



FITNESS NUTRITION WELLNESS

*Living La Vida*

**FIT CHICK**

SPREAD THE HEALTHY LOVE



[FitChicksAcademy.com](http://FitChicksAcademy.com)

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Persons who are of good health, suspect of their health or are aware of any conditions, physical deficiencies or diseases should always consult a physician before undertaking any eating or exercise program.  
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## Welcome to the FIT CHICKS® Academy

This e-book is chock full of fitness, nutrition and wellness info. It also includes recipes, tips and tricks to get you set up with everything you need to live la vida FIT CHICK to change your body and life!

This e-book will is to teach you each principle of *Living' La Vida FIT CHICK* (and why they are all equally important to overall healthy fierceness!) and introduce simple tasks that will improve the quality of your fitness, nutrition and overall wellness.

But we're not gonna just give you the e-book leave it at this. Make sure you have joined our community for ongoing support, tips, tricks, recipes and so much more to help you live la vida FIT CHICK for the long haul including:

 /fitchicksbootcamp

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This is a total health makeover — inside & out! Once you get a taste of *Living' La Vida FIT CHICK*, we know you will never look back (except at maybe the clothes you are about to have to get rid of :)

Here's to changing your ways! You can do this, Chicks!

*Amade & Laura*  
XO

FIT CHICKS  
XOXO





### WHAT IS *Livin' La Vida Fit Chick*?

Whether you want to lose weight, look younger, feel sexier, be happier, get stronger, have more amazing energy, live more positively or inspire others, *Livin' La Vida FIT CHICK* will change your life for the better!

*Livin' La Vida FIT CHICK* is based on 4 healthy principles that will help you be the happiest, healthiest, hottest Chick possible — inside and out!

### LIVIN' LA VIDA "FIT CHICK" — The 4 Principles

			
<b>FITNESS</b> Move Everyday for 30–60min	<b>NUTRITION</b> Eat REAL, WHOLE foods made with love!	<b>WELLNESS</b> Give Yourself Love	<b>PAY IT FORWARD</b> Spread the healthy love

When practicing the 4 healthy principles together, you will nourish all areas of your life to be the fiercest, most fab chick you can be to yourself and to others: physically, emotionally, and spiritually. (ie you can't be working out and eating healthy but talking negatively to yourself... it doesn't work!)

This is not a short-term fix but an amazing lifestyle for the long haul! It is the principles we live by as an organization and we are living proof that it works. Now enough chatting... are you ready for a total health makeover?



# FITNESS



# FITNESS

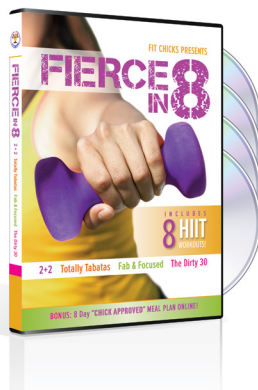
## LIVIN' LA VIDA FIT CHICK: Healthy Principle #1

### FITNESS: Move everyday for 30—60min

Whether it is bootcamp, zumba, yoga or walking, being a FIT CHICK is making a conscious choice to move everyday! You have to make your movement a priority. You have to make your movement a priority and aim for 30–60 min / day.

Most of us don't move nearly enough, and we aren't just talking about exercise here. Most Chicks spend their days sitting in front of a desk, their evenings sitting at dinner, in front of the TV or reading a book, and their weekends sitting in the car driving all over town. In fact, the average person only gets about 2000 steps in a day, which is equivalent to walking about one mile, which is about a 20 minute stroll.

Movement isn't just about weight loss. Movement keeps your joints mobile, your muscles engaged and your energy up. It also prevents the aches and pains you can get in your back and shoulders from sitting in the same position for too long. If you don't move it, you lose it!



Some ideas to get your body moving:

- Go for a brisk walk on your lunch break
- Take an evening stroll with your family
- Take a fitness class or sign up for or sign up for a FIT CHICKS program
- Do a “FIERCE IN 8” Workout video in your living room
- Choose to always take the stairs
- Walk a couple of laps around the mall before you start your shopping

It doesn't have to be all at once either. You can plan two 15-minute walks if that works better for you, but make a plan and stick to it!

If you are conscious of it and thinking about it, you will look for ways in your day to add more movement! Look at where you are today. If you are a current coach potato, training for a marathon might be way out of your league, but it doesn't mean that you can't start with 30 minutes of gentle walking. There are also lots of Chicks who work their booties off at the gym, but then sit the rest of the time. This isn't ideal either. Movement should be part of your life. So pick something you like to do, and focus on getting more movement in your day.








## HIGH INTENSITY INTERVAL TRAINING (HIIT)

Cardio exercise is exercise that gets your heart pumping and blood flowing. There are two types of cardio: steady state and interval training.

At FIT CHICKS, we like to focus on high intensity interval training (aka HIIT), for a fab fat-blasting workout in the shortest amount of time.

HIIT combines short intervals of maximum intensity exercise (i.e. 20 sec — 2 min) separated by longer intervals of moderately intense exercise. Because it involves briefly pushing yourself to the max of your aerobic exercise zone (ie YOUR 9 OUT OF 10!), it is more effective than doing a steady state of exercise where you keep your heart rate within your aerobic zone. (i.e. 45 min at the same speed on the elliptical trainer)

 <b>FIT CHICKS “Rate of Perceived Exertion” CHART</b>				
PRE Perceived Rate of Exertion SCALE 1–10	% Max Heart Rate	How I’m Feeling		Description
1–4	< 50%		<b>Aerobic, Endurance, Recovery</b>	Barely working. Could do this all day!
5–6	55%			Just warming up or cooling down. Feeling a little toasty! You’re breathing a little faster.
6.5–7	65%–70%		<b>Aerobic</b>	Breaking a sweat and breathing is getting faster (like a fast walk)
7.5	75%			Feels like work but you can sustain it
8	80%			Working hard! You can talk but its getting tougher
8.5	85%		<b>Anaerobic</b>	Sweating and working VERY hard but you can still push a little more
9	90%			Really pushing chicks! Can only stay here 30 secs – 1 min (you can do it!).
9.5	95%		<b>Anaerobic</b>	Breathing is very fast. Only stay here about 20 secs
10	100%			Max effort! This is your limit.

**Working at your 9 out of 10.**

To get the benefits HIIT, you NEED to push yourself past the upper end of your aerobic zone and allow your body to replenish your anaerobic energy system during the recovery intervals. At FIT CHICKS, we call this “Working at your 9 out of 10” to ensure our chicks are getting the max results from their high intensity interval bootcamp classes.

**How to measure your 9 out of 10?**

Working to your “9 out of 10” is part of the “RATE OF PERCEIVED EXERTION” (or RPE). This 1–10 scale is an easy, amazing way for any chick to measure her exercise intensity without having to use any equipment (ie a heart rate monitor).



# FITNESS

## What makes it different than other forms of exercise?

The key element of HIIT that makes it different from other forms of interval training is that the high intensity intervals involve maximum effort, not simply a higher heart rate.

