



Kaia F.I.T.



REACH YOUR PEAK



Summer Core Session 2013: June 17th-July 20th

CLIMB TO NEW HEIGHTS



**Kaia (Ki-Uh): One with a beautiful body
F.I.T.: Functional Intense Training**

Welcome to "Reach Your Peak", the first Kaia F.I.T. CORE Session of summer 2013. We are excited about these next five weeks and can't wait to begin our journey with you of attaining a higher level of fitness. Together we will all reach new summits.

Reach Your Peak is the belief that there is only one you, who is unique, powerful and capable of accomplishing anything you set your sights on. For each and every one of us there is a different combination of what works best when it comes to eating healthy, working out, and living a healthy lifestyle. There is no single formula for each of us to live by. Your uniqueness is a gift that sets you apart and is valued by others. Focus on your individuality and learning what works best for your body through fitness, nutrition and family balance. There is no doubt the person next to you will have a different recipe in each of these areas. Let's learn from each other and find a perfect combination of setting and reaching new heights.

Find what makes you **reach** beyond what you thought possible,
and
do what makes you **push** your limits!



Kaia's Vertical Challenge 2013

Over the next five weeks we are challenging you to gain elevation in every part of your life. We hope you will commit to climbing at least 5000 feet of vertical distance in this CORE Session. That's an average of 1000 feet per week and here's how you can do it!

The most obvious climb is a beautiful weekend hike up one of your local peaks or trails, but you can also:

- Find a hill in your area and practice hill repeats for a total of 1000 feet
- Head to a high school and run the stairs, 10 times to total a 1000 feet or so
- Conquer 10 pull-ups a day for 5 days and give yourself 500 feet

Prizes will be given for the most feet climbed and the best Facebook posts and pictures.



Your Vertical Challenge lies ahead, so set a goal and “Reach Your Peak”!

NAME: _____

I am committing to climbing _____ ft. in the next 5 weeks

Each week I will climb _____ ft. to meet my goal

Please print this page and put it in your Kaia Binder

Elevate Your Nutrition

Serving size guideline:

Protein: Deck of cards or palm sized piece

Fats: Size of your thumb

Carbohydrates: Size of your fist

Dressing or oil: 2 Tablespoons

Breakfast Suggestions

- High fiber cereal with fruit
- Bowl of quinoa with almond milk and berries
- Green Smoothies
- Protein smoothie: protein powder, fruit & water
- Plain yogurt with fresh fruit
- Tofu scramble with zucchini, peppers and onions

Lunch/Dinner Suggestions

- Salad topped with fresh vegetables and legumes (beans)
- Black bean burrito w/1 corn tortilla
- Romaine lettuce wrap with chicken or tofu, diced vegetables and salsa
- Spaghetti squash with marinara sauce
- Vegetarian or Turkey chili: In the Crock Pot add black beans, kidney beans, corn, pinto beans, stewed tomatoes, chili seasoning and cooked ground turkey
- Lean protein served with steamed vegetables or a side salad
- Lemon, butter and dill on Halibut or Salmon with wild rice and vegetables
- Protein bowl - protein (tofu, chicken or tempeh) and black beans topped with non-dairy cheese, shredded carrots, cabbage, avocado and salsa

Snack Suggestions

- Kaia Kocktail-water with lemon and cayenne
- Green Drink
- Grapefruit
- Apple with cinnamon
- Edamame or raw vegetable slices with hummus
- Baked kale
- Celery and 1tbs almond butter
- Sliced tomatoes and basil topped with balsamic vinegar
- Raw almonds

CORE Session FAQ'S

WHAT ARE THE WORKOUTS LIKE? The great thing about our Kaia FIT workouts is that each class is different. They will keep your body guessing and never let you plateau into a comfort zone. Your workouts will be exciting and fun and will leave you feeling exhilarated.

IS KAIA FIT TOO HARD FOR ME? Kaia is a challenging program, but welcomes ALL ages and levels of fitness. You will find yourself surrounded by a great mix of older and younger women who have not exercised in years and some that are current competitive athletes. We encourage you to work at your own pace, taking it slow at first and building up as you increase your fitness level and gain strength. Your trainers are well versed in exercise modifications and will help you to be successful.

