

Kaia F.I.T.

Peak Performance

2011



Peak Performance Session

Kaia F.I.T.
211 Lathrop Way, Suite I
Sacramento, CA 95815

877-577-KAIA
sacramento@kaiafit.com



Our Mission : To Create Strong Bodies and Powerful Minds




Our #1 Goal: Is to make fitness contagious. To inspire women to reach beyond what they thought possible.

We Kan Run...We Kan Play...We Kan Get Kaia F.I.T!

Kaia (Ki-uh) One with a beautiful body.

F.I.T: Functional Intense Training



 **Kaia F.I.T.** is a training system for women that incorporates total body conditioning while focusing on function. With our extensive background in whole body wellness, including gymnastics training, strength conditioning and nutrition, we strive to teach and re-teach our bodies to move the way they are intended to move. We want to train you to live, and live well.

We Kan Run, We Kan Play, We Kan get Kaia F.I.T.!

Welcome to your **“Peak Performance”** session! As in all F.I.T. sessions, we will be focusing on results based exercises and eating lean & green. Our workouts will incorporate basic strength training to help you build a solid foundation, while getting you to think about simple movements that can be useful throughout your day.

Summertime is the time to move, and with the weather’s cooperation, we will get you outdoors as much as possible to spread your wings. Get started now by thinking of ways to keep your body in motion, all day long. Make it a goal to park at the back of the parking lot, take your dog around the block after dinner, walk with a coworker at lunch or watch the clock for a 5 minute, stand-up and stretch session every hour.

We’ll be working together to stay in shape all summer long. Let’s be adventurous by taking scenic hikes with friends and family, playing with the kids and making movement a priority. Of course with all the BBQ’s and picnics ahead, we’ll need to be mindful of our diets too, so be particular about what and how much you eat. Make **movement** your primary focus this summer and let food be the fuel that gives you the energy you’ll need to walk, run, swim, workout, ride, hike and play.

Spend summer 2011 in motion...with friends and family...and with **Kaia!**

KAIA F.I.T. INFO FOR PEAK PERFORMANCE

WHAT CLASS AM I IN?

- If your class is on Mondays, Wednesdays, and Thursdays you are team “El Capitan”
- If your class is on Tuesdays, Thursdays, and Fridays you are team “Tallac”
- If your class is on Mondays, Wednesdays, and Fridays you are team “Whitney”

WHAT DO I BRING TO THE FIRST CLASS?

You don't need to bring anything except a water bottle and a smile! Come a few minutes early to sign a release form and you are good to go.

WHAT DO I BRING TO THE REST OF THE CLASSES?

Gear List: You need a jump rope, a water bottle, a yoga mat, a resistance band, a towel, a good pair of running shoes, gloves (for your hands on hard gravel), and a good sports bra. You can get most of these things cheap and Wal-Mart or Target. Ask your coach if you have any questions.

WHO IS MY COACH?

Team El Cap 6am: Raina Timmel rotimmel@gmail.com

Team El Cap 9am: Raina Timmel rotimmel@gmail.com

Team El Cap 5pm: Katrice Lesane realreoagent@yahoo.com

Team El Cap 6pm: April Jackson apriljackson2193@sbcglobal.net

Team El Cap 7pm: Casie Neitling casie@kaiafit.com

Team Tallac 6am: Becca Warren warrenrebeccar@yahoo.com

Team Tallac 6pm: Trudi Banko tjoy4u@hotmail.com

Team Whitney 6am: Gloria Leonard gdoll46@yahoo.com

Team Whitney 5pm: Trisha Saamer trishasaamer@yahoo.com

Team Whitney 6pm: Jennifer Piccolo jpiccolo@gmail.com

Team Whitney 7pm: Casie Neitling casie@kaiafit.com

WHERE DO I GO ON MY FIRST CLASS?

On your first class everyone will meet at Kaia (211 Lathrop Way, Suite I). We will split the groups up and we will have a super fun & challenging workout!

WHERE DO I GO FOR SUBSEQUENT CLASSES?

Team El Cap is at Kaia on Mondays, outdoors on Wednesdays, and at Kaia on Thursdays.

Team Tallac is at Kaia on Tuesdays, and outdoors on Thursdays & Fridays

Team Whitney is at outdoors on Mondays (except for the first Monday), and is at Kaia on Wednesdays & Fridays.

