

Jeff Lavin's update from Argentina

Fitness Stylz member Jeff Lavin left for Argentina the first week of August to continue pursuing his professional snowboarding dream, a dream that had been put on hold for two years due to a serious knee injury. Through intense rehabilitation, which included the use of Les Mills programs, Lavin finally received the 'green-light' from his doctor to get back on his snowboard. Lavin sent us this report about his current adventures in Argentina:

"The past nineteen days have been amazing and unique. I started by spending a day and a half in Buenos Aires, exploring the city and skateboarding. The people in Argentina are really down-to-earth and love the northeastern United States English accent. They say that we [New Englanders] speak the best English, and the majority of the people like the Red Sox, even though football (soccer) is the big sport. No matter what time, night or day, you can find football on TV.

"After BA, we headed over to Baraloché and have been at Cathedral Alta, Patagonia. It's snowed a bunch here, and we've been reaping the benefits, hitting lines and building big jumps.



GOING DOWNHILL FAST — Jeff Lavin hits the scenic slopes in Argentina, where it is still winter. He is in training to become a professional snowboarder.

"The first two weeks were in and out. I've been doing as much Body-Flow as I can remember, and I took up Yoga. I've also been doing polymetrics a few times a week, as well as push ups, sit ups, and resistance tubing. My legs were sore, and riding was sometimes painful. But as they said in a song by Chevelle: *Send The Pain Below*. The day I hit one of the big jumps into powder, my pain went away. It's been good,

and it's going to keep getting better. I'm looking forward to more editorial features by photographers and building future relationships for seasons to come. My time is now. It's time to get up and answer the call of the mountain!"

Jeff Lavin will continue to send us updates on his progress. We'll keep you posted right here in Fit Newz.



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