WE OFFER 3 LEVELS OF PERFORMANCE:

- ✓ **Balance**=low impact, heart rate zone: 120-140
- ✓ **Strength**=modified, mid-level intensity, heart rate zone: 130-160
- ✓ **Kaia**=high exertion, heart rate zone: 160-190

CAN I EXPECT RESULTS? YES. You will see and feel results immediately, but will more likely see and feel a difference after 2 to 3 weeks. If you commit to the program you can expect to:

- ✓ Lose weight: about 1-2 pounds a week
- ✓ Tone and strengthen every muscle
- ✓ 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!

HOW DO I PREPARE FOR CLASS? Wear comfortable workout clothes and bring a water bottle, jump rope (JR), workout band (BD), and yoga mat (YM). Also, be sure to wear a supportive sports bra and good running shoes.

CAN I ATTEND A MAKE-UP CLASS? Yes, you are welcome to attend make-up classes if space is available. Please try to stick to the time slot you are registered for, as most classes are full. Be sure to check in with the head coach for attendance.

DOES KAIA OFFER REFUNDS? When you buy a Kaia session you are essentially buying a spot in class. We can't give that space to anyone else, once the session starts, so that spot belongs to you. We also plan workouts, staffing, and equipment according to the number of girls in the program. For these reason, we have a "No Refund" policy.

Kaia FIT Programs

BECOMING A KAIA GIRL VIP is a great way to save money and to make a commitment to your health. Signing up for VIP will automatically hold your spot in class, save you a few hundred dollars per year, and includes Kaia Girl VIP only events.

K.A.T. is our Kaia Alpha Team. In order to be a K.A.T. girl you must complete 2 BRIK Sessions, help other Kaia girls in class, and be fun and energetic. K.A.T. girls sport their Kaia gear and are issued a K.A.T. bracelet. To join the team email KaiaFitTemecula@gmail.com. We will have an informational meeting about becoming a KAT girl on Wednesday morning of week 1.

I KAN TRI is our triathlon training program that we hold during the summer Core Sessions. We are super excited to start this program and want all who have ever thought about doing a triathlon come to the informational meeting Wednesday June 19 at 6:30am at the gym. This program is great for someone who has never done a triathlon or wants to improve their skills and time. You'll also be able to train and get support, encouragement and of course have our supportive Kaia Team behind you.

YOUR KAIA FOLDER is issued to you when you enroll and is kept alphabetically in the pink box at the gym. Your goal sheets, completed assessment forms, and fit tests will go in your folder. This information is stored at the gym and is used as a reference for your accomplishments.

YOUR KAIA BINDER is kept by you at home. It is issued to you when you enroll and complete your first BRIK session. This binder will be used to hold your manual, handbook, and to keep record of your progress.

N.O.W., FIT, and K.A.T. are the Nutrition Tips, Fitness Tips and Kaia Alpha Team Tips of the week. Each week we learn something and focus on something new. They are great ways to incorporate easy healthy tools into your daily habits. Your Kaia coach will talk about these tips during the week and you will see them in your weekly emails.

FACEBOOK is a great way to participate in the Kaia community. Go to www.facebook/KaiaFitTemecula.com and “Like” our page also friend request your head coach to be included in updates about our Kaia events. Facebook is a great way to support you Kaia location and to stay up to date on fun local events and at other Kaia locations. Coaches: Becca Warren, Alyssa Sulli, Carmelita Fleming, Maria Firtuoso, and Renee Schell

EMAIL is our main source of communication. Please check your messages frequently.

QUESTIONS & CONCERNS are always welcome and appreciated. Feel free to talk to any of your coaches before or after class, or to write to KaiaFitTemecula@gmail.com or give us a call anytime! (951) 888-1348



"What you **get** by achieving your goals is not as important as what you **become** by achieving your goals." - Henry David Thoreau

We appreciate your comments and would really like to hear about any concerns you may have. Our program is successful because of you. Your feedback, both positive and constructive is what makes Kaia a team.

Thank you for being a Kaia Girl!

Becca Warren Owner/Coach

www.KaiaFitTemecula.com

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This handbook is a conglomeration of nutrition and fitness tips that have worked for our clients. You individual results and success depend upon your level of commitment.