

To receive email from Elaine & Nar,
add ElaineM@AAYBootCamp.com to your safe sender list.

[View as Web Page](#)

[Subscribe](#)

[Send to a Friend](#)



Work Hard, Eat Well, Feel Good & Get Results!

WEEK OF 6/29/09

It will be another fun & inspiring week of fitness and good nutrition at All About You! Wellness BootCamp.

AAY! exercise programs change every week in a systematic manner to ensure that your body gets the variety it needs. New challenges guarantee that you will continue to make progress toward your fitness goals.

Our mission is to support YOU in developing good eating habits & a love of exercise that will help you enjoy a lifetime of health, fitness & well-being!

ANNOUNCEMENTS

CHANGE OF LOCATIONS: On Monday & Wednesday all classes will be doing a track workout. Please see the location details below.

TRADER JOE'S TOUR: It will be on Wednesday evening this week! See article below.

HAPPY 4TH OF JULY: You are welcome to bring friends or family with us to our 4th of July hike. It is a nice, flat family-friendly trail.

NEW PRICING STRUCTURE: We're implementing a new system which we believe will be better for all our members. See article below.

POSTURE ASSESSMENT VIDEOS!
If you haven't checked it out yet, make sure you go

In This Issue

[WEEK OF 6/29/09](#)

[ANNOUNCEMENTS](#)

[BRING TO CLASS](#)

[WHAT WE'RE DOING](#)

[5:30 & 7:00 AM LOCATIONS](#)

[8:30 AM LOCATIONS](#)

[6:30 PM LOCATIONS](#)

[BABY & ME BOOTCAMP!](#)

[SAT. 7:30 AM: GABRIELINO TRAIL HIKE](#)

[SPECIAL WEDNESDAY NIGHT TRADER JOE'S TOUR!](#)

[POSTURE VIDEOS!](#)

[BETTER PRICING FOR MEMBERS!](#)

[BOOTCAMP BUCKS CONTEST!](#)

[YELP: WE LOVE YOUR REVIEWS!](#)

NUTRITION TIP: Grocery Shopping!

Healthy eating habits start at the grocery store! The better prepared you are

to the "posture" page of our website. Read the article below for more info.

FOOD DRIVE!

Thanks to everyone who donated to our food drive for the Hollywood Sunset Free Clinic. Special thanks to Amanda B. for organizing it for us and to Linda B. for donating about 8 bags of food!!

BRING TO CLASS

TUES, THURS: Exercise Mat & Dumbbells (including your heaviest dumbbells)



FRI: Exercise Mat

SAT: For the hike, please wear trail running shoes, bring water, and wear a watch.

PLEASE NOTE: We have a new way for you to keep track of your fitness testing results, so you don't need to bring your binder to class.

WHAT WE'RE DOING

This week we'll be doing fitness assessments to test your speed, endurance, strength and flexibility. We help you track your progress by re-testing you once every 12 weeks.

MON, WED: We'll be running or walking a mile on Monday and 2 or 3 miles (depending on your speed & fitness level) on Wednesday.

TUES, THURS: We're working on building strength this week. We're doing sets of just 8 repetitions, which means you need your heaviest dumbbells. We'll also do your strength & flexibility tests.

FRI: Tons of fun cardio!

SAT: 4th-of-July hike at JPL.

when you buy your groceries, the easier it's going to be to plan, cook and eat healthful meals & snacks throughout the week.

Here are some pre-shopping tips:

- Know the layout of your store.
- Make a shopping list of items you need and stick to it to avoid impulse buying.
- Eat before shopping to help you make wise decisions!
- Use discount coupons ONLY for items you would normally buy.
- Pass up displays at check-out stations. They are usually impulse items that are not nutritious.
- Read labels carefully for ingredient and nutrition information.
- If you haven't been on our Trader Joe's tour yet, make sure you do for tons more practical tips.

RECIPE FOR SUCCESS: TRADER JOE'S TOUR

Our monthly AAY! supermarket grocery tour can be the key to your nutrition success. Although many people understand the concepts of healthy eating, it is much more challenging to put the theories into practice on a daily basis.

