

**KALIA**



**GAMES**

*Extreme Inspiration*

**FALL BRIK 2013**

**SEPTEMBER 3<sup>RD</sup> – OCTOBER 12<sup>TH</sup>**

**BRIK:** *noun* \ 'brik\; six weeks of functional intense training (F.I.T.) and nutritional guidance. The building blocks to a stronger you.

**Welcome** to Kaia F.I.T.'s third BRIK of 2013. We hope this will be yet another building block to a strong year and a lifetime of health and happiness for you and your family.

We offer three BRIKs per year and ask in each session for you to think about what **YOU** want to build and achieve in six weeks. Are you striving to create a strong body, a more peaceful soul, happiness you can pass along to those you love? Below, you will have an opportunity to list the 10 things you most want to accomplish and together we will help you achieve them all. Keep in mind, these goals may change along the way, but getting your initial thoughts written down on paper is the first step to seeing them through...even if you have to tweak them from time to time.

**So before the games begin, ask yourself...**

**What can I "build" in the next six weeks?**

Health, Fitness and Well-being?

Strength, Power and Endurance?

Mind, Body and Soul?

Peace, Love and Happiness? Or a combination of them all...

Please take a few minutes to answer the following question. Be honest with yourself and specific in your answers.

**What are the top 10 things you would most like to improve upon or change with regards to fitness and nutrition?**

1. \_\_\_\_\_ 6. \_\_\_\_\_

2. \_\_\_\_\_ 7. \_\_\_\_\_

3. \_\_\_\_\_ 8. \_\_\_\_\_

4. \_\_\_\_\_ 9. \_\_\_\_\_

5. \_\_\_\_\_ 10. \_\_\_\_\_

And what's going to get you there?

## The Kaia Games...of course



Your success in the Kaia Games will be achieved through teamwork and camaraderie. You will combine your strengths with other Kaia women into a single force to overcome challenges and obstacles. Playing a key role on a team holds individuals accountable to their fellow teammates and creates determination and output. Nobody wants to be the one that lets the rest of the team down. **We KAN do it together!**

We hope you will learn a lot about yourselves over the next six weeks. The excitement of challenging other teams head-on, with great effort and at times great struggle, will be its own reward. Win or lose, you did it together as a team. So let's see what you're made of - as an individual and as a sister-in-arms. **Let the games begin!**

# Top 10 BRIK~I Kan's

Here's a list of the top 10 **I Kan** guidelines for this BRIK. These rules are to be followed, without deviation, throughout the entire six-week program. ☺

**I Kan LOVE Myself.** Train your mind to be kind to yourself. Control your thoughts and think positive.

**I Kan Be Clear and Focused.** Dedicate your thoughts to here and now. The only moment that matters is this one. Be present.

**I Kan Achieve My Goals.** If being fit and healthy is your goal, be very clear and focused on how to get there. Exercise needs to be a habit. Make your exercise routine non-negotiable. In just a short amount of time you will be living a lifestyle that will bring you vitality, strength and happiness.

**I Kan Be Grateful.** Gratitude is the most important thing in life. We are so blessed to live the life we have and we must take time to give thanks. Get up five minutes early each day and think about what you are grateful for. Set your intentions for the day, and start with a smile.

**I Kan Give To Others.** In order to receive health and happiness you must give health and happiness. You are on a long journey heading toward fitness, so bring others with you. There is no better gift in the world than the gift of health. Share your thoughts, inspirations and dreams and make fitness contagious.

**I Kan Do It NOW.** Don't stall. You rarely regret what you do, and very often regret what you don't do. The pain of avoiding hard work is much worse than the pain of just rolling up your sleeves and starting. Taking steps, even small steps, will lead to happiness and growth. The next six weeks will go by whether you commit to this program or not. Where will you be six weeks from now?

**I Kan Be Hot.** Live with heat and intensity. Intense, concentrated effort is key to getting things done and done right. Focus! Know what you want and work hard to achieve it. Show up to Kaia on fire, work passionately and get it done. Life is not meant to be easy, but if you head into challenges with vision and fire you will get through the life's struggles quickly.