WHERE DO I GO FOR MY OUTDOOR CLASSES?

You can check out your schedule at www.kaiafitsacramento.com under Current Session's Schedule. You can also check out our calendar by copying & pasting you're your tool bar:

http://apps.facebook.com/_calendar_/calendar.php?c=26182&fb_page_id=155620634479568

Or check out www.facebook.com/kaiafitsacramento and click on Calendar. Here you will find maps and any additional information you need.

WHAT DO WE DO IF THE WEATHER IS BAD?

It has to be pretty bad weather to pull a workout indoors. We love the saying, “there is no such thing as bad weather, just bad clothing.” If the weather is too bad call the “rainy day” phone 30 minutes before the workout and we will leave a message with the plan. If the message is the normal voicemail, the class is still being held as scheduled. 877-511-KAIA

EMAIL!!

Email is our main source of communication. Your coach will send you weekly emails with the Fitness Tip of the Week, the Nutrition Tip of the Week, the Recipe of the Week, your weekly schedule and upcoming events. If you have any questions please try our website: www.kaiafitsacramento.com. You can also ask your coach before or after class or send her an email.

WHERE CAN I GET SOME KAIA SWAG FOR CRYIN OUT LOUD!?

Finally – an easy way to shop and pick out your own gorgeous Kaia swag! Super cute tanks and tees at <http://www.au1988.com/kaiafit>. Get your order in by June 22nd and it will be delivered by July 1st. I’m really excited you can get some cute tanks! Summer sun here we come!

MAKE-UPS

Our classes are super full this session. We don’t want to over fill the classes or over load the coaches... So don’t miss your class! If you do have to miss – we have a little space left in the Monday, Wednesday, Thursday 5pm or 7pm (El Capitan). Other than this, I’m sorry but classes are too full to do make-ups. If you want to attend one of these classes just shoot your coach an email and let her know you’ll be there. You don’t need prior approval. Please find out where the class is being held before you ask your coach and before you show up. See “Where do I go for my outdoor classes?” for information on where to find the schedule.

REFUND POLICIES

We have a no refund policy. Due to the fact that we have limited space and spots available. We also planned workouts, staffing, and equipment according to the number of girls in the program.

WHAT IF I CAN’T KEEP UP OR IT’S TOO HARD FOR ME?

Kaia F.I.T. is a very challenging program, but welcomes all ages and levels of fitness. We encourage you to work at your own pace, taking it easy at first and building up. All trainers are well versed in Kaia modifications and will help you in any way possible. We have three levels of exertion:

- ✓ **Balance**... is the low impact version of an exercise. This is for anyone who is new to Kaia, recovering from an injury, or feels it’s appropriate. Typical heart rate zone: Aerobic Zone anywhere from 120- 140. Low impact does not mean doggin’ it!
- ✓ **Strength**...is the next level up from balance. To make any exercise harder or more intense you need to add speed or weight. So strength is the aerobic phase of our workouts. Typical heart rate zone: 130-160.
- ✓ **Kaia**...is the highest level of exertion. To reach this phase you are working hard, adding speed, intensity or weight. Typical heart rate zone: MAX 160- 190.

WHAT ARE THE WORKOUTS LIKE? WHAT CAN I EXPECT?

The great thing about our workouts is that they are different each time you hit the door. Our workouts never let your body get in a comfort zone. They're exciting and fun, and will leave you exhausted but exhilarated.

You will feel results immediately, but you will most likely see your results within 2 or 3 weeks of starting the program. You will:

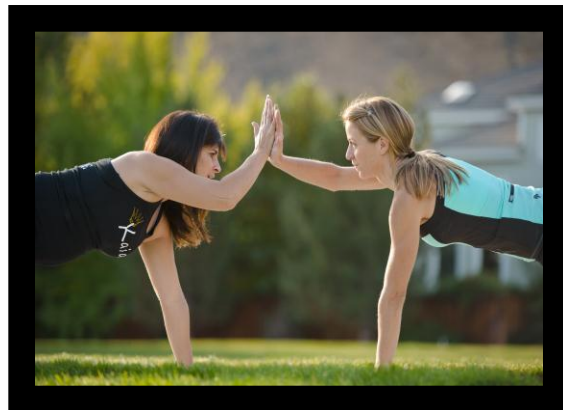
- ✓ Lose weight: about 2 pounds a week, without fad diets
- ✓ Tone muscles in the fastest time possible
- ✓ Look your best and feel better than ever
- ✓ Increase energy and become a calorie burning machine
- ✓ See real results that last
- ✓ Make great friends and have fun!!