To get the benefits HIIT, you NEED to push yourself past the upper end of your aerobic zone and allow your body to replenish your anaerobic energy system during the recovery intervals.

## Why do we love HIIT Training?

- It pushes chicks outside of their exercises comfort zone to get faster results
- increases the amount of calories you burn during your exercise & afterward because it increases the length of time it takes your body to recover from each exercise session (ie your afterburn!)
- Appears to limit the amount of muscle loss that occurs during weightloss (super important especially for women as we get older!)
- causes metabolic adaptations that enable you to use more fat as fuel under a variety of conditions. This will improve athletic endurance as well as fat-burning potential.
- Any level can participate
- Can do it in so many formats! Tabatas, circuits, drills, obstacle course
- It's fun! You and your body will never be bored (and keep chicks from plateauing!)



## What exercises can be done in short intense intervals?

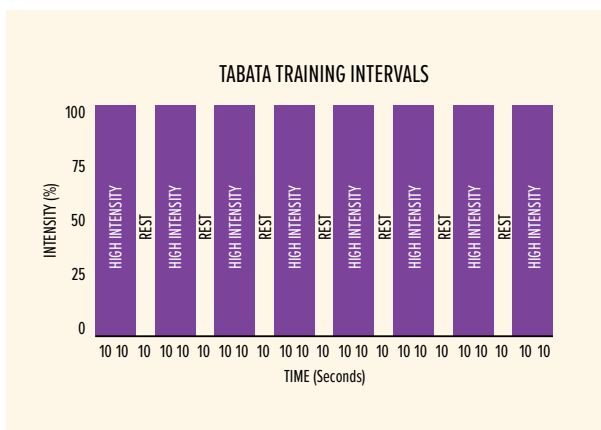
- Hill runs & sprints
- Frog Jumps
- High Knees
- Skaters
- Mountain climbers (Standing and on the floor)
- BURPEES!!



## SHORT ON TIME? TRY SOME TABATAS

How can you get a killer workout in the shortest time possible? Try tabatas! These 4-minute drills will have you dripping with sweat in no time.

They are simple! Tabatas are a high intensity interval pattern made up of 20 seconds of maximum intensity exercise, followed by 10 seconds of rest. This cycle is repeated 8 times (for a total of 4-minutes).



### What type of exercises can you do tabatas with?

You can do them with any exercises including:

- squats jumps
- Jump lunges
- sprints
- burpees
- Jumping or plank jacks
- Standing or ground mountain climbers
- Weighted exercises

The possibilities are endless! You can pick your favorite but check out some of ours.

But to get the results you have to push to “your 9 out of 10.” During the 20sec of work, you gotta work! Then you get 10 secs of recover. At the end of the 4 mins, you should feel very gassed out (or the “ugly place” as we like to call it As we say to my chicks in class, if you feel that you can barely go on you are doing this perfectly!)

Now you are ready to start tabata training, here are a couple of extra chick tips to make sure you are ready to rock...

### CHICK TIPS:

- Do a quick Tabata set in the morning to raise your metabolism, and burn more fat throughout the day.
- Alternate exercises if you wish to give your work out a variety. For example, maybe you do squats on work period 1, and then on work period 2 you do jumping jacks, and you alternate between the two.
- Find a good Tabata timer! It can be distracting when trying to focus on a timer. Check out [www.tabatatimer.com](http://www.tabatatimer.com) and they also have a phone app download.





# FITNESS

## SLEEK, SEXY MUSCLES

Weight bearing activity is another essential component of fitness. Again, this can take on many forms, from body weight exercises to heavy weight lifting, to yoga. So again the key is finding a form of weight bearing activity that you enjoy and will stick to.

There are so many fab benefits of weight bearing activity, such as:

- Improved body composition
- Increased strength
- Less aches and pains and decreased risk of osteoporosis
- Feeling and looking younger

If you take a fitness class, like a bootcamp, this component is usually built in to the program. However, if your choice of exercise is only cardiovascular, like walking or running, you should probably look into balancing out your program and def be adding some weights to your program

## NO GYM? NO PROBLEM

Lots of Chicks think that you have to join a gym or a class to get in shape. If you can stick to going to the gym or are able to sign up for a fab class, it is a great way to get in shape, but it's not the only way!



A super awesome (and FREE to Rogers Customers!) to get a fierce at home workout is through our TV show, Shape Up with FIT CHICKS. Missed an episode? Check your local listings to see if is airing in your area or check out the “fit chicks extras” section at the back of this book for 3 fierce printable episode workouts!

## AT FIT CHICKS, WE LOVE PEDOMETERS!

They are an awesome, inexpensive tool to figure out how much you actually move. You may feel like you are always on-the-go, when in reality you aren't actually moving very much (the average chick walks only 2k steps a day!). Pick up a pedometer and start tracking your steps! A great goal for optimal health is to aim for 10,000 steps a day.

### How Far is 10,000 Steps?

2000 steps is about 1.6 km or about a mile. But don't worry, Chicks, you don't have to walk 5 miles straight everyday (although if you want to, that's fabulous too!), you just need to accumulate that much movement over the course of twenty four hours.



# FITNESS

## Why 10,000 Steps?

The 10,000 steps a day comes from government regulations that adults need to get in 30–60 minutes a day of moderate exercise. If you were to walk or jog five miles, it would probably take you 30–60 minutes.

Also, for each 2000 steps the average Chick burns about a hundred calories. Burning 500 extra calories a day can lead to about a pound of fat loss per week. So by steppin' it up you are walking your way to a slimmer, sexier you!

## Ideas On How To Step It Up!

- Take the stairs whenever you can. If you live on a high floor, take the stairs at least 5 flights up, then hop on the elevator.
- Get off the bus one stop sooner
- Park your car farther away from your office
- Get up to change the channel (just like in the old days!)
- Walk wherever you can: to return a dvd, go to the library, to the grocery store....if it's walkable, then leave the car at home
- When having coffee with friends, take your drink for a walk around the city
- Go for a walk on your lunch break, it'll also give you more energy for the afternoon.
- Set your phone timer to go off every hour when you are at work. At this time get up walk around the office, or do a few jumping jacks or marching in place.
- Don't sit on the bench and watch your kids play at the park — get in there!
- Find other Chicks on the forum and meet up for a weekly walk. What a fabulous way to make new friends too!
- When you go to the grocery store, take an extra lap around the store before checking out.
- Leave your phone in the other room, so when it rings you have to get up to answer it.
- Sign up for a fun walk/run. There seems to be one taking place every weekend!
- Walk the kids to school. You will get to spend more quality time with them, and encourage healthy habits for the whole fam!
- When on the phone, pace around the room — never sit still!
- If you are out at a bar — get up and dance! Don't just sit in the corner (and yes, you still should wear your pedometer when you go out!)
- Plan some more active outings with friends — like bowling, mini golf, paintball, or even just exploring a new part of the city... you can always see a movie or go out to eat after.



