

At Aspen Fitness Inc. we are passionate about helping to educate parents and children on living physically active lifestyles as a family unit, and showing them how to incorporate healthy and nutritional meal options into their new fitness routines

Although our primary focus over the last 2 years has been from the children's perspective, we re continually approached by a large number of parents, teachers and caregivers, who ask us for ways that they too, could incorporate more fun physical activities into their daily routine, outside of the family and school environment

So, during the summer of 2009, we launched our new ADULT fitness and nutrition division

Our Vice President, Richard Insley, who runs his own successful Personal Training Company 'RPE Fitness' at www.rpefitness.ca worked with us to develop our new division, and with his expertise and knowledge, and in addition to drawing on the popularity of TV shows such as 'The Biggest Loser' and 'X-Weighted', we launched our own adult fitness division called 'Losers Wanted' which primarily offers Bootcamp Programs for residents in and around Winnipeg and Manitoba

Richard had previously worked for an independent company for 2 years, running ladies bootcamps, and although the ladies loved the weekly exercise programs, they were getting frustrated and demoralized by not seeing the results they had hoped for, due to not having adequate access to valuable nutritional advice that would complement their new fitness routine

So, we sat down and designed and developed a program that would incorporate a nutrition component into their weekly bootcamp sessions, and which would show our bootcampers how to create healthy meal plans that fit their individual lifestyles, fitness routines and health goals. Each registrant not only gets valuable weekly support and guidance with regard to their nutrition, but we also provide a free 25 page downloadable nutrition e-book and a wealth of information in the form of recipes, tips and advice

As our primary goal at Aspen Fitness Inc. is to promote '**A Complete Family Fitness Experience**', we offered all of our programs on a Co-Ed basis, as it is meaningless to have mom incorporating new fitness and healthy eating activities into hers and her family's daily routine, if dad wasn't on board with it too

The response we got when our first male attended one of our camps was overwhelming and all the ladies were excited that we had opened up our doors to both men and women and the atmosphere and buzz in the camp was highly elevated and it was like we had injected a breath of fresh air into the program

We are truly passionate about helping to educate both adults and children in how to incorporate exercise and healthy eating into their daily routines, so check out our affiliate websites below, as well as taking a look at our extensive products and services on our www.gymkidsCanada.ca website

www.rpefitness.ca

www.loserswanted.ca