BECOME A FAN OF KAIA ON FACEBOOK!

Becoming a fan of Kaia and Kaia F.I.T. Sacramento is a great way to communicate with your girls and your coaches. We chat on Facebook every day! We are always posting great recipes & pics.

QUESTIONS/CONCERNS:

We very much appreciate any comments and would love to hear your concerns too. The only way we can make a truly great program is through your feedback. Please email us anytime sacramento@kaiafit.com or 916-717-9205. We appreciate you and your business, thank you for being a Kaia Girl!!



PEAK PERFORMANCE



**What does it take to be an athlete? We believe it takes a lot:
Cardiovascular & Respiratory Endurance, Stamina, Strength, Flexibility, Power, Speed,
Coordination, Agility, Balance, Accuracy and Rest.**

**Every class, you are working at becoming your own powerful woman who takes control of her life and makes it what she wants it to be. Kaia is not just a place to exercise.
It's an amazing core group of empowering women.**

Surround yourself with people who take you in a positive direction... Leaders... Women like you. So take these next weeks and make them your own. Make them what you want them to be. During this session – do what you have always dreamed of doing – push yourself beyond your comfort zone. Challenge yourself to be THE BEST YOU you can be.

During the next few weeks I want to:

What small steps can I take to get me there?

I will:

One word that empowers me: _____

(turn into your coaches file on the first day)

PEAK PERFORMANCE Programs!



This is one of the most rewarding events we do - the physical, mental and emotional satisfaction is indescribable. You should TRI it for yourself ;)

I KAN TRI Is Kaia's triathlon training program for all fitness levels & abilities. You can train for any event or we are training together for the

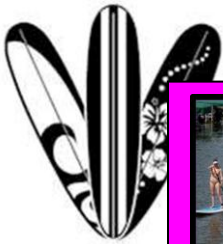
**Aflac Iron Girl Sprint Triathlon on Lake Tahoe's South Shore
400 Meter Swim/24K Bike/5K Run Sept. 18th**

Training begins June 20th. Space is VERY limited. Register with the office @ Kaia.
http://www.irongirl.com/Events/Lake_Tahoe_South_Shore.htm#axzz1EZbUrgg9



Add some spunk to your weekly workouts with **Kaia Power Hour**

This session is designed to get you to your ideal body - We want you to feel sexy and confident in those short shorts, that new bikini or that dress you bought for that wedding/party/trip! It's also designed to help you reach those ultimate goals, whether its weight loss, preparing for an organized run or improving mental and emotional fitness. Jump into four days per week and really improve your strength, flexibility, and burn those calories!
Saturdays 7am. Register @ Kaia.



Kaia F.I.T 2 Day Camp & Triathlon August 2011!!

Kaia F.I.T. is excited to offer this 2 day camp of paddle boarding and cycling that will lead up to a 3rd day Paddle Boarding Triathlon. This event will be held on August 3rd, 4th & 5th, 2011 in Lake Tahoe, Nevada. The Triathlon will feature a 1/4 Mile Stand Up Paddle/20 Mile Bike/Run/Hike Round Hill Trail.

The most fun you've had in years!! Make this your Peak Performance challenge! Register for the camp and/or triathlon with Kaia Corp 866-496-2267

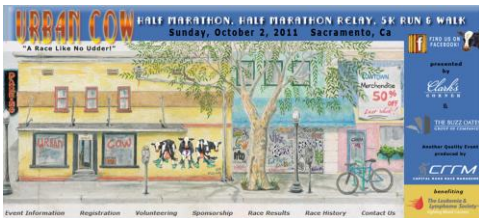
We have an official a Kaia team for the Tough Mudder this September in Squaw Valley! It's kinda late, but try and sign up ASAP so you can still get a spot. Team: Kaia Password: ikanachieve
Start Time: 1:40pm Saturday September 17th <http://toughmudder.com/events/norcal2011/>

If you have friends and family that would like to join, they can sign up with Kaia (men too) The more people we have, the bigger discounts we get, and we get to represent Kaia!!



