGETOWN FITNESS BOOT CAMP

Georgetown's ORIGINAL and #1 fat loss program



Before



After

The most effective, fun & affordable fitness 'Body Make-Over' Fitness Solution ever crafted.

Expect these RESULTS:

- 3-5% Reduction in Body Fat
- Greatly Improved Posture
- Better Relaxation
- 5-12 Pounds of Weight Loss
- 1-3" decrease in your midsection (minimum)
- 25% improvement in Endurance & Strength
- 100% Gain in Energy + Self Confidence!

No matter your age, size or fitness level, you can achieve great results. Whether you are a beginner, an avid fitness enthusiasts or just tired of the same old routine... you will achieve amazing results!

You have nothing to lose except the pounds!! No contracts - the most affordable boot camp program!!

***Now with a location in ACTON
647-988-4237**

www.georgetownfitnessbootcamp.com



Before



After

Add style to your summer

More and more Canadians are looking to maximize the use of their backyards by creating a warm and inviting space to make the most of the summer months. A new look can be as simple as adding some colour. Tap into this season's hottest colours like bright turquoise and fresh green and leave the look of faded plastic chairs and rusty patio furniture behind. Or for a more traditional colour palette, go for a cool gray or crisp white look to freshen up your space.



Try Rust-Oleum's Painter's Touch 2X gloss spray paint in sun yellow or brilliant blue to add instant style. Whether you desire Miami Beach, a Muskoka retreat, or a look all your own, one single coat of paint can help you create a finished look in less time and for less money.

Here's how to give your furniture a new look with spray paint:

1. Remove any old or loose paint and lightly sand your furniture. Rinse the furniture and allow it to dry.
2. Choose a spray paint in your desired colour and finish. Spray paint does not need to have a flat finish, try textured spray paints for a pebble-look to create a chic look.
3. To get an even finish, hold the can of paint 20-30 centimetres away from the surface and spray back and forth in long, sweeping motions. Opt for multiple light coats, rather than fewer heavy

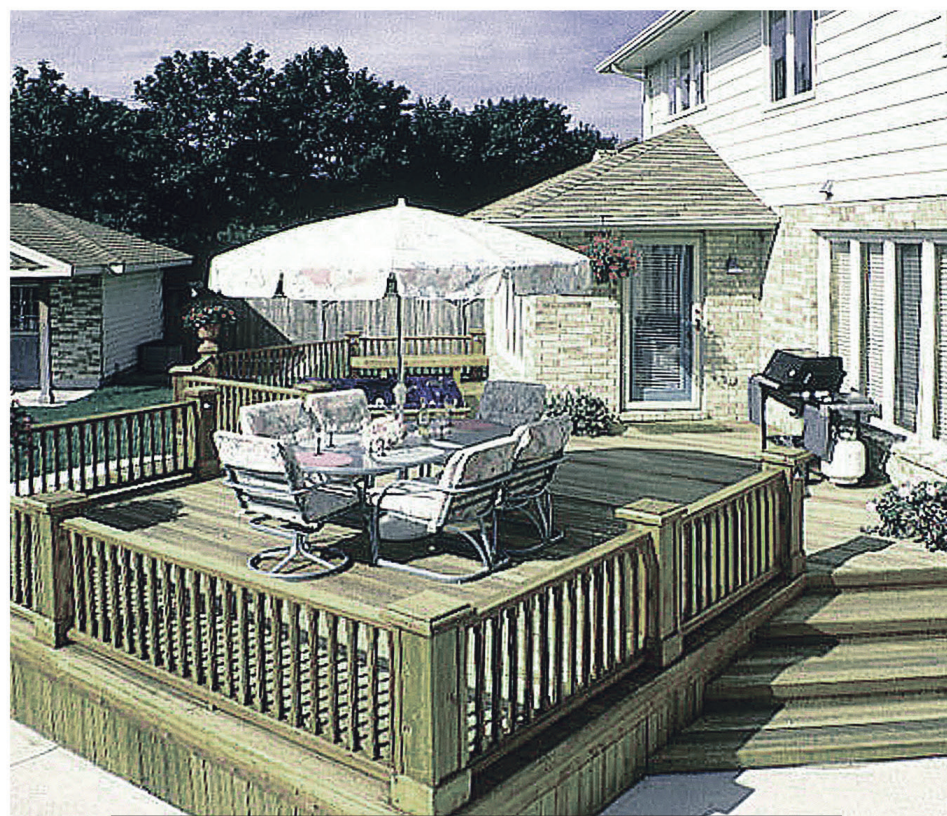
coats to get a smooth finish without drips.

If your favourite bistro set has existing rust spots, try a rust-fighting paint such as Tremclad spray paint which provides long-lasting protection and durability.

And always remember, accessories can also give your outdoor space an improved overall sense of style. Choose one or two complimentary colours and use them to paint items such as urns and decorative lanterns. Try Universal spray paint in canary yellow, a popular 2010 colour.

Remember, being on trend does not mean being out-of-pocket; an afternoon of painting can extend your budget and your living space.

—www.newscanada.com



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2x6

- ▶ unique profiled edge, ideal for decktops and railings
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