# FITNESS

It may sound like a lot but just reset your pedometer each morning and try to get 10,000 each day. If that seems overwhelming, focus on increasing your steps in small increments, like 500 per day, until you are a walking machine!

## STRETCH IT OUT

Key points to remember when stretching:

- Remember to breathe regularly and rhythmically, do not hold your breath.
- Begin with gradual mobility exercises of all the joints, i.e. simply rotate the wrists, bend the arm and roll shoulders. This allows the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.
- Always warm up the body prior to stretching, this increases blood flow around the body, which in turn makes the muscles more supple.
- After exercise, slowly bring your heart rate down before you begin stretching in order to avoid blood pooling within your muscles, which can lead to cramp and dizzy spells.
- If you're wet and sweaty, take a bath or shower then stretch, as the hot water will help relax the muscles, and prevent you from catching a chill.
- Never bounce whilst you stretch, unless you are doing specific stretches for certain sports, i.e. ballistic stretching for martial arts.
- Hold the stretch until you feel the muscle loosen off, then repeat for a further 15 seconds.
- Whilst stretching you should feel some slight discomfort, if you don't feel anything, then you may be doing the stretch incorrectly, or simply the muscle has eased off.
- Stop immediately if you feel any severe pain.

**Rules for stretching are:**

- Warm up before and after stretching
- Stretch before and after exercise
- Stretch all major muscles and their opposing muscle groups
- Stretch gently and slowly — No bouncing unless supervised by a professional
- Stretch only to the point of tension
- Breathe slowly and easily



## YOGA 101

Flexibility training is key to long term health. One of our faves is yoga. Adding yoga to your regime can be a bit overwhelming with so many different types out there to choose. Below is a list to help you identify some of the different types of yoga so you can determine which sounds like the best fit for your bod!

### TYPES OF YOGA

**ASHTANGA YOGA OR POWER YOGA:** A yoga practice that is a dynamic and vigorous (like you chicks) form of yoga that builds heat in the body. This series of postures maximizes strength, concentration and flexibility all while learning to focus your breathing making it a meditative practice. This practice will also help burn added calories and get you sweating up a storm!

**BIKRAM YOGA:** This style is usually referred to as Hot Yoga because it is practiced in a 95 to 100 degree room!! This is said to allow for a loosening of tight muscles and profuse sweating, which is thought to be cleansing. The Bikram method is a set series of 26 poses, but not all hot classes make use of this series.

**HATHA YOGA:** A slower yoga, as compared to Ashtanga. Hatha will help bring alignment to the body and mind by holding poses for a period of time. Hatha Yoga brings balance, strength, and a sense of well-being to all chicks who practice. This is without a doubt a great practice for chicks wanting to relax their tired bods.

**JIVAMUKTHI YOGA:** This style blends vigorous vinyasa (Power or Ashtange type of yoga) practice with spiritual teachings, chanting, and an emphasis on how to bring yoga's philosophy into daily life, is at the forefront of yoga's current popularity. This practice will teach you how to stretch out the aches and pains and calm your mind at the same time.

**MOKSHA YOGA:** Moksha Yoga (also known as hot yoga) is a series of postures practiced in a heated room. The series works to stretch, strengthen and tone the muscles while detoxifying the body (liver detox anyone?) and calming the mind.

**YIN/YANG YOGA:** combines the balancing and complementary effects of passive (Yin) and active (Yang) postures. Yin yoga is a slow, deep practice that increases your flexibility by stretching deep muscles. Postures are held for up to a few minutes to gain a deepening of muscle relaxation in the body. Yang yoga is a dynamic practice that focuses on the muscles and builds energy and heat in the body to create strength and endurance. This class is suitable for alllevels and is a great practice for restorative muscle work.



# FITNESS

## FINDING YOUR EXERCISE PASSION

Do you dread working out? Don't worry if you do, it just means you haven't found your exercise passion yet!



Make a list of all the activities that sound fun to you.

Here are a few ideas:

- Team sports
- Bootcamp
- Winter sports
- Dance class or Zumba
- Hiking
- Swimming
- Walking with a friend
- Running

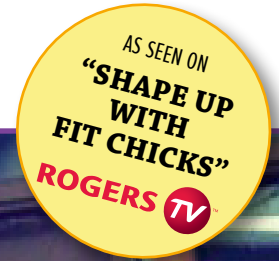
Then look into taking a class or joining a group; try looking for a drop-in or free trial class if you are checking out something new. Recently at FIT CHICKS, we started a Zumba program. It's a great way to shake your tail feather, have fun moving to awesome music and meet some fab women. You'll barely feel like you are exercising because you'll be having so much fun. You can contact us anytime at [info@fitchicks.ca](mailto:info@fitchicks.ca) if you want to try any of our classes!

### Live La Vida FIT CHICK for the long haul: FITNESS

Remember chicks, being a FIT CHICK is making a conscious choice to move everyday for 30–60min! Make your activity a priority (it is your time!) and schedule it in as you would brushing your teeth!

#### FIT CHICKS recommends to:

- Get a pedometer and track your steps. Walk a min of 10k steps / day
- Join a bootcamp program. Great for strength and cardio 2–4 times per week. You should always challenge yourself but never be overwhelmed (think 9 out of 10)
- Incorporate Yoga. Great for strength, cardio, stretching and re balancing the body.
- Find your exercise passion! Find the exercises that you love so that you enjoy moving everyday — fitness should be fun!



# FIT CHICKS WORKOUTS



# EPISODE 1: THE BASICS



Does the word bootcamp make you feel little bit nervous... a little bit sweaty? Well, don't let it.

In episode 1 of "Shape Up with FIT CHICKS" Bootcamp, we are going back to basics to introduce you chicks the sweet world of bootcamp! But this is not everyday bootcamp – this is bootcamp done "chick style" which means we are taking your core bootcamp moves and turning them into a fierce, fab high intensity interval workout that is going have your body still burning calories long after we are done.

It combines 2 min of cardio intervals to get your heart pumping and 2 min of strength intervals for recovery.