To address this, we have arranged a nutrition-education session to take place at our local Trader

5:30 & 7:00 AM LOCATIONS

MON & WED:
Hoover High School Track

TUES, THURS, FRI
Homenetmen Ararat, 3347 N. San Fernando Rd, LA
(Park in back lot & enter building through side door.)

Directions to Hoover Track:
From the 134 take the Pacific exit. Go north on Pacific and turn left on Olmsted Drive. (The sign for Olmsted is difficult to see. It's the street after Spencer.) Park near Olmsted and Hillcrest and then enter the gate to go down to the track.

www.mapquest.com for Hoover High School Track

8:30 AM LOCATIONS

MON & WED:
Fern Dell in Griffith Park

TUES, THURS, FRI
Homenetmen Ararat, 3347 N. San Fernando Rd, LA
(Park in back lot & enter building through side door.)

Directions to Fern Dell:
*Take Los Feliz almost all the way to the end (just before it turns into Western).
*Turn RIGHT on Fern Dell and drive past the Trails Cafe. Stay on Fern Dell and look for a BIG parking lot on the left.
*If you go too far, you will wind up the road to the Observatory. If that happens, come back down to the parking lot.

www.mapquest.com for Fern Dell

6:30 PM LOCATIONS

MON & WED
Crescenta Valley High School Track

TUES & THURS
Crescenta Valley Park (Dunsmore & Honolulu)

Joe's each month. We provide information on healthy food choices and demonstrate how to read a food label, compare nutrition facts, and choose the healthiest foods for you and your family. We also provide a handout listing our favorite healthy foods available at TJs.

With all this practical information, you'll have the tools you need to make nutritious & convenient meals & snacks for you & your family.

INSPIRATION: EDUCATE YOURSELF!

There are so many myths and misconceptions about nutrition, exercise and weight loss. That's why at AAY! we strive to educate our members with factual information that will help you not only lose weight or achieve a specific fitness goal, but also to live a healthy lifestyle.

To take full advantage of the education we offer, we recommend that you:

- Read the newsletter thoroughly, especially the weekly nutrition tips. Click on any links we provide.
- Read our blog each week and post your own comments and questions so that you can get the answers you want.
- Listen to explanations in class about why we do certain exercises.

Directions to Crescenta Valley High School Track:
From Glendale, take the 2 North to the 210 West.
Exit on La Crescenta Ave. and turn left.
Turn right on Montrose.
Turn right on Ramsdell.
Look for the school's small parking lot on your right.
Enter the gate to the track and look for us near the bleachers straight ahead. If the lot is full, you may need to find street parking and walk in.

www.mapquest.com for Crescenta Valley High School

BABY & ME BOOTCAMP!

TUES & THURS
10:15 - 11:15 am
Homenetmen Ararat Gym
3347 N. San Fernando Rd.



We'll be doing a fun combination of strength training & cardio.

Parents are welcome to come with babies 3 months or older in a stroller.

SAT. 7:30 AM: GABRIELINO TRAIL HIKE

This is a fairly flat, but gorgeous, trail starting near JPL in Altadena. A perfect hike for friends & family!



FROM GLENDALE:

The Arroyo/Windsor exit is on the stretch of the 210 between the 2 north and the 134 East. There are two ways to get there from Glendale- but read carefully!

2 North
210 EAST
Arroyo/Windsor Exit
Turn LEFT on Windsor.

- Sign up for our nutrition journal feedback program (\$30/month). You will be amazed at how much you learn when you receive personalized feedback about your eating habits.
- Join our Trader Joe's tour if you haven't yet, or if it's been a while and you need a reminder.

"If a man empties his purse into his head, no one can take it from him. An investment in knowledge always pays the highest return."
Benjamin Franklin

BLOG WITH US!

This week, our nutrition tip is about healthy grocery shopping. Go to our blog for one more tip and to post your suggestions or questions about grocery shopping.

aaybootcamp.blogspot.com



CONGRATULATIONS!

We saw more great progress this week!

LARISA M. has lost 8.4 pounds, 4.25 inches and 3.7% body fat!

MARY V. has lost 4.75 inches and 1% body fat!

