



We think it's safe to say that summer is finally here! This month's newsletter is short and sweet since we know you probably don't want to sit in front of the computer any longer than necessary. So get out there, exercise and enjoy the sun.

Stay healthy!

FYL NOTICE: HOLIDAYS

Since the entire FYL team seems to have booked holidays at the same time this summer, Fabian, Ashley and Genevieve will not be available the week of **July 6th**. We apologize for any inconvenience this may have caused. If you are interested in booking an exercise session during our absence, please contact Fabian. He has arranged for a Certified Kinesiologist to see FYL clients at FabYourLife during his absence.

NEW: HATHA YOGA AT FYL

Recently graduated from the Yoga Teacher Training Course, together with her Ayurvedic Training, **Debbie Fernandes** is excited to share her knowledge with all of you. As of **July 14th**, she will be offering **Hatha Yoga Classes** at FabYourLife.



- Classes will be suitable for all levels of practice.
- There will be a focus on posture, breathing and meditation.
- You will need to bring a yoga mat and a reusable water bottle.
- Classes are limited to 5 participants so make sure to sign up early.

We welcome you to join in the celebration of Life Balance.

Tuesday mornings: 7am – 8:15am
Wednesday evenings: 6pm – 7:15pm
\$30.00 per class

Please call FYL at 905-475-LIFE (5433) to reserve your spot.

If you have any questions or would like more information, please contact Debbie at debbie@fabyourlife.com

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Recognition

*Part-time
Physiotherapist
Needed*

Did You Know?



3rd ANNUAL OKA 5K FUN RUN

Invite family and friends to walk or run 5km along the boardwalk of Ashbridges Bay on **Sunday August 23rd 2009**. There will be live music, capoeira, yoga, refreshments, awards and plenty of prizes to be won. Whether you are an avid runner or a beginner, you are sure to have fun! Part of the proceeds go to the Canadian Diabetes Association. Please visit

RECIPE OF THE MONTH: Gen's Pick

Here's a quick an easy dip to make that is light and refreshing for the summer. Enjoy!



Flax-ocado Dip

- 1 avocado
- 2 1/4 cups of low fat plain yogurt
- 3 garlic cloves
- 1/2 tsp sea salt
- 1 cucumber, peeled
- 1/4 Golden Roasted Flax Seeds

Place all ingredients in a blender or food processor until smooth. Serve as condiment with flax crackers, fresh bread, pita, or assorted vegetables.

RECOGNITION

Once again, we would like congratulate some of our “fabulous” clients for their recent accomplishments:

- Congratulations to **Janice Leonard** for successfully completing her first triathlon on June 20th.
- Congratulations to **Cheryl Malton** for successfully completing The Waterloo 1/2 Marathon (pain-free!) on April 26th.
- Congratulations to **Debbie Fernandes** for completing her intensive 9-month Yoga Teacher Training Course. We look forward to participating in her upcoming yoga classes.

Keep up the good work ladies!

DID YOU KNOW?

To make your workout or massage sessions even more enjoyable, you can bring any music of your choice to FabYourLife. We've massaged to Hip Hop and we've worked-out to Classic Rock before, so don't be shy....anything goes!

PART-TIME PHYSIOTHERAPIST NEEDED

As many of you already know, Louisa Chow is no longer working at FabYourLife. An opportunity arose that she understandably could not pass down. Therefore, we are looking for an enthusiastic part-time physiotherapist to join the FabYourLife Health and Wellness Team. If you know of any recent graduates or physiotherapists looking for extra hours, please let us know or give them our contact information.

Have a safe and healthy summer!