



Welcome to Harveston Outdoor Fitness Camp!!!

You have made the best decision of all and that's the decision to get fit! Thank you for giving our class a try. People want to be fit for many reasons...but what does 'fit' mean? There are really two types of fitness--aesthetic fitness (how you look) and physical fitness (how athletic you are and what you can do). This class focuses on physical fitness and with that comes aesthetic fitness. This class is for those who want to be fit, feel energized and be confident in their abilities. Whether it's to be able to play well with your children, enjoy an active hobby or just feel good... this class will do it!

Getting truly fit comes with a price though...the price of suffering. Just like anything worth having in life, it takes hard work, dedication and sacrifice. Many people think that going to the gym is enough. It is for some. But for most, without knowing exactly what and how to train, they can never achieve true all-body fitness. You need the instruction, the encouragement and the accountability to maintain a solid and consistent regiment. My wife Kelly and I use each other to stay motivated and to keep good form. When you get tired, good form and technique begin to fade. That is when you need your coach by your side making sure you keep going but also that you do it right and do it safe.

People always ask me, "Gordon, what do you think of P90X and some of those other programs?" I say if you do anything, it is definitely better than nothing. Just be smart about your choice, your movements and be safe. Without real coaching it's easy to progress beyond your abilities and end up hurt. Sometimes that happens, but more often people simply quit because they don't have the encouragement and accountability to reach their goals. If you have the self-discipline...go for it! If it doesn't work out, we will always be here. We've been here in the Valley for 6 years and aren't going anywhere.

The one thing I know for sure through my years of coaching people to be SuperFit is that it all starts in the mind. If the mind says it can be done, then IT CAN BE DONE!! Our class is very simple in one respect...all you have to do is show up, work hard and expect results. By 'work hard' I mean INTENSITY. Any person of any fitness level can work out with intensity. I always say that it's not

how fast you are working, it's how hard you are working. I will teach you intensity. I will teach you how 30 minutes, 3 times a week will get you SuperFit!!

I want to offer you a few tips before you begin;

1. Clear your head of all negative thoughts.
2. Don't think anyone is watching you work out (except us). Others are not. They are too tired to worry about what anyone else is doing. Trust me.
3. Focus on mini goals and stay in the moment. Right here, right now at any point in time is all that matters. Always break each little part of the workout down into a little part and each one of those little parts completed is a mini victory!
4. Use everyone around you as energy to fuel your workout, but do not try to keep up with anyone. You are with a group but this is truly your own personal workout.
5. Learn your body. Always be in tune with how your body is feeling, especially within the first month of beginning this program. Assess your head. Are you light-headed or faint? Assess your chest. Can you breathe or is it hard to catch your breath? Assess your stomach. Do you feel nauseous? If you feel any of these things, stop and rest until you feel better no matter what is going on in class. Trust how you feel.

EVERYONE HAS BEEN WHERE YOU ARE RIGHT NOW

We don't get fit in 1 day, 1 week, 1 month, 1 year. Though, you will notice big changes at each of these milestones.

Fitness is a progression that never stops. In our class we strive to get 1% better each and every day. We test ourselves all the time to make sure it is happening. We take weight, body fat and body measurements to affirm this as well. We focus on the physical and the mental, knowing that once these come together, the aesthetic fitness follows. As you become more fit, you will subconsciously want to stop eating bad foods, you'll get better sleep, stop feeling as stressed and start feeling so much energy and happiness that you will never want to go back. As an added benefit, you will become friends with some truly amazing and inspiring people. We have such supportive and positive people and you will be a better person for knowing them.

Are you ready to jump in and show yourself what you are really capable of? I think you will surprise yourself.

FIGHT FOR IT!!

-Gordon and Kelly Kent