<p>What you need:</p> <ol style="list-style-type: none"><li>1. Timer</li><li>2. Yoga Mat</li><li>3. Weights (3-10lbs)</li></ol> <p><b>DYNAMIC WARM UP</b> 3 moves 20 seconds each repeat twice</p> <ol style="list-style-type: none"><li>1. Arm swings – cross the body</li><li>2. Side to side reaches</li><li>3. Jogging in place</li></ol> <p><b>WORKOUT:</b> Each round is broken up into two sections of 2 min of cardio followed by 2 min of strength. Each cardio and strength section has 2 moves. Do each move for 30 seconds and repeat twice (total 2 min per section)</p>	<p><b>ROUND 1</b></p> <p>Cardio:</p> <ul style="list-style-type: none"><li>• 30 sec JUMPING JACKS /</li><li>30 sec MOUNTAIN CLIMBERS – repeat</li></ul> <p>Strength:</p> <ul style="list-style-type: none"><li>• 30 sec SQUATS /</li><li>30 sec SQUAT PULSE – repeat</li></ul> <p><b>ROUND 2</b></p> <p>Cardio:</p> <ul style="list-style-type: none"><li>• 30 sec BURPEES /</li><li>30 sec TIRE RUNS – repeat</li></ul> <p>Strength:</p> <ul style="list-style-type: none"><li>• 30 sec LUNGES /</li><li>30 sec PENDULUM LUNGES – repeat</li></ul>	<p><b>ROUND 3</b></p> <p>Cardio:</p> <ul style="list-style-type: none"><li>• 30 sec SQUAT JUMPS /</li><li>30 sec FOOTBALL RUNS – repeat</li></ul> <p>Strength:</p> <ul style="list-style-type: none"><li>• 30 sec PUSH UPS /</li><li>30 sec PLANKS – repeat</li></ul> <p><b>ABS: 1 min each</b></p> <ol style="list-style-type: none"><li>1. Crunches</li><li>2. V Sits</li><li>3. Sit Twists</li></ol> <p><b>COOLDOWN &amp; STRETCH:</b> 30 seconds each</p> <ol style="list-style-type: none"><li>1. Seated leg stretch (left side)</li><li>2. Seated quad Stretch (left side)</li><li>3. Seated leg stretch (right side)</li><li>4. Seated quad Stretch (right side)</li></ol>
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Wanna sweat up a storm live? Watch this episode of "Shape Up with FIT CHICKS" online at [www.rogersondemand.com](http://www.rogersondemand.com). Please login using your Rogers Account Number.

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## EPISODE 2: BOXING BABES

In episode 2 of “Shape Up with FIT CHICKS” Bootcamp, we are gonna train like boxers without having to step into the ring! This is a total body toning high intensity interval workout that includes everything from jumping rope, punchin’ combos to kick boxing just like the pros do as they prep for a fight.

It combines 3 exercises, completed for 30 secs, repeated 3 times. We will be mixing cardio intervals to get your heart pumping with strength intervals to tone and sculpt your body!

### What you need:

1. Timer
2. Yoga Mat
3. Weights (3-10lbs)

### DYNAMIC WARM UP

3 moves 20 seconds each  
repeat twice

1. Arm swings – cross the body
2. Side to side reaches
3. Jogging in place

### WORKOUT:

For each exercise round below, do each exercise for 30 sec each (total 1.5 min), then repeat 3 times before moving to the next round. Each round will take you 4.5 min to complete.

### ROUND 1:

- Jump Rope
- Boxer shuffle
- 3 Ducks and a switch

### ROUND 2:

- Reverse Kicks
- Squat and front kick
- Side kick (alternating sides)

### ROUND 3:

- Bob and Weave with a jab
- Squat with cross punch
- Hold low squat and add uppercuts with arms

### ROUND 4:

- Jab / cross / knee
- Knuckle punch with front kick
- Bob and weave with a side kick

### ABS: 30 seconds each

- Standing twisting core
- V-sit with leg kickouts
- Crunch with a punch

### COOLDOWN & STRETCH:

30 seconds each

1. Seated leg stretch (left side)
2. Seated quad Stretch (left side)
3. Seated leg stretch (right side)
4. Seated quad Stretch (right side)

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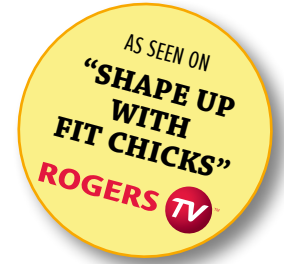


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# EPISODE 3: TOTALLY TABATAS!



In Episode 3 of “Shape Up with FIT CHICKS” Bootcamp, we are going to push your fitness and weight loss to the next level by introducing you to the sweet world of tabata training! Tabatas are an amazing 4 min training method that has been proven to do more to boost your fitness than 60 min of endurance exercise — how fab is that?!

#### What you need:

1. Timer
2. Yoga Mat
3. Weights (3–10lbs)

#### DYNAMIC WARM UP

3 moves 20 seconds each  
repeat twice

1. Arm swings – cross the body
2. Side to side reaches
3. Jogging in place

#### WORKOUT:

The workout alternates between the Tabatas training section (which is 4 min long broken down as 20 secs of high intensity and 10 secs of recovery repeated 8 times) followed by 4 min of strength. For more info on Tabatas, check out [goo.gl/zCtE9](http://goo.gl/zCtE9)

#### TABATAS ROUND 1

Squat Jumps

#### STRENGTH:

1 min each

1. Overhead press
2. 3 Point shoulder press (front raise, lateral raise, reverse raise)
3. Tricep Dips or Tricep kickbacks
4. Push Ups

#### TABATAS ROUND 2

High Knees

#### STRENGTH:

1 min each

1. Plank
2. Super chicks
3. Ab crunches
4. Ab bicycles

#### COOLDOWN & STRETCH:

30 seconds each

1. Seated leg stretch (left side)
2. Seated quad Stretch (left side)
3. Seated leg stretch (right side)
4. Seated quad Stretch (right side)

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# NUTRITION



# NUTRITION

## LIVIN' LA VIDA FIT CHICK: Healthy Principle #2

### NUTRITION: Eat REAL, WHOLE Foods... made with LOVE

You are what you eat. Forget the calories and let's start focusing on the QUALITY of the food we eat to nourish our bodies, help prevent diseases & feel the BEST we can! At FIT CHICKS, we believe that a diet full of REAL, WHOLE FOODS made with LOVE is the key to being healthy, vibrant and looking and feeling fabulous.

It doesn't matter where you are starting from. Follow our suggestions and slowly start adding more fabulous, healthy foods into the mix. By focusing on adding real, whole foods, there will be less room for packaged and processed foods. You'll start feeling and looking better, no deprivation required!



#### What are Real, Whole Foods made with LOVE?

“Real, whole foods” are foods that are unpackaged and unprocessed. Foods that either grow, run, swim or fly. Foods that your great-grandmother would recognize and that your body knows how to process!

“Made with love” means the foods you eat should be made by you or by someone who share's your healthy food philosophy (ie other people or restaurants.). When you make it yourself not only do you know exactly what is in it and can take responsibility. (Also food just tastes better when it is made with love!)

Just remember, we are all unique, fierce and beautiful in our own way, there is not a “one size fits all” way to eat. Each of our bodies respond differently to different foods (ie even if someone tells you beans are good for you, if you are crampy, bloated and having probs going to the bathroom after eating, they may not be the best for YOUR body!” So, let's get back in tune with our bodies and see what happens when we focus on moving in the direction towards eating mostly a whole foods made with love.



# NUTRITION

## MAKE IT A “COMPLETE” MEAL

We like to keep it simple at FIT CHICKS. So to help you make sure every meal is “complete” follow the “COMPLETE IN 3” RULE!



The “Complete in 3” is our rule of thumb to creating “complete meals” for automatic low glycemic eating without calorie counting or stressing out. To make it complete, just make sure each meal includes the following 3 elements: protein, fibre & fat.

Example: Eggs (protein) with sweet potato hash (fibre/complex carb) cooked in coconut oil (fat).

