

Hike to get **Fit** and **Reset** Your Body!!

September is 'back to school', 'back to work' and 'back to fitness'! What better way to do that than with a group of like-minded individuals.

We'll get fit while:

- ▲ Learning how to hike safely
- ▲ Learning about low-glycemic eating
- ▲ Learning how to RESET your metabolism so you can lose weight healthily!

When: **Introductory** Program – Tuesdays 6pm
Aug 31, Sept 7, 14, 21, 28, Oct 5

Advanced Program – Thursdays at 6pm
Sept 2, 9, 16, 23, 30, Oct 7

Cost: **\$140** (incl. taxes) Rain or shine, Non Refundable

Or One-time Drop-in of **\$25** (\$20 for seniors)

You get: Six guided hikes (minimum 2 hrs),
Yummy, low-glycemic snacks and healthy eating information

Where: Hikes will vary from week to week and will increase in intensity. Hikes are listed below and order may vary.

- | | | |
|----------------|-----------------|---------------|
| ▲ Whyte Lake | Cleveland Dam | BCMC |
| ▲ Lynn Loop | Lighthouse Park | Dog Mountain |
| ▲ Baden Powell | Black Mountain | Lower Seymour |

Optional: 5-day Reset program \$137*

Contact: Lois Tomlinson 604-836-2321

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*Science shows us, if we eat only low-glycemic foods for five straight days, we can actually reset our metabolism and blood sugars and start to release those cravings for bad food! I don't know about you but I don't really want to spend half of each of those days figuring out what I'm going to eat. So, to make the process easy USANA Health Sciences has a RESET program, which is five days of (low-glycemic, balanced) meal-replacement shakes and yummy snack bars! You can add vegetables and fruit, too.

We can easily do the 5-day RESET program between 2 hikes. Cost for the kit - \$137

Contact **Carolyn Sinclair 778-227-2257 carolynsinclair@telus.net** for more information on the RESET program.

Natural Trekking Tours Inc.'s vision is to introduce the beauty of the local north shore mountains to all fitness levels. Owned and operated by Lois Tomlinson, Natural Trekking operates year-round tours offering hiking and snowshoeing. Lois has over 30 years of experience in the travel & tour industry. Her passion is hiking and snowshoeing and she loves to share this passion with others. In addition to hiking the local mountain trails, Lois has completed high altitude expeditions to Mt. Kenya, Mt. Kilimanjaro and Mt. Meru in East Africa, Mt. Elbrus in the Caucasus Mountains of Russia ; Mt. Aconcagua in the Andes of Argentina and just recently Everest Base Camp, Island Peak and Mera Peak in Nepal.

Lois has an 80 hour Advanced Back-Country First Aid Certificate and a 40 hour Advance Medicine Certificate, both obtained through **Wilderness Alert**.

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