

SPOTLIGHT ON BUSINESS

ADVERTISING FEATURE

Don't ignore your workout this summer! Look your best with Hi End Fitness' summer special

*Hi End
Fitness*

**484 Plains Rd. E.
Burlington, ON
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www.hiendfitness.com

With the long-awaited sunshine finally here, many people opt to abandon their workouts to enjoy the summer weather, but John DePass, owner of Hi End Fitness personal training studio in Burlington, says you can enjoy both.

"Take advantage of the longer days during the summer. Do your workout routine during the early mornings or later evenings since the sun's up. Why not bring your aerobic fitness routine outdoors?"

At Hi End Fitness, John combines the best of both worlds. Through his four pillars of fitness – strength training, aerobics, flexibility and nutrition – the steps to losing unwanted bodyfat is a reality.

People today are beginning to understand the importance of good health, which is achieved through a well-balanced diet and incorporating some type of fitness program into daily life. With the abundance of gym

and methodologies, it is difficult to know what workout best suits individual needs. Learning the mechanics of a good workout is frustrating for gym members who cannot afford the time or extra money to hire a trainer. At Hi End Fitness you get the trainer, program and workout all within 30 minutes at an affordable cost.

Unlike a gym where you buy a membership and work-out freely, John likes to refer to Hi End as a boutique-style private training centre with boot camp and yoga classes.

Hi End's training program is one-of-a-kind, it's also unique in that it concentrates on strengthening the body's core muscles. These muscles are considered the anchor of your body and are designed to protect and stabilize your spine so your head, neck and limbs can move freely.

Your Hi End trainer keeps you moving while focusing on strengthening the muscles that stimulate your metabolism.

Designed specifically to increase metabolism and reduce body fat, Hi End's program will achieve all expectations. Combine it with a calorie controlled meal plan, aerobics and yoga, and you will have a long,

lean, beautiful and healthy body.

John – One of the most sought-after trainers in the Hamilton-Burlington area and winner of The Hamilton Spectator's 2010 Readers Choice Award for Best Personal Trainer – is offering a summer special that will help you lose up to 35 pounds and inches of unwanted bodyfat.

The special includes 36 private core strength training sessions two to three times a week. In between your private sessions take advantage of that summer sunshine with outdoor activities like walking, jogging, running or biking.

"The independent portion of the workout regimen is designed to help you enjoy the warm weather and get a great active workout at the same time," said John.

The special also includes yoga classes up to twice a week and an organized caloric-controlled meal plan that helps you stay on top of your daily food intake.

For pricing information, visit the website: www.hiendfitness.com. For further information, call 905-512-5421, "Like" them on Facebook at www.facebook.com/Hiendfitness and check out their videos on Youtube.

