



WESTSIDE GYM



state of the art equipment • broadcast vision fitness cinema • spinning • kung-fu • boxing • yoga

Your Fitness Choice on the Westside

Westside Gym is located on West Broadway in Kitsilano and has a comfortable, neighborhood atmosphere. Acting as the extension to the premier personal training studio, Body & Soul, the Westside Gym employs very knowledgeable staff who are passionate about health and fitness. Our cozy atmosphere allows you to work out at the level you are comfortable with, among fellow

clients that represent the Kitsilano area. There are no line-ups for machines, cardio equipment or free-weights and there are no sales people that will come between you and your workout. We offer a variety of classes including an excellent Spinning program as well as Pilates, Boxing, Martial Arts and Circuit Training. We also offer Personal training and private classes; just stop by and we would be happy to answer any questions you might have. Westside Gym is also excited to be partnering with experts in different fields to offer specialized training for

those big events or simply to learn or expand upon a new skill. Runners can train with competitive, experienced marathoners; skiers can get coaching from the best in the field to maximize results and prevent injuries; competitive cyclists can spin with the best of them. There's even a training specialist for Dragon Boat racers. Other specialties will be added with different seasons.

3313 w. broadway, vancouver • 604.224.2639 [body] • www.bodysoul.ca

the fitness file™

QUARTERLY NEWSLETTER : FALL 2006



Body & Soul
health and fitness

personal training • yoga and pilates • massage • chiropractics and rehabilitation • outstanding amenities

Personal Training... Your Drive To Fitness

Personal Training offers a unique exercise experience that is accessible and highly motivational for everyone, whatever their goals or current abilities are. Our trainers are experts in body conditioning, injury and illness rehabilitation as well as sport specific training. With our clients' benefit and enjoyment as primary concerns, our trainers will design personalized programs to most efficiently help you to reach your goals. If you are looking for increased fitness, reduction of body fat, muscle sculpting, rehabilitation, improved athletic performance or have other fitness aspirations, personal training is an investment worth making.

In combination with our additional services, Body & Soul clients notice other wellness related health benefits such as reduction of stress, greater body awareness and confidence, improved circulation and increased bone density. By making a scheduled commitment to your health you will be investing in your future, and will find more fulfillment and enjoyment during the process of exercise...we promise!

Typical one-hour personal training sessions include:

- cardiovascular intervals
- strength conditioning and balance training
- stretching and flexibility

Body & Soul offers you an intimate, luxurious facility where you can commit to making your health a priority. Our trainers are experienced, certified and dedicated to helping you create and maintain an active lifestyle.

★★ Come Celebrate Our Grand Re-Opening! ★★

Join us as for our Grand Re-Opening event on September 9th, 2006, from 11am – 4pm. Enjoy a barbecue, preview our fantastic renovation, and visit with the talented trainers at Body & Soul. Who knows, maybe there is a change in store for you!

t h e c o r n e r s t o n e o f c h a n g e

3785 w.10th ave. vancouver • 604.224.2639 [body] • www.bodysoul.ca



Profile: Morgan Perrin



My name is Morgan Perrin and I am a member of the Canadian Disabled Alpine ski team. Over the past 4 years Body & Soul has sponsored me and provided personal training to enhance my conditioning. Body and Soul has been very co-operative with my scheduling and has made a great effort in making my training specific to my sport. I believe Body & Soul has had a great deal to do with my success in Alpine ski racing to date.

Post Workout Stretching: Why Bother?

Regular stretching is the maintenance your body regularly needs in order to prevent the gradual and insidious shortening of the individual muscle fibers caused by repetitive use and fatigue. Regular stretching is crucial to maintain your posture for years to come and to keep your muscles healthy and powerful.

Muscles use energy to contract (i.e. shorten) in order to produce motion. Muscle fibers go from a normal resting length and shorten to maximum contraction. If, after exercise, the muscle fibers are not allowed to temporarily and regularly be stretched beyond their normal resting length, the muscle's original resting length will gradually shorten: the muscle as a whole will tighten, shorten and lose its capacity for powerful contractions. That shortening also results from gradual shortening of the fascia (the connective tissue that envelopes and embeds muscles). If not regularly stretched, fascia will shorten due to age, cold, poor posture and muscular imbalance.

Muscle shortening gradually changes everyone's joint position and leads to muscle imbalances, damage to the ligaments, an overall stiff feeling, and changes in posture. Chronically shortened muscles are also tenser and have reduced blood circulation. This leads to a lack of oxygen and essential nutrients absorption. As toxic waste products then accumulates in the muscle cells, muscle fatigue, aches and even pain can be experienced.

Chiropractic Services

Body & Soul is pleased to announce that Dr. Aaron Case has joined our wellness team to provide chiropractic and related services for the benefit of our clients. Dr. Case delivers therapy in a safe and conservative manner focusing on the use of evidence-based treatments, and he is committed to seeing results in as few appointments as possible. He takes great pride in empowering injured

patients with the knowledge to help themselves through education about ergonomics, correct posture and sleeping positions, nutrition and rehabilitation exercise routines. As a runner himself — and Boston Marathon finisher — Dr. Case also understands the mindset of an athlete and has a definite bias toward promoting active recovery.

Massage Services

At Body & Soul we offer several different types of massage to encourage wellness depending on your individual needs. Registered Massage Therapy focuses on hands on manipulation of the soft tissue and joints of the body. It's many beneficial physiological effects include the movement of muscles, ligaments, tendons and fascia to encourage circulation through the tissue, to inhibit muscular spasms and either soothe or stimulate the nervous system. Appointments range from 30 to 60 minutes and it is a beneficial accompaniment to any workout program or active lifestyle.

Traditional Thai Massage is a combination of acupressure and assisted, yoga-like stretching. It works with gentle pressure to reverse stiffening of muscles and joints, increasing circulation, decreasing pain and reducing stress. You will leave incredibly relaxed and centered with a calm mind.

Massage will help the speed of recovery from post-training soreness, fatigue, or from injury. It softens muscle tissue, calms the nervous system and induces a sense of well being. We believe it to be an integral part of the integrated balance between mind, body and soul.

Profile: Jen Ford



I first joined Body & Soul in October 2004. Upon moving back to Vancouver I was looking to start a weight loss and strength training program and the personal trainers at Body & Soul came highly recommended by a few past clients. So far I have had great success with my program and am currently training 4 days a week with Ben. It is a great environment to work out in...the hour usually flies by! No matter what your strengths or weaknesses are everyone here is so positive, welcoming, and easy going. The studio has all the equipment you need, and the trainers are excellent at keeping your programs interesting and varied.

Classes

The Pilates, Yoga and Stretch instructors at Body & Soul are proud and excited to welcome you to our newly renovated studio...you are in for an experience unlike any other! Semi-private classes (8- 10 people) ensure you receive individual attention and maximum comfort during your class. Our highly qualified, caring teachers have a vast array of experience and will help you improve your core strength, body-mind awareness and flexibility—ultimately contributing to improved quality of life. Whether you are a beginner, recovering from an injury or illness, an athlete looking for an added edge, pre/post natal mom, a senior or just want to try something new, there is a class for you. Bring a friend to stay motivated and check out our new fall schedule. Sign up for a class today!

