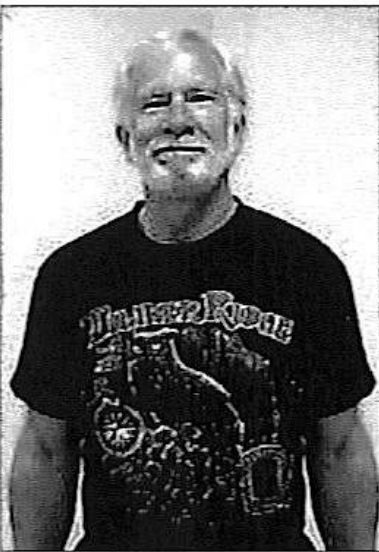


# TESTIMONIAL

## from Dr. Nick Rehagen

"I have been participating in the *Fitness Stylz/Les Mills* programs for almost three years, and not only has my HDL cholesterol gone up, but I have maintained muscle mass, increased bone density, and have improved my overall fitness level. I feel years younger!"

"The best part is these programs are fun. The trainers are responsive, knowledgeable, and inspiring, and there is a copious and effective support from the staff. These are great programs!"



**Ask the Instructor: Andrea Richards**

This month, we received a question about BODYSTEP:

*Q. When I'm coming down off the riser in BODYSTEP, am I supposed to hit the ground with a toe/heel? —Out of Step in Strong*

A. It is important to step onto the step with your heel first, then your toes. This is also proper form for walking, running, etc. When you come off the step, you should step toe/heel, though. BUT if you come off the side of the step, you should distribute your weight equally onto the front and back of your foot.

I hope that that helps!! Any more questions, just ask!

—Andrea Richards, BODYSTEP Instructor



## The Personal Touch: benefits of a Personal Trainer

Do you have specific fitness or fat-loss goals, but you're not sure how to go about reaching them? Our personal trainers can help!

You might consider a personal trainer if:

- You want an individualized program to meet your goals.
- You prefer individual attention and feedback.
- You have reached a plateau and want to increase your performance.

Fitness Stylz has three certified personal trainers available to assist you: LeeAnna Lavoie, Chris Guild and Jasmine Castonguay.

Training packages are as follows:

**Initial Consultation**, program set-up, and program follow-up \$55

**Program Update** (suggested every 3 months to enhance performance) \$40

**Personal Training Session** (1 Hr) \$40

**Partner Personal Training Session** (1 Hr) \$65



**Personal Trainers:** Jasmine Castonguay, Chris Guild, and LeeAnna Lavoie

goals. Personal trainers will also teach you proper form and posture to prevent injury. A complete workout session will include a warm-up, cardiovascular or strength exercises and stretching. You may only need the first session to get on the right track, or you may prefer to work with your trainer for several months.

If you would like to hire a personal trainer, you can make an appointment at the front counter.

Keep in mind that personal trainers have varied methods of training. Make sure you are comfortable with your trainer before you leave the consultation.

**Multiple Sessions:** packages at a reduced rate

Personal Training is not about someone pushing you hard like they do on *The Biggest Loser* or *Celebrity Fit Club*, but more about someone working with you on an effective level so you can achieve your

### A Special Valentine's Celebration

Fine dining, including a bottle of premium wine and dessert!

Over 10 sumptuous entrees to choose from, such as Roasted Duck a l'Orange, Slow Roasted Prime Rib and Lobster Alfredo.

**\$69.95 per Couple**



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