

# FOCUS ON BUSINESS

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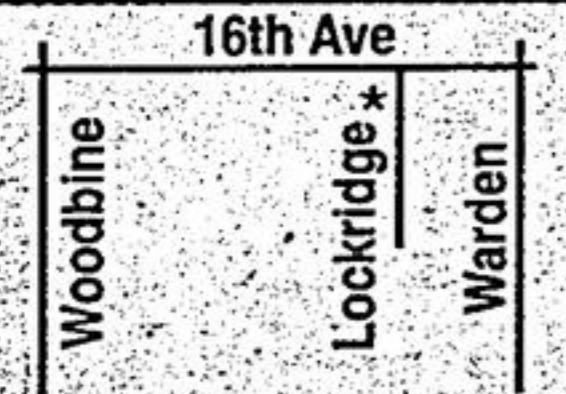
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## Changing Markham Inch-By-Inch... Canadian, Eh?

*Changes for Women* in Markham is happily celebrating their first anniversary. Since opening, the most frequently asked question has been:

"What sets *Changes* apart from other women's circuit training facilities?"

The staff proudly responds that the locally owned & operated Canadian franchise offers much more than just the standard 12-machine hydraulic circuit. Their equipment is specifically designed for women to eliminate the fear of injury & is easy to use. Due to this, club members have seen great results. The staff also realize that every woman has different goals & needs. This is why *Changes* offers personal 1-on-1 coaching, without an appointment. Once someone becomes a member they have full access to the club including various classes instructed at convenient hours, fitness & nutritional counselling, inch & weight loss tracking, and usage of the club 7 days a week for as long as they like. All this at no additional cost!

The fully trained coaches at *Changes* enjoy seeing the club members succeed in their goals and will work hard as a team to get them the results they want. The current members have responded well to this. Lisa, who joined in March states, "I've taken off inches at previous gyms, but ended up lost in the crowd. At *Changes* the encouraging staff have kept me motivated & challenged in fun ways." Although more and more are signing up, *Changes* still offers a more comfortable and nurturing environment. Everyone is encouraged to support each other in a non-competitive way. Their first Inch-Loss challenge ended at the beginning of October with great results. Inspired by this, even more have signed-on for the pre-holiday challenge.

It's also important to mention that above all, *Changes* members are working on improving their health. "I feel good about myself inside & out! My cholesterol has dropped, my migraines & knee pains have disappeared," says Julie, a member since April.

Aside from the circuit, *Changes for Women* offers a unique diet program. If anyone went to a fitness club and then a diet clinic for this program it would cost them thousands, but at *Changes* it's all under one roof for much, much less. The Ideal Protein weight loss method is a medically designed supervised diet that produces a consistent, safe &

healthy weight-loss. There's a small one-time consultation fee (waived for members) plus the cost of food and vitamins. The diet offers 22 different flavours of soups, hot drinks, cakes, bars, puddings & so much more. You include these with 'regular' foods, all listed for you in an easy to understand information package. You can even have that coffee you enjoy so much in the morning & a delicious late night snack!

Great success can be achieved by combining the circuit and the diet. Laura should know. She's lost 77lbs, 79in, 4 pant sizes & wore shorts for the first time in 20 years! Laura is very happy with what she has achieved in the past 9 months. The staff couldn't agree more, she looks fantastic. Laura will talk to anyone about the diet. "Other diets taste bad or leave you hungry, but Ideal Protein is easy to use, tastes great & includes regular food without counting or weighing. Now that I have learned how to properly combine my foods, I am now maintaining what I've lost. With *Changes*' ongoing guidance, I can enjoy any of the foods I love, & I even get a weekly 'Cheat day'."

Many programs can help you lose the weight, but what about after you've reached your goal? *Changes* owners Pam & Marita, as well as their staff, want to know if your program helps you stay on track. If not, they invite you to come in & see how they can help you achieve & maintain your goals.

*Changes for Women* is perfect for the busy woman. Just about anyone can fit it into their day because it is both time & cost effective. Come by and check out their many *Success Stories* and see how great their first year has been. As they celebrate their anniversary, the Markham club is offering \$0 registration, free workouts and prizes to a limited number of new members. Join in their success & next year they'll be celebrating yours!

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## Fun, Fitness, & Practical Self-Defense

Children's Programs:

4-7 year-olds- Children are introduced to a wide variety of martial arts games and fitness based on wrestling and grappling. There is no striking in this class, and an emphasis is placed on the development of motor skills, work ethic, and social competence.

