

Highlights from Jackie...

It is amazing to consider that we are beginning another new year together here at Mountain Life Fitness! Thank you for your patronage and support throughout each day of this past year and going forward. You are the reason we are here and the reason that we continue working hard every hour of the 90 hours we are open each week!

In 2016 we have many exciting programs launching designed to enhance your membership including the MLF Nutrition Consulting Program which begins January 4th, 2016. Lisa Turan, who has a degree in nutrition and is also our resident yoga instructor, will be directing this program which will include a wide variety of services from 4-12 week nutrition consultations, to single dietary overhauls, to pantry re-organizations and grocery shopping trips. The nutrition component of health and fitness is essential to successful long-term weight management and to creating the ideal environment for the body's physiology and anatomy to function optimally. There is a plan to fit every body and lifestyle and we strongly encourage you to take advantage of our "in-house" nutrition expert to help you take the necessary steps to a life time of health and fitness.

We also are hoping to offer our karate program and are actively searching for a black belt instructor. This program will be open to all from 4 years of age and above and will enable you to register for a month at a time or up to a year, with access to several time slots and class formats. More information is forthcoming as we create this incredible program for you. Both the nutrition program and the karate program are also open to the general public as we intend to bring this type of quality program to the entire county.

The "Maximize your Mass" program was hugely successful for the four members that participated. They built mass, strength and definition all under the expert tutelage of Ben Fairchild, MS CSCS, one of our certified personal trainers. We will offer this program again in April for four weeks proceeded by our "Women with Weights" program which is designed to introduce women to the world of safe and effective weight training. Even if you are currently weight training regularly, this program will refine that process and improve your form, technique and results. These programs will be followed by other excellent training programs which we will keep you informed of as the year progresses.

The 2015 "Move It and Lose It" contest was even more successful than 2014! The 27 members who participated lost 68 pounds, 68 inches, and 53% body fat over four weeks and set themselves up for a healthy and happy holiday season and a great beginning to 2016. Congratulations to the winners! *See next page for results.

Please also remember that we will be offering our Winter Training Program for cyclists (and anyone who wants to kick up their fitness level several notches) in April/May for eight weeks. This program is designed as an ideal progressive overload format so that the participants begin with a one hour ride gradually increasing that duration and intensity to two hours over the eight weeks. The program will be offered on Saturdays, from 9:15-10:15 and eventually to 11:15AM. I have been coaching this program for several years, here last year and at my previous studio in Grand Lake for several years, with terrific outcomes for every participant. I urge you to take advantage of this professionally designed program.

Please remember these services that we offer to you daily: The Blend juice bar which provides you with top-notch nutritionally sound protein shakes and smoothies, our pro shop which offers foam rollers, cleats (and we install those complimentary for you), our signature clothing, ear buds, and anything that you would like us to carry we will be happy to do so within reason, massage therapy—truly, if you have not experienced one of Jake's massages, you need to set up an appointment today, personal training—we are experts and are ready to work with you and exclusively for you to design a program that will produce the results you seek every day of the year, small group training—our WOW, and other programs are right here at MLF, so take advantage of this elite level of training, our large group exercise class program which, honestly, is diverse, possesses something for every fitness level and talk about results—just look at those that regularly participate and how amazing they are and now our nutrition and karate programs! You need not travel to Denver or any other metropolitan area for cutting edge fitness services and programs—we are here in Grand County to serve you, our valued members!

Have a great winter season, come in and workout often and we will be here with a smile to greet you and programs to get you where you want to go every day of the year!

Cheers,

Jackie



Mountain Life Fitness

2015 Move-it-and-Lose-it Results!!

ANNOUNCEMENT 12-24-2015

Overall Team Results

B/W - 67.7lbs

B/C - 53%

GIRTH - 68.25"

Winning Team

"BODY BY BEN"

**Great Job Everyone on your
Hard Work, Dedication &
Teamwork!!**



**Mountain Life
Fitness**

GRANBY, CO

***Your Ultimate Fitness
Destination!***

www.MTNLifeFitness.com

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