**I Kan Enjoy The Climb.** It's the journey, not the destination. Focus on your effort instead of the results. You won't always feel motivated to work out, but it is much easier to control our actions than our thoughts. When you wake up feeling unmotivated, ask yourself, "What needs to be done?" and then go DO IT!

**I Kan Live Clean.** Cut the junk! No sugar, alcohol, or processed foods. Know where your food comes from and how it has been treated. Age is nothing but a number. If you feed your body live, healthy food you will feel younger and more vibrant than you have your entire life.

**I Kan Be Brave.** Don't let fear of failure stop you from achieving your goals. We are all fearful at times; it's just how we deal with our fear that dictates how far we will go in life.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Scale: \_\_\_\_\_

## Where are you now? Where are you going?

We agree! It's hard to get on the scale. But knowing your starting numbers will help to hold you accountable for your weight loss goals, healthy eating plan and exercise regimen. Keeping your stats in your Kaia binder, during and after each BRIK, is a great way to stay on top of your progress.

Remember, it's important to look at the big picture when it comes to physical assessments. Sometimes, when working out you will gain muscle at the same rate as you're losing body fat, so the numbers on the scale may not budge. By tracking your measurements, body fat, how you feel and how your clothes fit, you will have a clearer picture of your true results.

Physical assessments will be taken at the start of the program, the halfway mark, and again at the end of our six weeks together.

Date:	Beginning:	Middle:	End:	Total Loss 😊
Weight:				
Body Fat%:				
Thighs:	Up: Around:	Up:	Up:	
Buttocks:	Up: Around:	Up:	Up:	
Waist:	Belly Button			
Back:				
Arm:				

# The K Games FAQ's

**Where do I get the weekly schedule?** We communicate by email, so be sure to always check your email. Monday, Tuesday, Thursday and Friday class will be held at the Kaia Gym at your scheduled class time. Saturdays we like to get outdoors and explore! We will email the location for our Saturday workouts a few days in advance. They will always be at 7am for one hour.

**What are the workouts like?** The great thing about Kaia is that the workouts are different each time you come to class. Not only will they leave your body guessing, but you will also find yourself asking for more. Kaia workouts are exciting, fun and will leave you feeling exhilarated and full of life!

**What if I can't keep up or it's too hard for me?** The Kaia program can be very challenging, but welcomes women all ages and fitness levels. We encourage you to work at your own pace in "Balance Level" to start and working your way up, as you get stronger. All trainers are well versed in Kaia modifications and will help you in any way possible. We offer three levels of exercise:

- ✓ **Balance**...is the low impact version of an exercise. This is for anyone who is new to Kaia, recovering from an injury, or feels it's appropriate. Typical heart rate zone: Aerobic Zone anywhere from 120- 140.
- ✓ **Strength**...is the next level up from balance. To make any exercise harder or more intense you need to add speed or weight. So strength is the aerobic phase of our workouts. Typical heart rate zone: 130-160.
- ✓ **Kaia**...is the highest level of exertion. To reach this phase you are working hard, adding speed, intensity and/or weight. Typical heart rate zone: MAX 160- 190.

**What results can I expect?** You will feel results immediately, but will most likely see more significant changes within 2 or 3 weeks of starting the program. You will:

- ✓ Lose weight: about 2 pounds a week, without fad diets
- ✓ Tone muscles in the fastest time possible
- ✓ Look your best and feel better than ever
- ✓ Increase energy and become a calorie burning machine
- ✓ See real results that last

- ✓ Make great friends and have fun!

**What should I bring to class?** It's a good idea to keep the following equipment in your car at all times. You never know what you're going to need on a given day.