Eating complete meals means AUTOMATIC LOW GLYCEMIC EATING to help keep your blood sugar balanced to avoid dips in energy, weight gain & overeating. No matter if you are vegan, vegetarian, diabetic, low carb, gluten free... complete in 3 is the way EVERY chick should be eating for optimal health



## PORTION CONTROL

### What's a serving of protein?

The palm of your hand is about the right portion size for protein. Remember to try and choose grass-fed, wild and organic if possible. Choose from:

- Fish, poultry and lean meats
- 2–3 Eggs
- Tempeh, beans and legumes (for vegans and vegetarians)
- Plain Greek Yogurt (if you tolerate dairy)
- A minimally processed unflavoured protein powder (whey, pea, hemp or rice)

### What's a serving of fibre?

Fibre will come from non-starchy veggies and other carbs.

For non-starchy veggies, a serving is about ½ cup cooked or 1 cup raw. But don't worry about counting these, just make sure you are getting a wide variety and are eating them at every meal. You can pretty much eat veggies to your heart's content!

### Experiment with all kinds of veggies, but here is a good list to start:

- Leafy greens like spinach and kale
- Broccoli
- Zucchini
- Mushrooms
- Bell peppers
- Onions
- Tomatoes

You don't need to add starchy carbs to every meal. But if you want to, try to choose carbs keep the portions in check and make sure to eat as part of a complete meal with protein & fat. The best time for your bod to use them rather than store them is after an intense workout.



# NUTRITION

A serving of starchy carbs is about ½ cup or a small piece of fruit. Choose from things like:

- Sweet potatoes
- Apples
- Winter squash like butternut and pumpkin
- Quinoa
- Steel cut oats
- Unprocessed whole grains like brown rice, buckwheat and amaranth
- Beans and legumes (if you can tolerate them)

## What's a serving of fat?

Fat doesn't make you fat! It helps you feel fuller longer, keeps away wrinkles, gives you shiny hair, is essential for absorbing fat-soluble vitamins and is just DELICIOUS! It is super important to have a serving of healthy fat with every meal.

A serving is about a tablespoon of oil or nut butter, a small handful of nuts and seeds, shredded coconut or olives, or ½ an avocado. Here are a few of our fave fats:

- Avocados
- Coconut oil (our favorite!)
- Hemp seeds
- Chia seeds
- Almonds
- Nut butters

Stay away from vegetable oil! While it sounds healthy, it is highly processed and your body does not know what to do with it. And honestly chicks, what oil do you know comes from a veggie?!

## GET YOUR H2O

Are you wetting your whistle as often as you should?

Our bodies are made up of 60% water which we lose throughout the day by breathing, sweating and going to the bathroom (#1 and #2!). Chicks need this water in order to flush out the nasties aka toxins, carry nutrients to your cells and keep your metabolism burning calories quickly.

The average chick needs approx. 2.3 L/water a day to replenish the H2O they have lost from just everyday living — and that does not even include all of water that is lost during your sweat sessions!



# NUTRITION

To make sure you are drinking enough agua to keep your body functioning in tip top shape use this great CHICK Tip (one of our faves!)

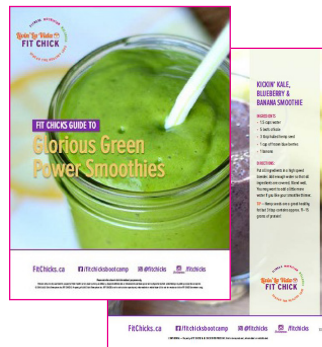
## Wrap Your Bottle! (No, not like a xmas present :)

- STEP 1 Fill a reusable, BPA Free bottle with water.
- STEP 2 Wrap 6 elastic bands around the bottle
- STEP 3 Drink the bottle of water. Once empty, remove one elastic and refill.
- STEP 4 Repeat this 6 time until all elastics are removed from your bottle.
- STEP 5 Smile — you have just drank 3L of H2O today!
- STEP 6 Repeat this everyday for the next 2 weeks and see how fab you feel! :) On workout days, make sure you are drinking an additional 750ml — 1.5L / hour of exercise on top of the minimum daily intake.

Remember, every chick is different and there is not a single formula as to how much water everyone should drink everyday. Some need more, some need less — just make sure to listen to your bod and keep on sipping that sweet, clear nectar all day long!

## GO GREEN

At FIT CHICKS, we are in love with green smoothies! They are a super simple way to get a Chicktastic meal or snack in minutes: the ultimate fast food. If you are a green smoothie newbie, you may want to try out one of our awesome recipes first. But if you are ready to go out on your own, making a fab green smoothie is a lot like making a meal!



To jump on the green smoothie train, check out our “FIT CHICKS Guide to Glorious Green Smoothies” available in The [FIT CHICKS Online store](#).



## **BROWN BAG IT (with a reusable lunch bag)**

Reducing the number of times you eat out each week is a great way to eat healthier. It cuts down on your calories and portion sizes, and reduces the amount of chemicals and unknown ingredients you are consuming.

A fab way to reduce eating out is packing your lunch every day. You know exactly what you are putting into your body, plus it saves you some bucks & is awesome for the environment . Treat yourself to a cute lunch bag and some stainless steel or glass containers. Make sure your lunch contains protein, fat and fibre and your refillable BPA free water bottle, and you are good to go!

## **SWAP GRAINS FOR GREENS**

We mentioned the low glycemic eating earlier, and a super easy way to lower the amount of sugar and starch in a meal which can wreak havoc on your body, is to swap out your grains for greens. You don't have to do this all the time, but most of us eat way too many grains and way too little greens, so it's a great idea to keep this tip in mind at most meals. Start with one meal a day, and see how you feel.

Not sure where to start? Here are some easy swaps:

- Lettuce wraps instead of tortillas
- Spaghetti squash instead of pasta
- Carrot fries instead of potatoes
- Spiralized zucchini instead of noodles
- Extra veggies instead of mashed potatoes
- Cauliflower rice instead of regular rice

Need some ideas for grain free eating? Check out the next page for 3 delicious “chick approved recipes”





# NUTRITION

## Flax Pizza Crust

### Ingredients:

- 1 and 1/2 C flax seed meal
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon oregano Sweetener to equal about 1 Tablespoon of sugar
- 3 Tablespoons of oil
- 3 eggs
- 1/2 C water

This filling pizza crust is an awesome fibre-full alternative. Remember portion control, or all this fibre could lead to an uncomfortable tummy!

### Directions:

Preheat oven to 425 F.

Mix dry ingredients together. Add wet ingredients, and mix very well. Let sit for about 5 minutes to thicken. Spread on pan (It works best on a baking sheet with parchment paper or a silicone mat) Bake for 15–18 minutes until cooked through, then add toppings and cook until they are done.

Serves 8 — Calories 300, Fat 24 grams, protein 11 grams, carbs 13 grams, fibre 11 grams, sugar 1.5 grams

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## Cauliflower Rice

### Ingredients:

- 1 head of cauliflower
- 1 tbsp of coconut oil

This recipe is super easy and versatile and a fab alternative to rice and pasta dishes.