If you haven't been

OR

134 East to 210 WEST
Arroyo/Windsor Exit
Turn RIGHT on Windsor

Either way you go, you will end up at the end of Windsor. You can either park in the lot on your left, or if the lot is full, you can go around the corner on Ventura and park on the street in the residential area. Meet us at the yellow gate where the trail begins.

[www.mapquest for Gabrielino Trail at JPL](http://www.mapquest.com/Gabrielino_Trail_at_JPL)

SPECIAL WEDNESDAY NIGHT TRADER JOE'S TOUR!

Every month we lead an educational nutrition & healthy food tour of Trader Joe's in La Crescenta. You will get a lot of great tips and information about healthy, fast & convenient meals & snacks to help you stay on track with good nutrition. (See "Recipe for Success" article in the right column for more details.)

New members & anyone else who has not yet been on the tour are strongly encouraged to attend. The price for the tour is \$30.

We usually do the tour the first Saturday of each month. Since this Saturday is 4th of July, we decided to do a Wednesday evening tour this month instead.

You must register and pay for the tour in advance.

POSTURE VIDEOS!

We have a new page on our website with short video clips of all the corrective stretches, foam roller stretches and corrective exercises that we recommend for helping correct muscular imbalances.

When you first joined BootCamp, you had a postural analysis. If you don't remember, or never received, our recommendations for which muscles to stretch &

measured in more than 4 weeks, please see Nar or Elaine to set up an appointment.



HAPPY BIRTHDAY!

Happy birthday to our two 4th of July babies: Carol A and Hitasha M.

We are wishing you both a wonderful birthday and a year full of joy, love, laughter and fitness.

CONTACTS

Elaine Miller
818-437-5523
ElaineM@AAYBootCamp.com

Narina Tatoussian
818-398-4198
NarinaT@AAYBootCamp.com

OUR WEBSITE

Visit our website for our Nutrition Journal, Daily Calories Calculator, current newsletter and much more.

The AAY! Website is hosted and maintained by Caspian Services, Inc. Contact them for all your website needs.
818-957-4488 or
www.caspianservices.net

which to strengthen, let us know so we can look it up for you.

Then, click on the video clips for the stretches or exercises you need to do.

<http://www.allaboutyoubootcamp.com/posture.html>

BETTER PRICING FOR MEMBERS!

As of July 1, we are changing our pricing structure in order to better accommodate the needs of all of our members.

Rather than the many different weekly packages that are now available, you will have three choices:

- 1) One month of BootCamp may be purchased for \$360 (the current 4-week price).
- 2) For members who want to make a long-term commitment to BootCamp of at least six months, the price will be \$250 per month. Your account will be charged automatically at the beginning of each month. (\$250 is the same rate per month as our current 52-week package. So now you'll get the best rate, but will not have to pay for the year upfront.)
- 3) For those who want to attend BootCamp just once or twice a week, we will continue to offer the 10-session package for \$300.

BOOTCAMP BUCKS CONTEST!

We're happy to see that many of you are staying motivated to keep your journal, arrive to class on time, refer your friends to BootCamp, etc.



Remember to save your Bucks, and at the end of the summer we'll have an auction with lots of fun prizes.

Here's how you can earn Bucks:

Arrive on time for BootCamp = \$1

Do a BootCamp Workout = \$1

Complete nutrition journal = \$1/day for food or
\$2/day for food & calories

Bring a new friend to BootCamp = \$10

Refer a friend who becomes a BootCamp member =
\$20

BootCamp testimonial or review on Yelp = \$5

Question or comment on AAY Blog = \$5

Additional bonus points for special activities or
events will also be offered throughout the summer.

YELP: WE LOVE YOUR REVIEWS!

Thank you SO MUCH to those of you who have written such awesome reviews for us on YELP! Your comments really make a difference and help others to decide whether or not this is the right program for them.

If you haven't done so yet, please click on the link below, become a member of YELP and write a review for us.

And, by the way, YELP is an awesome way to find out about other great fun local things to do.

www.yelp.com

ALL ABOUT YOU! WELLNESS BOOT CAMP • 431 1/2 W. California Avenue • Glendale, CA 91203

[Subscribe](#) | [Unsubscribe](#) | [Send to a Friend](#) | [Preferences](#) | [Report Spam](#)

Powered by [MyNewsletterBuilder](#)