



## TUNE MORE THAN JUST YOUR SKIS...

Healthy Lifestyles and Natural Fitness, in its purist form, is rooted in “clean oxygen fed sport.” It employs a wide-spectrum of skills and range-of-motion, while integrating core strength through physical literacy.

# WOMEN AND DAUGHTERS ON SKIS CLINIC

23 January 2010

Time: 9am-5pm

Place: P9 Gatineau Park, Chelsea

Bring ski equipment, gym clothing, food (lunch) and water

The spa is option (bring bathing suit and footwear)



**REGISTER NOW**

Sponsored by  
Natural Fitness Lab  
xczonetv  
Chelsea Nordiq

Cost \$40  
\*meals, spa or trail fees not included

The clinic includes:

- \* Nordic ski technique and training manuals and DVDs
- \* Expert-led instruction
- \* Core strength session

The objectives are:

- \* To encourage more women to participate in year round healthy lifestyles and ultimately cross-country skiing!
- \* Encourage young women to stay with sport for life.
- \* Create a social networking opportunity that brings enthusiastic women together to build new friendships and base of support to exercise regularly or participate in races.
- \* To develop correct skills and contemporary technique through active-mentoring.
- \* Share Gender Effective Ski Tips like nutrition, psychology, cardiovascular and strength training.





**SATURDAY**

**23 JANUARY 2009**

**0900-1200**

The latest Ski Skating Technique at parking lot P9 -  
Lise Meloche, Olympian

**1200-1300**

Lunch

**1330-1430**

Core Strength and Yoga  
- Ms. Fitness Canada Sarah Zahab

**1430-1500**

Networking

**1500-2000**

Le Nordik Spa and Dinner



**[WWW.NATURALFITNESSLAB.COM](http://WWW.NATURALFITNESSLAB.COM)**

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