

Want to know the secret to living a healthy, balanced lifestyle, getting the body you want AND reaching your goals, all guilt-free? Read on to find out how taking the leap towards health and wellness is easier (and more fun) than you think!

Fitness & Nutrition: the dynamic duo

Investing in our health through the combination of regular exercise and eating well has numerous benefits:

- It allows us to feel and become stronger, re-charged and more energized;
- It helps us to become better equipped to cope with life's stresses and the demands of work, family and relationships;
- It combats obesity, disease and a wide variety of health conditions;
- It sets us up for success in all aspects of our lives!

All Out Training captured the journeys to well-being of three women: Petra, Ashley and Karen; all busy moms who decided to seize the opportunity to address their health through fitness and nutrition. Their stories show us that you don't have to be superwoman to incorporate some "me-time" into your life!

All Out TRAINING

Get In. Go All Out. Get Fit.

Petra's Journey

Name: Petra • **Age:** 35 • **Status:** Mother of two and works full time in agricultural sales

"I never thought I needed weights because I was overweight, and to me that meant more cardio."

As a busy mom, Petra always put her kids first. "I was starting a new job; I wanted to be more confident and to feel better. I was tired, feeling depressed, on edge and not content with my life."

Petra reached out to All Out Training to help get her life back on track, and signed up for the 16-week program and Body Camps. "Cindy's instructions were simple and she provided me with nutritional guidance."

Since she started on this path, "MY WHOLE LIFE has changed—I have a lot more energy, my time is better spent doing things I love instead of worrying. In my job I have more confidence, which leads to success! I have changed my entire lifestyle: the way I sleep, eat, execute my thoughts, my daily plans...And, I have started to set aside some time for me: running, nails, date nights..."

Petra now knows that "you only have one body, so treat it with respect! Be true to what you believe in and put yourself first!"

You too can choose to change your story to one about healthy living! Accepting yourself and redefining your priorities will put you on the path to success. Take a chance—your body will thank you!



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Cindy Pole

Owner/Trainer, Lifestyle Coach



Ashley's Journey

Name: Ashley Nethercott • Age: 27 • Status: mother of one 13-month old girl and works as a pharmacist

"I struggled with poor body image. I was an emotional eater whose focus was entirely on my weight and being 'thinner.' I felt that working out was too time consuming, but I came to a point where I started thinking about the life I wanted to provide for my daughter."

Ashley's initial perceptions of altering her lifestyle changed when she sought help from All Out Training. "Weights are my greatest focus now and my cardio work is shorter but high intensity. My mindset towards food has also completely changed. If you take the time to give your best self to your family and friends, you have to take care of yourself first."

Ashley is reaping the benefits of her new lifestyle not only physically, but also emotionally and mentally. "I am stronger and leaner than I have ever been before. I have started to find greater value in myself and am bonding more with my family. Activity is something we all do together now."



We often tell ourselves lies which can prevent us from reaching our goals and finding happiness. Don't let negative feelings and insecurities consume you—believe in yourself, put yourself first, and happiness will follow. You'll see just how far you can go!

Karen's Journey

Name: Karen Schlegel • Age: 27 • Status: Mother of two children aged 6 and 7; Dietary Planner and Assistant Educator at YMCA Childcare Centre

As a teen, Karen was physically active but found her active lifestyle hard to maintain after having children. "I wasn't exercising regularly and didn't pay much attention to what I ate. I tried several diets, but none got me very far. I finally said enough was enough—I wanted to feel comfortable in my body. I wanted my kids to be the healthiest that they could be."

"The variety of programs and services offered through All Out Training has made it so easy to progress in my health journey — from a beginner at bootcamp, to personal training, to completing a 90 Day Best You program. Having the support of All Out Training throughout this process and knowing that I wasn't alone definitely made it easier."

Karen has experienced positive change in both body and mind.

"I am wearing clothing sizes that I never thought possible. I am a happier, more confident person—I feel empowered and strong. This process has changed the way I view health and fitness. It has given me the courage to fulfill many goals, one of which is returning to school full time in September!"

"Once we realize that our children will be fine if we go work out, it becomes so much easier. You are working towards a better future for everyone, so don't let the fear of striking out keep you from playing the game."

Your own success story is just waiting to be written. Find your own path to health, well-being and happiness. Dare yourself to take the leap and you'll never look back!



What are current clients saying about All Out Training?

"All Out Training has been exceptional for providing support and direction. Unlike other fitness providers, the services through All Out Training focus on a holistic approach."

"You are not just another client. You are an All Out client and get the support of the trainer for more than the hour commitment."

"All Out Training provides the support, accountability and personalization to fit my needs and lifestyle."

Making decisions around exercise and nutrition can be draining and confusing.

Let All Out Training help you. Direction. Support. Accountability.

Personal Training

Body Camps

90 Day Best You Programs

16 Week Transformation Program



All Out Training

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