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# NATURAL HIGHLIGHTS

[www.naturalhigh.ca](http://www.naturalhigh.ca)

OCTOBER 2007

## Fall Programs

Looking for a new workout and a way to really make your body scream? Try our **TRX Suspension Training Class**. To complete the world's toughest missions, the US Navy Seals maintain peak condition with strength, agility and endurance, second to none. The TRX System was designed to deliver that level of fitness to anyone, anywhere. Our instructor Kim, will integrate every aspect of functional conditioning using nothing but the exercisers own bodyweight to generate resistance. With hundreds of exercises and progressions for every body part, exercisers choose the degree of difficulty from very light to very challenging simply by changing their body position. TRX focuses on strength and proprioception and recruits core engagement and integrated joint stabilization throughout all movements. Registration for the Winter TRX session begins Nov 28.



**Yamuna Body Rolling** is a revolutionary approach to health and fitness using 6-10 inch balls to work specific muscles to create suppleness in tight areas and optimize range of motion. Yamuna reeducates muscles and stimulates bone, creating positive, permanent changes in the body. Our instructor, Aggie, has been involved with Yamuna for years and will be able to assist you with modifying or advancing routines to meet your needs. Register Nov 28 for our Winter session stretch class, incorporating Yamuna principles.



Kick Boxing is new to Natural High this fall! Our instructor, Mike Myles, is a World Champion Maui Thai Kick Boxer and will put you through a work out that is sure to "knock you out." Kick Boxing is full contact karate! In this class you will throw punches, as in boxing and kick with your bare feet as in karate. Cardio kick Boxing combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning and can be a great way to relieve stress.



### Registered Programs Offered This Fall

<b>TRX Suspension Training</b>	<b>Pilates</b>
<b>Yamuna Body Rolling</b>	<b>Trim and Tone</b>
<b>Kick Boxing</b>	<b>Indoor Cycling</b>
<b>After Hours Club</b>	<b>Yoga</b>
<b>Advanced Cycle/Circuit</b>	

Winter Registration for these classes begins Nov 28

### Drop-In Classes Offered This Fall:

<b>Monday</b>	Ready Set Step	8:35am - 9:20am
	Circuit Pump	6:15pm - 7:05pm
	Booty Camp	7:10pm - 8:00pm
<b>Tuesday</b>	Aerobic Cycle	5:35pm - 6:30pm
<b>Wednesday</b>	Aerobic Cycle	9:00am - 9:55am
	Cute Glute Circuit	5:20pm - 6:20pm
<b>Saturday</b>	Anaerobic Cycle	9:30am - 10:30am

\*\*Watch for more classes being added!

For more information about classes, come in to Natural High or visit our website [www.naturalhigh.ca](http://www.naturalhigh.ca).



## New Products

Natural High Fitness and Athletics offers a wide array of natural supplement lines designed to assist you in achieving your health and fitness goals. Health products available include protein bars and shakes, endurance sport fuel, whole food supplements, flax seed, cod liver oil, hormonal balancers, videos and books, and exercise equipment.

Check out our new Bioprotect Superchips which reduce the electromagnetic field emitted from electronic devices, such as cell phones, computers and hair dryers.

Our Shuzi bracelets are another new, popular item. They enhance your own biofield to help counter the negative impact of environmental electromagnetic fields.

Back to school means making lunches and packing snacks. Jojo Bars, Goody 2 Chews, or Juice Plus Gummies are healthy treats that kids love.



# Behind the High

Natural High Fitness and Athletics is committed to providing optimal service and developing holistic balanced programs, while implementing the art and science of training, nutrition and lifestyle guidance. In naming our facility we chose "Natural High" because we believe in life by natural causes. There is a "natural high" that comes from living well, which our facility aims to help you achieve. We thrive to master the art of living, which requires discipline, love and energy and must be achieved through honest means. Positive thoughts, proper exercise, whole food nutrition, proper sleep, and spiritual grounding all combine to create a "natural high." Few accomplish this. Those that do are one step closer to mastering the art of living. Our logo speaks to this message as well. The two lines through the middle represent a horizon that symbolizes our endless journey towards health and wellness. The circular rings represent the circle of life, which is a continuous natural cycle of highs and lows that we all experience. We also like the representation of "as above, so below" which speaks to the many physical, mental, emotional, and spiritual bridges in the body linking the mind, above, to the body, below; living within a global conscious in a symbiotic manner. The lines of the symbol are made with imperfect brush strokes to represent that each one of us is in an imperfect state, but it is in refining these imperfections that our journey becomes meaningful. There are six lines or six points in our symbol. These have great significance as they represent the 6 Foundational Principles of Health and Wellness, the 6 Pillars of Wellness, the 6 Bodily Chakras, and Andrew's Six Secrets to Success. Read more at [www.naturalhigh.ca](http://www.naturalhigh.ca).

**CONTACT US AT:**

Phone: (403) 938-4483

**VISIT OUR WEBSITE:**

[www.naturalhigh.ca](http://www.naturalhigh.ca)

**Molding dynamic lifestyles.**

## Our Staff Team

Our friendly Staff Team is eager to serve you! Whether it is a question about equipment use, our supplements, merchandise products, or information you seek about programs or services we offer, don't be shy to ask.

The Natural High Team is constantly growing to better assist you with your fitness and lifestyle goals. We welcome Katrina and Clare, two recent additions. Our existing staff have been very busy. Jeff has begun his Masters Degree in Kinesiology. Suzie has completed her Certified Strength and Conditioning Specialist through the NSCA. The CHEK Holistic Lifestyle Coach Level I has been completed by Aggie, Suzie, Teri-Lynn, Allison Katrina and Shari. Andrew has completed CHEK Practitioner Level I, CHEK HLC Level 3 and a course on Neuro-Developmental Approaches to Training. The Childhood Motor Development Seminar in Seattle was attended by Jeff, Dan and Andrew. Dan has also completed CHEK Level I Program Design. Kathy, Shari and Dan have successfully passed their Alberta Fitness Theory Exams. You can see there are many ways that we are expanding our knowledge to better serve you.

For more information about our staff, visit our website at

## What We've Been Up To

Natural High Fitness, to date in our first year of operation, has donated over \$9000 to community events and charities including:

- Oilfields/Okotoks Health Foundation
- Okotoks Hospice Society
- Okotoks Kidsport
- Okotoks Minor Hockey
- Okotoks Scouts
- The Foothills Charity Triathlon
- The Okotoks Minor Hockey Friendship Tournament
- The Okotoks Stingrays Summer Swim Club Annual Swim Meet
- The Rona MS Bike Ride
- The Weekend to End Breast Cancer



Natural High Rona MS Bike Team

We are excited to have recently become the official training centre for the Okotoks Dawgs Baseball Team and are looking forward to working with these athletes in the 2008 Season!

Cut out this section, list four of the six pillars of wellness from our website and leave it at our front desk for your chance to win.

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Name: \_\_\_\_\_ Phone: \_\_\_\_\_