Let's get a FUN group together for the Urban Cow ½ marathon! This is a great distance to really challenge yourself – new runners or seasoned vets.

October 2nd is the perfect amount of time to get training for the ½! Join Kaia Power Hour or start running on your days off and sign up for this local super fun event!



<http://www.urbancowhalfmarathon.com/>



The greatest adventure and women's retreat in the world! Kaia F.I.T. is offering an all-inclusive all you can play trip to Coasta Rica! Stay with the Kaia girls, have your own personal chef creating beautiful food, and enjoy daily workouts and yoga classes on the beach!! You have never had this much fun. Margaritas and sunshine for a week of exclusive fun in the sun. March 2012. Contact Kaia Corp for more information 866-496-2267. Limited space. Will be full.



NUTRITION! Even if this is your first time reading them or your 100th time. Read them again. It's vital to your health 😊

Kaia's 10 Commandments:

1. **Be a smart consumer and read labels carefully**

Fat free products are loaded with sugar. Fat does not make you fat – SUGAR DOES! When grocery shopping, meals should have no more than 400 calories and snacks 150 calories – buy nothing with over 9 grams of sugar.

2. **No overcomplicated routines/no overcomplicated diets**

They have the highest failure rate because they don't teach you how to live in the real world. Get back to the basic, common sense principles.

3. **Never skip meals**

All of my morbidly obese clients have one thing in common – skipping meals. The moment you allow your blood sugar to drop (when you feel hunger pangs) you become a fat storing machine. You must eat small meals or snacks every few hours.

4. **Sugar is the devil**

Sugar throws our body into an immune suppressed, non-working state of chronic fatigue, depression, and hormonal imbalance. It is the leading cause of disease and depression in this country. To break the sugar addiction, get rid of refined sugar (anything that isn't fruit or veggies) for 5 days in a row, then allow yourself to have one cheat meal on Saturday and one on Sunday (not in boot camp!). You will have curbed the chemical addiction for sugar and your brain will desire less.

5. **Clean House - Remove ALL junk from your kitchen**

Stop buying addictive junk foods, then hating yourself for not being able to resist.

6. **Deprivation does not work**

When starting a diet, for the first two weeks add healthy, nutrient filled foods (low sugar fruit/veggies/lean protein and a multivitamin). Your body will begin to naturally reject sugars and processed foods.

7. **Satisfy oral fixation with herbal teas**

Curb late night cravings with your favorite flavored herbal teas. They have anti-oxidants and will satisfy oral fixations.

8. **Water helps you lose weight**

Three liters per day can burn 50-75 calories and double your energy, as well as clear your skin.

9. **Eat organic natural foods**

Research connects food additives that are present in many diet products with increased sugar and carb cravings.

10. **High Fiber Day**

Count your fiber not your calories... Eat 35g of fiber a day by eating two low sugar fruits, lots of veggies, beans, high fiber cereals. You burn 7 calories for every gram of fiber you eat! So eat away!!

Nutritional Ideas

Breakfast Ideas 😊

- Scrambled eggs with veggies
- Cottage cheese with fruit
- Bowl of quinoa with almond milk and berries
- High fiber cereal with blackberries
- Protein smoothie: protein powder & fruit
- Plain yogurt with fresh fruit
- Tofu scramble with zucchini, peppers and onions

Lunch/Dinner 😊

- Salad topped with veggies and tofu/tempeh
- Black bean burrito w/1 corn tortilla with lettuce, tomato, salsa (add chicken)
- Lean beef/turkey/Garden Burger without the bun. Serve with side salad.
- Lean protein tacos wrapped in butter leaf lettuce, instead of taco shell
- Spaghetti squash with marinara sauce
- Turkey chili: In the Crock Pot add black beans, kidney beans, corn, pinto beans, stewed tomatoes, chili seasoning and cooked ground turkey. Cook on low for several hours.
- Vegetarian chili
- Lean protein served with veggies and/or side salad.
- Grilled chicken with oven roasted veggies (variety of veggies, olive oil, salt and pepper to taste. Oven at 450'; roast for 30 min. Stir occasionally)
- Lemon, butter, dill on Halibut with wild rice and veggies.
- Tuna mixed with plain yogurt, mustard and relish.
- Grilled salmon served with broccoli and side salad.
- Protein bowl - protein and black beans topped with non-dairy cheese, shredded carrots, cabbage, and ¼ avocados and salsa. (May add tofu, chicken or tempeh)