### Directions:

shred raw cauliflower in a food processor. Fry in pan with small amount of oil. Use like rice!

Serves 4 — Calories 64, Fat 3.5 grams, carbs 8 grams, fibre 4 grams, sugar 0

### Options:

Add veggies, lean protein and spices to make different varieties of fried rice, or use as a base for a stir fry or pasta sauce.

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## Apple Flax Pancake

### Ingredients:

- 1 egg
- 1 Tablespoon plain yogurt
- 1/4 teaspoon vanilla
- 2 Tablespoons flax meal (ground flax seeds)
- 1/3 apple — chopped into 1/4 inch or smaller pieces (you can also use roughly mashed bananas or blueberries) sprinkle of cinnamon
- 1 tsp coconut oil

This yummy brekkie pancake serves 1, but it's easily doubled. Feel free to experiment with different nuts and fruits!

### Directions:

Beat egg with yogurt and vanilla until well mixed and fluffy. Add in flax meal, apple or fruit, and desired spices; stir until mixed. Let sit for 2–3 minutes while you preheat a nonstick skillet with a bit of coconut oil or cooking spray. Pour batter into bottom of small skillet and cook a few minutes on each side, until nicely browned. Serve spread with natural peanut butter, or some topped with yogurt and fruit together!

Serves 1 — Calories 240, fat 16 grams, carbs 16 grams, fibre 6 grams, sugar 9 grams (mostly from the apple!)

For more delicious “Chick Approved” Recipes, please visit our blog at [www.fitchicks.ca/blog](http://www.fitchicks.ca/blog)



## TOP TIPS FOR EATING FOR GOALS

Here is how your chicks should eat / healthy habits every day to keep your blood sugar level to reach their goals:

- Always focus your diet around Real, whole Foods made with Love
- Make complete meals (Complete in 3 Rule!)
- Eat 5–6 meals / day
- Eat within 1 hour of waking
- Drink 3 L of water / day
- Consume healthy fats every day (EFA's like flax or fish oil)
- Watch your portion sizes – too big or too small can set your blood sugar wild! See meal plan for portion sizes
- Do not eat when stressed or on the go! Try to be chill when you feed your body for best digestions

### Make food fun

Healthy eating is far from boring. Have you seen all the veggies on the supermarket shelves these days? Experimenting with new foods is fun and you never know when you will find a new fave. There are so many healthy foods and recipes out there, we guarantee your meals will never be dull!

It can be lots of fun to poke around a health food store or farmer's market and see what's available. True, a few healthy options can be more expensive, but you are already saving money from not eating out as often.

We'd love for you to try a new vegetable each week. Look for something interesting, like jicama, fennel or fiddleheads. With google, there is no excuse not to be able to find a recipe! If you aren't a veggie lover, maybe some of these veggies seem a little exotic. If that's the case, just try to start eating things like spinach and peppers each week, or try a new veggie recipe each week with a veggie you already love.

Having fun buying your food and preparing it with love is key to a healthy lifestyle. If you fall in love with the lifestyle, then you'll be in it for the long haul!



# NUTRITION

## **Live La Vida FIT CHICK for the long haul: Nutrition**

Eating REAL WHOLE foods made with LOVE will CHANGE your body, health, confidence, mood, skin (we could go on and on!) for the long haul!

### **FIT CHICKS recommends to:**

- Focus on eating foods that are in their most natural forms when and here available. Choose local, organic, hormone free, and non GMO if possible and avoid packaged and processed foods.
- Green Smoothies — Drink 1 green smoothie everyday to get amazing nutrition that most of us are missing!
- Make your own food — You will know what goes in it and it's fun to start trying new things!
- Hydrate, hydrate, hydrate! Drink a min of 3L of water / day



WELLNESS



## WELLNESS

### LIVIN' LA VIDA FIT CHICK: **Healthy Principle #3**

#### WELLNESS: Give yourself love!

The most important person in your life is you! And you have to put you & your health first. If you are not good as you, you cannot be good to anyone else (ie friends, family, career) or reach your full awesome potential!



Peeps often confuse giving self love with being selfish (well it is being selfish but in a good way!). Celebrating yourself, being positive and recharging your batteries are just as important to your health as exercise and eating healthy. It is also one of the most overlooked areas when trying to be the most fabulous you. Believe us chicks — when you start adding some self love to your daily life, your entire life will change in ways you never thought possible!

#### GET YOURS ZZZ'S

Sleep is SO important for a healthy lifestyle, including fat-loss. Your body can't function properly when it isn't well rested as it repairs itself physically and emotionally while you snooze (and that includes burning off fat!)

Most Chicks need 7–9 hours of quality sleep a night, but 8 hours is a good number for everyone to strive for. Sleep is best if it happens before 11 o'clock and if it takes place in a completely dark room.

Top tips for a good night's slumber:

- Like a cave chick, try to sleep at night and be awake during the day.
- Invest in blackout curtains to make sure your room is dark enough. If those aren't an option, pick up a cute sleep mask from the dollar store!
- If having caffeine, keep it early in the day. After 12pm, switch to decaf bevies like herbal tea and WATER.
- Have a nightly ritual to wind down, like an Epsom salts bath, hot cup of decaf tea and a good book (but not so good that it keeps you up all night reading!)
- Restrict glowy screens for the last hour before bed. This means no computer, TV, iPad or texting. These things keep your brain active and can disrupt body rhythms and prevent the release of melatonin, which promotes sleep.
- Turn your room into a sexy zone! Use your bedroom only for sleep and sex...no tv, computers, phones. Then once you go into your room, your bod will only expect to be doing one of those two things



## AN ATTITUDE OF GRATITUDE

What is the quickest, cheapest way to change your life asap? An attitude of gratitude! Adopting an attitude of appreciation towards the things in your life makes an enormous difference to your level of happiness. Chicks who consciously look to be thankful and appreciative tend to feel happier with themselves (it's proven!) If you are in a place where you are able to do this challenge, Chicks, you already have so much to be thankful for!

A great way to focus on gratitude is to keep a gratitude journal or app on your phone. Each day write down three things that you are grateful for. Soon you will start looking for things in your day to write down in your journal!

What you focus on expands, and soon you will realize how much you have to be grateful for.

## POSITIVE AFFIRMATIONS AND MANTRAS

Positive affirmations and mantras are positive phrases which you repeat to yourself which describe how you want to be. They help inspire you, keep you focused on the good stuff and feed your soul in a positive way

The key is to come up with ones that resonate with you. When you first start saying your positive affirmations or mantras, they may not be true, but with repetition they sink into your subconscious mind, you really start to believe them, and eventually they become your reality.

Positive affirmations and mantras need to be written in the present tense, such as "I am FABULOUS, I am FIERCE, I am a FIT CHICK". Make a list of ones that ring true for you and keep them posted where you can read them daily (or print off the below and stick them everywhere you go: in your car, your wallet, on the fridge, on the bathroom mirror... the more places you fill with the positive, the better!)

