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TRAIN WITH JANE NEWS

COMMIT TO YOURSELF... COMMIT TO BE FIT

MARCH 2007

Volume 1 Issue 3

TWJ News- Off and running...

Welcome to the first edition of the Train with Jane news. Every month we will be putting together a newsletter for all of our clients to keep you updated on the comings and going here at Train with Jane, as well as any announcements we might have. We will also have monthly features you can look forward to like 'inside the exercise' where Jane and Chris will explain how an individual exercise benefits your body and helps you on your way to a healthier more fit life. We will also be featuring a monthly recipe or diet trick to help keep you on track with your diet.

In This Issue

- TWJ News
- Inside the exercise
- Eat Fit
- Bulletin Board
- Member of the Month

Thanks for your Referrals!

- Margaret Corio
- Tina Fryer
- Angie Santarossa
- Dorothy McMahon
- Arpa Smith
- Gina DiLeonardo
- Nancy Taylor

Remember, you get 1 free session if the person you refer buys 30. Try bringing a friend to boot camp!

Win a one year membership at

GoodLife FITNESS

Ask us how!

DIET TROUBLE? You should update your diet every 4 to 6 weeks.

Inside the Exercise- Dead Lift

How to do it: Holding a dumbbell in each hand, stand upright with your feet slightly less than hip width apart. Hinge forward at your hips and allow your hands to drop in front of your body. As you hinge forward, allow your knees to have a slight bend in them and stretch across your hamstrings. Once you've reached your personal limit, control yourself as you stand back upright and squeeze your lower back.

How it helps: The dead lift is a compound movement that works all of the major and most of the minor muscles in the abdomen and lower body. The remaining muscles are involved in stability control. The areas that garner the most benefit from this are primarily the lower back and back along with the hips, thighs (especially hamstrings), buttocks and calves.

New at Train with Jane

We are pleased to announce the addition of a new trainer here at Train with Jane Studio. We would like to introduce you to our newest trainer, Sherri Archambault. Sherri has been working out with Jane and Chris since July, 2006. She recently completed her ISSA Fitness Trainer Certification and is also gearing up to compete at the Level 1 show in Stratford.



Client of the Month for March

Congratulations!

Kristin Drake



Kristin is a model Train with Jane client. She's been on our program for 4 months and has seen excellent results. Even though she had two kids under the age of 3, she finds time to make it here to the gym at least 3 times a week to train and is a regular at our weekend boot camp classes. She's stuck to her diet and is always on time for her sessions. Kristin is always a cheerful addition to any workout and is a pleasure to train with. Keep up the good work Drake!

REFER A FRIEND AND RECEIVE 1 FREE SESSION FOR EVERY 30 SESSIONS THEY

Competition Corner –

Well competition season is creeping up on us here at the Studio, and this year we have 7 girls in training for various shows. Some are working on their first show, others are hoping to qualify for provincials this year. The next show is the Festival City Championships Level 1. Its being held in Stratford, on April 28th. Four of our girls will be there representing themselves and Train with Jane. Katie Kersey, Renee Renaud, Sherri Archambault and Cathy Nicholls will all be participating. Be sure to wish the girls good luck if you see them around the studio. If you are interested in going to watch the show, ask Liz for more information.

Bulletin Board

- Coming Soon– **TRAIN WITH JANE** apparel
- **TWJ** is an allergy free studio. No perfume or cologne please.
- Be sure to book your boot camp early– spots fill up fast. It's \$10 for **TWJ** members and \$15 for Non– members. Bring your friend, spouse or even a family member.

Want whiter teeth? Sport Fest is proud to bring back their Dental Health Month Teeth Whitening Package. Visit participating dentists and pay only \$100 for professional whitening. See www.sport-fest.com for more details!

Jane's World –

This is a little section I'll be putting in each newsletter where I can update you on what's going on with me and my competition career. Currently, I'm in training for the Jan Tana Classic in New York on June 23rd. Chris and I are both excited to go back to NY.



I'm endorsing a new product which I encourage you all to try. It's called Motion Medica and it's a skin care line designed specifically for athletes. My favorites are the Sage & Citrus

Moisturizer which I use before I work out to keep the sodium from absorbing back into my skin, and the Peptide Treatment lotion which I use daily. It helps build collagen and smooth skin.

www.motionmedica.com

Eat Fit and enjoy it!

How about a nice sweet treat for breakfast? Try this variation on your egg white omelet.

4-6 Egg whites (as prescribed by your diet)
2 tbsp Cinnamon

Fry up the egg whites in with a small amount of Pam. Just before flipping your eggs, sprinkle and 1 tbsp of cinnamon. Before serving, sprinkle cinnamon on second side of omelet. Serve immediately and enjoy!

Sport Fest Spot-

Come to the Caboto Charity Pasta Night on April 4th from 4:30 to 7:30 at the Caboto Club. \$7.50 adult, \$5.00 kids, \$8.00 take out. Two different kinds of pasta, salad, buns and coffee/tea **Sing your donor card!**

Got something you'd like to post on the Bulletin Board? Let us know and we'll share your message with all **TWJ** members

What makes a Client of the month?

- Promptness
- Dedication
- Referrals
- Following your diet
- Following your cardio program
- Results!



SPARTAN NUTRITION 3850 Dougall Ave, Windsor
All TWJ Members receive 10% all their purchases!