Snacks 😊

- Kaia Kocktail with a twist (lemon, cayenne & stevia)
- Apple with cinnamon
- String cheese and piece of fruit
- Plain yogurt and almonds
- Glass of almond milk
- Edamame
- Slice of turkey with low-fat cheese
- Celery and 1 tbsp almond butter
- Hardboiled egg and fruit
- Sliced tomatoes and fresh Mozzarella cheese topped with balsamic vinegar and olive oil

Eat 25 to 30 grams of fiber per day

Track your daily fiber intake, not calories. Adding more fiber to your diet will speed up the weight loss process, reduce appetite, relieve constipation, improve digestion and increase your energy levels. Adding a fiber supplement to your morning smoothie will help you reach your fiber goal. Also reference the chart below for other ideas on healthy, fresh foods we love to eat.

FIBER COUNT

Fruit	Grams of Fiber
Raspberries ½ c	5
Apple 1	4
Blueberries 1 c	4
Strawberries 1 c	2
Marinara Sauce ½ cup	2
Vegetables	
Green Peas	4
Broccoli	2
Cabbage	2
Green Beans	2
Spinach	2
Celery	1
Tomato ½ c	1
Lettuce 1 cup	1

Grains	Grams of Fiber
Fiber One ½ cup	14
Uncle Sam 1 cup	10
Corn Tortilla	1
High Fiber Tortilla	9
Beans	
Lentils, ½ cup	7
Pinto Beans ½ c	7
Lentil Soup 1 c	7
Kidney Beans ½	7

These are just a few of the foods that have high fiber contents. Google other foods you enjoy + grams of fiber and you will receive your answer within seconds.

LIST OF HIGH PROTEIN FOODS

This list of high protein foods is designed for optimum nutrition and good health.

You'll notice that, although the fat count is included, there's no listing for saturated fat. This is because the high protein foods included below are low in saturated fat.

For example, there's no red meat on this list of high protein foods. The reason is simple...red meat is generally high in saturated fat and has also been shown to increase inflammation, which can cause pain, suffering and numerous health problems.

List of High Protein Foods

BEANS

FOOD	AMOUNT	CALORIES	PROTEIN	CARBS	FAT
Black beans	1/2 cup cooked	113	7.6	20.4	.5
Garbanzo (chickpeas)	1/2 cup cooked	134	7.3	22.5	2.1
Kidney beans	1/2 cup cooked	112	7.6	20.1	.4
Lentil beans	1/2 cup cooked	115	8.9	19.9	.4
Lima beans	1/2 cup cooked	108	7.3	19.6	.4
Navy beans	1/2 cup cooked	129	7.9	24.0	.5
Soybeans (edamame)	1/2 cup cooked	127	11.1	10.0	5.8
Tofu	1/2 cup fresh	94	10.0	2.3	5.9

GRAINS

FOOD	AMOUNT	CALORIES	PROTEIN	CARBS	FAT
Oatmeal, rough cut	1 cup	145	6.0	25.2	2.4
Pancake, buckwheat	1 4" diameter	54	1.8	6.4	2.2
Pancake, whole wheat	1 4" diameter	74	3.4	8.8	3.2
Popcorn, dry	1 cup	54	1.8	10.7	.7
Rice, brown, cooked	1/2 cup	108	2.4	22.8	.8
Rye bread	1 slice	56	2.1	12	.3
Whole wheat bread	1 slice	56	2.4	11	.7

To Build: To form by ordering and uniting materials by gradual means into a composite whole, to develop according to a systematic plan, by a definite process, to progress toward a peak (as of intensity).

Thank you for being a part of the Kaia Team. We look forward to a long, healthy relationship with you... building:

“Strong Bodies and Powerful Minds”



Commit fully, and you ***will*** be rewarded!

Kaia Disclaimer: The above handbook is merely a conglomeration of nutritional and fitness tips that work well for us and our clients. We make no promises of results or individual successes.