My **FIT CHICKS** Personal Affirmation is:



## FIND YOUR INNER “OM”

Chicks, ever suffer from the constant rambling of your over active brain? If you are like 99% of us the answer is simply YES!

Here are a few quick tips on how to find your inner om and settle the thought train by adding some meditation to the mix.

### Meditation 101:

I know when you think of meditation usually the first thought that comes to mind is “sounds great but I could never do that. I could never sit still and quiet that long!” At least that was what we thought when we first read about it but contrary to popular belief you can do this ( and you will end up loving it a whole lot!)

### So what is meditating anyways?

Vipassana meditation is a rational method for purifying the mind of the mental factors that cause distress and pain. This simple technique does not invoke the help of any other external power, but relies on our own efforts.

Simply put, meditation is the best way to get your brain to focus on the present moment and let go of all attachments. By meditating you can learn to find your purest self.

### Why you should try it:

Here are our top 3 reasons why you should give meditation a shot:

1. Calmer mind, calmer bod. The more you can relax your brain, the more your body will learn to let go of built up stress, anxiety, aches and pains. Actually a lot of those aches and pains we feel are caused by the angst from our brains so learning to let that go = more relaxed muscles & bodies all around.
2. Change your noodle! Research suggests by meditating you can actually change the physical structure of your brain and improve brain functions like memory and processing info. Who doesn't want a strong brain, right?!
3. Find your “deep sea”. Meditating will help you find a place that feels like a safe warm place inside of yourself even when things might be a little rough on the outside. Think of it like the deep sea. When the water (aka life) gets rocky on the surface, meditating will help you find that peaceful place below the surface (aka inside yourself) where you can go until the waves are calm.



### **What you need to get started:**

You do not need much to get started with meditation... just the want to do it, the desire to find peace and a comfy cushion to sit on!

Optional items:

1. A quiet room or place to sit
2. A journal to write down afterwards about your experience so you can track things like what might be stopping you from getting into it, what your brain might always pull towards and things you really like or disliked about the experience. It's good to keep track of these things so you can constantly grow and use them to learn more about yourself

### **How to meditate**

There are many different ways to meditate but here is the way we at FIT CHICKS find our "deep sea"

1. Find a quiet room. First thing in the morning or when we need a mental break we find a quiet room to go & sit.
2. Grab a cushion. Place under our booty and then cross our legs (does not have to be lotus style just comfortable!)
3. Sit up nice and tall. You want to stay in the moment
4. Gently shut your eyes and place your hands on your knees, or fold them into each other
5. Keeping your eyes closed try to think of nothing else except notice the feeling of the breath hitting your nose as you inhale and exhale. This is the hardest part because you will want to move, fidget, itch your nose etc but try with all of your might to just ignore all symptoms and just be.
6. Each time you notice your brain is no longer thinking about your breathe (ex: what to make for dinner or thing you forgot to do at work etc.), do not get frustrated. Just bring your focus back to your breath again and go back to it.
7. Try sitting and staying for 5 min / day to start. Eventually you can build up to 10 or more. Remember this is not a test, it is not a competition and it is meant to help you not hinder you so just let go and let whatever happens happen and eventually it will all make sense.





## DAILY DE-STRESSING

Life is super- hectic for all of us these days, so we need to consciously take some downtime each and every day to refill the tank. It doesn't matter how busy you are, you can always find time to do a quick detress.

Here are some quick ideas:

- Lock yourself in the bathroom and take 5 deep belly breaths
- Have a hot bath
- Hug a loved one, and hold tight until you feel relaxed
- Get a pedicure (and don't text or do work while getting it done)
- Get a massage
- Delegate — ask your partner to do the dishes while you sit on the couch with a book
- Crank up your fave song and dance or sing up a storm

## DITCH THE NEGATIVE SELF TALK

Negative thoughts have a way of creeping in, and we want to stop them dead in their tracks! You wouldn't allow people to talk trash about your friends or your kids, so why is it ok to do it to yourself? It only ends up making you feel worse and holds you back from the fabulous chick you are meant to be.

To stop negative thoughts, you need to break the pattern. When a thought pops into your head, ask yourself "Is this really true?" and try to reframe it. For example, if you are working out and in your head you hear "I suck at doing push ups. I can only do them on my knees," is it really true? Stop and then reframe it, "I feel so fierce when push ups! I can do 10 on my knees and am excited to challenge myself to try one on my toes!"

Then focus on your positive affirmations and look at your gratitude journal and fill your mind with happy thoughts. Thinking positively and getting rid of negative thoughts is a habit and you just need to work on it a little every day.

## FOCUS ON YOU

As a Chick, the focus is usually on your partner, or your kids, or your work, or your friends, so where do YOU fit in? As we said before, you are the most important person in your life, and you need to do things not only that take care of your body, but also that make you feel happy and fulfilled.



## WELLNESS

Think of all the things you like to do, and if you can't think of any, think back to what made you happy as a child, then look for ways to incorporate some of these activities back into your life. Maybe you always loved theatre — could you take an acting class or volunteer to help in a local production? Maybe you love photography — could you dust off that camera lens and just start taking pictures for fun? You get the idea.

If you think you don't have time, maybe look into reducing your other commitments that don't fulfill you, or reducing one of your child's activities. You deserve to be doing something you love and be passionate about your life!

### Live La Vida FIT CHICK for the long haul: Wellness

Remember chicks, a little self love goes a long way! Once you ditch the “Negative Niinnie” frame of mind and start the self love party, you will never look back

#### FIT CHICKS recommends to:

- Get your zzz's. Sleep is most important as it is when your body repairs itself emotionally and physically. Aim for 8 hours a night.
- Use Positive Affirmations to help keep you focused on the good. Create your mantra.
- Happy Thoughts = Healthy Chicks: Your thoughts are key to your health so think positively.
- No negative self talk: Words become your truth. Stop saying bad things about yourself or turn them into a positive

**TAKE CARE OF  
YOUR BODY.  
IT'S THE ONLY  
PLACE YOU HAVE  
TO LIVE IN.**



SPREAD THE  
HEALTHY LOVE



# PAY IT FORWARD

## **LIVIN' LA VIDA FIT CHICK: Healthy Principle #4**

### **PAY IT FORWARD: Spread the Healthy Love!**



Living La Vida FIT CHICK is a sisterhood and we are each other's keeper! Let's help and support each other in healthy living for happier, healthier communities everywhere.

Your heart will be full when you start to spread the healthy love!

### **SPREAD THE COMPLIMENTS**

When people receive compliments, they feel appreciated and valued. When you compliment others, you feel generous and happy. Sounds like a win-win situation to us! A good compliment is one that voices something you genuinely like about another person. It can be anything, from the fact that you love the colour of their sweater to how much you appreciate the effort they put in making dinner, as long as you mean it.

Taking the time to help friends and family on their own journeys, as well as inspiring other women is what Livin' La Vida FIT CHICK is all about. Everyone is important enough to make an impact on someone else's life, especially when it comes to health and fitness. You never know what small act could inspire someone to change their life!