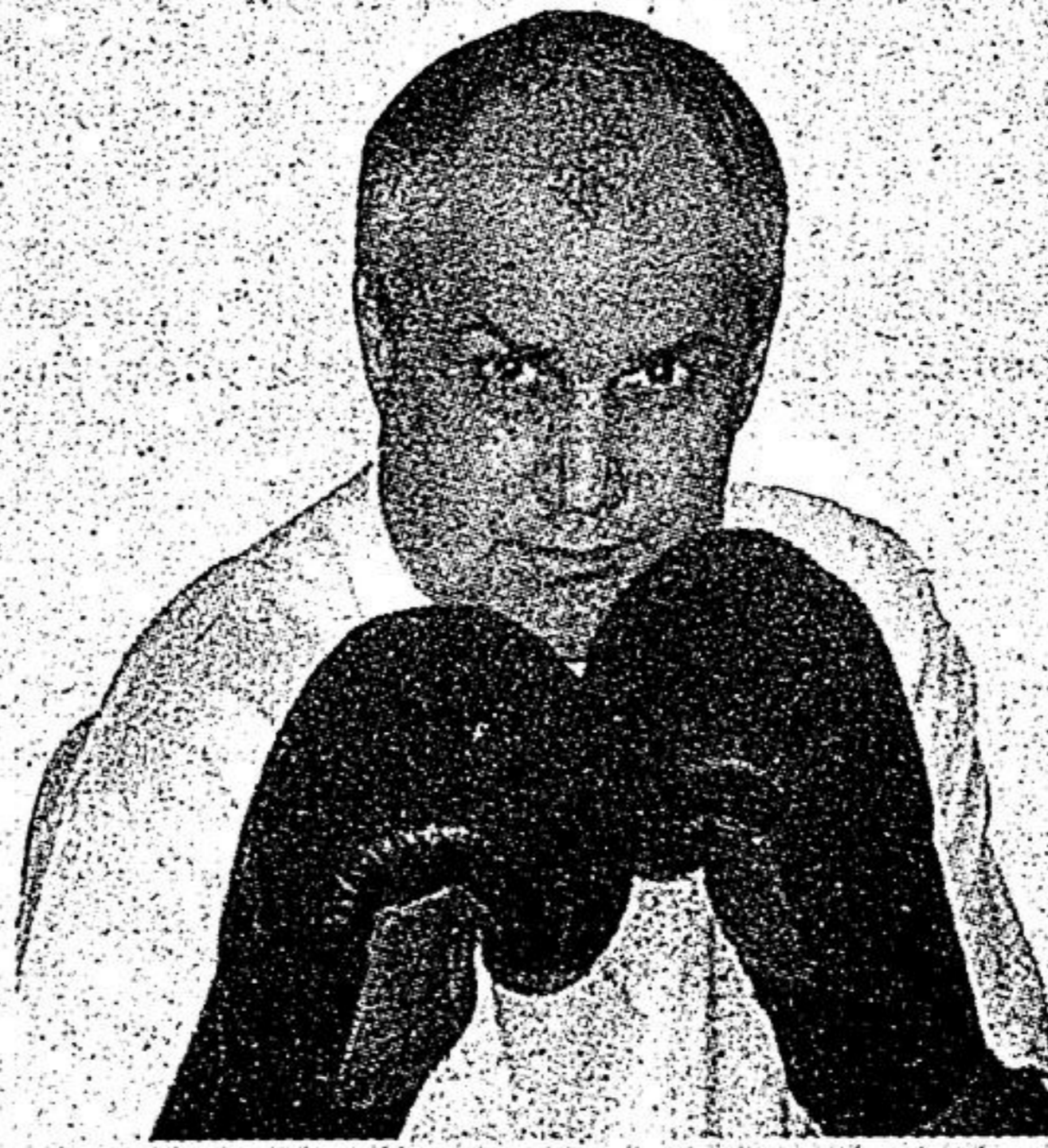
8-12 year-olds- Children in this age group receive an exciting and informative overview of the major martial arts of the Pacific Rim. Boxing and shoot wrestling are also introduced, and combative games and fun-activities like Dodge Ball are included in this age group.

Teen Boxing:

Ron Beer's unique method of teaching and modern training facility offer a great environment for teens. All lessons are taught in a safe manner, and lessons are taught in a modern setting, including no bowing and no belts.

Teens thrive on the one-on-one approach that Ron Beer and his excellent team of coaches provide. This method of teaching allows students to focus on their individual challenges and move at their own pace towards the accomplishment of personal goals. This process is an excellent way for teens to develop self-confidence, a positive attitude, as well as knowledge of personal fitness.

The boxing program consists of five skill levels designed to help teens develop goal setting skills and strategic thinking.



Women's Morning Boxercise:

This exciting and fun program is offered every Tuesday and Thursday mornings from 10 a.m. to 11 a.m., in a "pay as you go" format.

Boxercise provides a great cardio workout and is a safe and effective way to shed weight and gain strength. The program is very challenging and taught personally by Ron Beer.

Ron Beer takes the time to reach each individual and always spends time on personal development. Ron has been offering his high quality of personal attention for 28 years. Call Ron today at 905-294-6044, or stop by at 15 Heritage Road, Unit 6, in Markham. For more information visit [www.grappling.ca](http://www.grappling.ca)

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