- ✓ Exercise Band **BD** and
- ✓ Handbag **HB** (if you have done a previous BRIK. HB's are made each May BRIK)
- ✓ Yoga Mat **YM** and towel (Kaia Flow and outdoor workouts)
- ✓ Quality pair of running shoes
- ✓ Athletic clothing (warm for outdoor workouts)
- ✓ A good sports bra
- ✓ Head lamp (optional for early outdoor workouts)
- ✓ Heart rate monitor (optional)
- ✓ A big smile (NOT optional 😊)

**Can I interchange class times or take make-up classes?** Yes, you are welcome to jump into a make-up class if space is available, but please try to stick to the time slot you signed up for. We are sold out in most classes and plan the workouts according to the number of Kaia girls on the roll sheet.

**When will the I Kan Run program be offered?** I Kan Run is an amazing addition to the Kaia program and is offered during the Fall Core Sessions. It will start right after this BRIK on October 14. We encourage anyone who is interested in becoming a runner, wants to improve on their running, or just wants a fun team to run with, to sign-up and reserve their spot now. It is great way to increase your speed and teach you the techniques of proper running and power walking.

**What happens when the weather is bad?** We love the saying, "there's no such thing as bad weather, just bad clothing." Be prepared if it's hot with extra water and ventilated clothing, and rain gear/hat if it's raining.

**Refund Policy:** Because space is limited, we have a no refund policy. We plan our workouts, staffing, and equipment according to the numbers of girls in the program and there are difficult to adjust when the numbers change. Thank you for your support and understanding.

**What is a Kaia Binder?** Your Kaia Binder is a notebook you will keep to hold your schedules, phone numbers, workout stats, goals and assessment sheets. It a great reference tool as you progress in the program, as it will keep you organized, on task and aware of how far you've come. You'll receive your Kaia Binder at the completion of your first BRIK.

**What should I bring to orientation?** Please bring your contract, physical assessment sheet, completed goal sheet and a pen. Also, be sure you have filled out a liability release and that you are paid in full.

**What are the double days?** Double days are optional, but recommended in all BRIK Sessions. Simply add a fun workout or run to your evening schedule and you will be moving toward your fitness goal that much faster in this session's time. Walking the dog after dinner counts. You can also come to multiple Kaia classes in one day.

**What are the benefits of keeping a food journal?** Even if weight loss is not your goal, proper nutrition is everything. Sixty percent of how you look and feel is directly related to your diet. By journaling, you are able to help you not only reach your goals but also can help you with energy problems and even injuries. We recommend either journaling on paper or using an app such as "LoseIt" or "My Fitness Pal"

**How do I turn in my Food Journal?** Emailing it to your nutritional coach is best. You will be given a journal template to fill out and send in each week. Your coach will return it to you within 24 hours. If email doesn't work, you can turn it in to the coach's file at the gym.

**Do I have to participate in physical assessments?** Weighing in, measuring body fat and journaling your goals is the best way for you to understand your starting point in term of your health and fitness levels. We do physical assessments at orientation, midway through the program and at the end of our six weeks together. Physical assessments are not required, but will keep us working together to help meet your goals for this BRIK.



# Kaia Contract

I, \_\_\_\_\_ believe in the Kaia FIT program and nutritional plan. I am committed to achieving my personal goals and to having self-control when it comes to nutrition and exercise.

## I will follow all of the Kaia guidelines by...

Pushing myself in every workout to reach my full potential

Having a positive attitude

Daring to step out my comfort-zone and supporting my fellow Kaia girls

Living clean by eating **LEAN and GREEN**

## I will commit to the basics by...

Avoiding artificial or processed foods

Cutting out sugar and alcohol

Trying to eat before 7:00 pm

My #1 **nutritional goal** for the next six weeks is:

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My #1 **fitness goal** for the next six weeks is:

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My #1 **relationship goal** for the next six weeks is:

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Signature \_\_\_\_\_ Date \_\_\_\_\_

Please print and sign this page and put it in your Kaia folder on the first day of class.

**"Self Confidence in the vision frees you to take action."**

**- Toni Randall**



**Believe that you can do it!**

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Thank you for being a part of our Fall BRIK 2013. We look forward to creating a long and healthy relationship with you. Building...

**"Strong Bodies and Powerful Minds"**