Start with a goal to give out one healthy compliment a day and mean it. Maybe you notice a co-worker has made an effort to pack a healthy lunch, or your Mom tells you she joined a fitness class. Compliment them! Once you realize how great that person feels, and how great you feel in return, you'll become a complementing machine and see the healthy love start spreading like wildfire!



# PAY IT FORWARD

## SHARE THE HEALTHY INFO

By now you should have a few stand-by healthy recipes that are delish and help keep you on track. (If not, take a peek at our “Chick Approved” recipes on our blog at [www.fitchicks.ca/blog](http://www.fitchicks.ca/blog).) Take the time to email one to a friend and send a positive note along with it. With all the spam and work emails people receive, we guarantee this will put a smile on your friend’s face.

Same goes for healthy living tips. What’s your best kept health-living secret? Why not share it with the world on Facebook or Twitter? Or if you are a little shy, email it, or even just tell it to a friend. You never know who it might inspire!

Once you find things that work for you, don’t keep them to yourself, be open about what you are learning, there will always be someone who can benefit from what you are learning on your journey.

## SPREAD POSITIVITY

Positive thinking is fabulous for your health, mood and stress level. It can also help lift the spirits of those around you: no one wants to be around a Debbie Downer all day. It’s not just about thinking positive thoughts, try to communicate positively too, especially on things like social media and text messaging. Something you may think is funny or sarcastic may not come across that way, and negative feelings can spread.

Even If you are not feeling it, spreading positive messages can lift you up as well. So next time you feel the need to bitch and complain, post a positive quote on Facebook, or write an uplifting message on a friend’s page.

Not a social media queen? Then only text positive messages, or send positive voice mails. You’ll feel amazing and your happiness will spread!

## FIND A COMMUNITY

Spending time with people who share a passion for healthy living is a great way to spread the healthy love! FIT CHICKS bootcamps, Zumba class and even our Facebook forum is a great way to meet other Chicks and share in the journey. Support is crucial, and if you don’t have it in your current social circle, you may have to find it.

If you already have a great network of fit friends, then great work! If not, start looking into finding a fitness community, either through a class or online. Or you can reach out to a friend and ask her to join you in your fitness journey. Just take a step forward into building that healthy community! The journey to health and fitness is a lot easier, and more fun, with support along the way.



# PAY IT FORWARD

## OFFER YOUR SERVICES

Helping others is a great way to boost your self-esteem while doing a good turn. Think of ways you can help others live a healthy lifestyle and spread the healthy love. Some ideas:

- Offer to babysit while your friend takes a class
- Bring over a healthy homemade soup to a friend who's busy
- Suggest a cooking night with a friend. You both bring ingredients and cook up a few meals, then you split them and take them home. You have a fun night, and get weekly food prep done at the same time!
- Offer to go for a weekly walk with your Mom

Think of ways you can offer your services to someone to help along their Livin' La Vida FIT CHICK journey and reach out to them

### Inspire Us!

We love to hear and share ideas & stories from our chicks! Email us at [info@fitchicks.ca](mailto:info@fitchicks.ca) how you are spreading the healthy love in your life and we will pass it on!

### Live La Vida FIT CHICK for the long haul: Pay it forward

Sister chicks, together we can change the health of ourselves, our families, our communities! Let's spread our healthy love as far and wide as we can everyday and support every chick worldwide to Live la vida FIT CHICK for the long haul!

#### FIT CHICKS recommends to

- Be a living example to inspire others
- Support healthy habits — give recognition to others and to yourself, compliment others — a little happy love goes a long way!
- Give healthy gifts — don't celebrate with food, buy someone a skipping rope!
- Offer to help — offer to babysit for a friend so they can get their workouts in, drive someone to a yoga class or cook a healthy meal for a friend.



# Upcoming FIT CHICKS Academy Courses



[FitChicksAcademy.com](http://FitChicksAcademy.com)



## FITNESS & NUTRITION EXPERT PROGRAM

Next Program starts September 26, 2018

The Fitness & Nutrition Expert program is the only certification course of its kind in the industry! This is not just an online fitness or nutrition course; it is a 12 week total body, life changing journey – inside and out. What makes it truly unique and different is it focuses on ALL aspects of health. You will have the edge on all trainers in the industry as you can counsel on fitness, nutri-tion & wellness AND will have the skills to market & build a successful business (aka more clients!). You are not just going to learn the info in class but you are going APPLY and practice what we cover – leaving this course with the skills, experience confidence to be a leading fitness rock star!

DON'T WANT TO COACH? This program is still for you! With a focus on total mind and body fitness, nutrition and wellness, the personal transformation – inside & out – will amaze you.

To learn more, [click here](#) to download the full Fitness & Nutrition Expert Program brochure



## HOLISTIC NUTRITION WEIGHT LOSS EXPERT PROGRAM

Next Program starts October 16, 2018

Being at YOUR healthy weight is a not about a number on a scale. It is a by product of healthy living and self love. You can be healthy at every age, shape and size but you need make sure your body is in balance. Unlike other nutrition programs or courses that focus on calories and food guides to promote weight loss, the Holistic Nutrition Weight Loss Expert is an 8 week certification program that will teach you everything you need to know to support your body and healthy weight loss in a holistic way for REAL health results.

Covering nutrition, hormones, digestion, blood sugar management, food allergies, body positivity & so much more... this program will teach you MORE than you thought possible about weight loss and health to help yourself and clients change their lives. Plus, it is taught completely online so you can learn from anywhere in the world!

To learn more, [click here](#) to download the full Holistic Nutrition Weight Loss Expert Program brochure.

FitChicksAcademy.com

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## MEET THE FOUNDERS OF FIT CHICKS® Academy



Laura Jackson

Head Chicks Amanda and Laura took their fitness business from 7 chicks in 2008 to training over 8000 to date. As many fitness companies failed to grow, the Head Chicks passion expanded FIT CHICKS from its award winning women's only boot camp from over 20 locations to include retreats, workshops, challenges, fitness DVD's and even got their own television show "Shape Up with FIT CHICKS" to become the largest women's only fitness company in Canada.

Experts in fitness, yoga, nutrition and business, winners of Stevie Awards for Women in Business & named Top 3 Fitness Professionals in Canada by Can Fit Pro, regular contributors to national television and newspapers, appearances on CBC's "Dragons Den" & The Shopping Channel, the Head Chicks attribute their success to having overcome their own health struggles and staying true to their approach of fierce fitness made super fun that's accessible to all women.



Amanda Quinn

Now they have packaged over 20 years of studying, testing, inspiring and teaching in the fitness and health industry into creating FIT CHICKS® Academy to help other women get certified and create the life of their dreams. Their signature (and award winning!) Fitness & Nutrition Expert Program and Holistic Nutrition Weight Loss Expert Program combines all the knowledge and tools to launch your fitness career and take it to the next level!

Want to join the Head Chicks in an upcoming FIT CHICKS® Program? Visit [www.fitchicksacademy.com](http://www.fitchicksacademy.com) for a list of upcoming programs or email [info@fitchicks.ca](mailto:info@fitchicks.ca)