

DAVID

What more inspiration do you need than these before and after pictures, and this is only the beginning of his journey to leading a more active and healthy lifestyle



Keep reading to see David's Testimonial, and see how mom and dad have been hit by the fitness bug too, and how they are proving to be such awesome role models not only to David, but to the rest of their family, friends and colleagues

David's testimonial

Hi Karen,

My mom purchased an airwalker and a stepper for me to use in my healthy eating program. I liked my mom's treadmill, but she didn't like me using it as it is too big for me and not safe for me to use due to my small stature.

My mom and dad are setting a really good example to me by getting up at 5:00am three times a week to work out at bootcamp, and Karen and Richard who run the bootcamp told them about their line of kids exercise equipment, and Karen asked me if I wanted to go take a look at it and try it out to see if it would be something that I would enjoy using.

My mom and dad find it really hard to find me equipment that is safe and durable for my size, and when I tried the airwalker and stepper, I asked mom if she would buy them for me. I also asked her if she would buy me a treadmill too, but she said I was being cheeky and that she wanted to see how well I did with the other two pieces first.

Karen already had an airwalker fully assembled, but we had to assemble the stepper ourselves at home, but I did let dad help me a little to put it together and it was easy to do.

I really like the equipment and I am having lots of fun using them. They are both easy to use and just the right size for my short stature. It's like playing a game, going from one to the other.

I am even taking it to my grandma's so that I can work out at her house too.

I have only been using the equipment for a few weeks and I have lost 13lbs already and I feel great. My mom and dad think they are strong because they go to bootcamp three times a week, but I can do push ups with 6lb weights on my back, so I think they have some catching up to do.

Karen also has some kid's bootcamp routines that they offer to moms and dads and teachers when they buy the equipment, and she gave one of them to my mom and dad, and I am really enjoying doing those workouts too. Karen is even going to come to our next meeting to do a health and nutrition talk and put us all through a bootcamp workout, and I am really looking forward to that, and she said that she wants the moms and dads to join in too. Not sure if my mom and dad will be able to keep up with me, but I will slow down for them a little so that I don't show them up too much.

Thank you Karen for your help with the exercise routines you sent and the equipment is great.

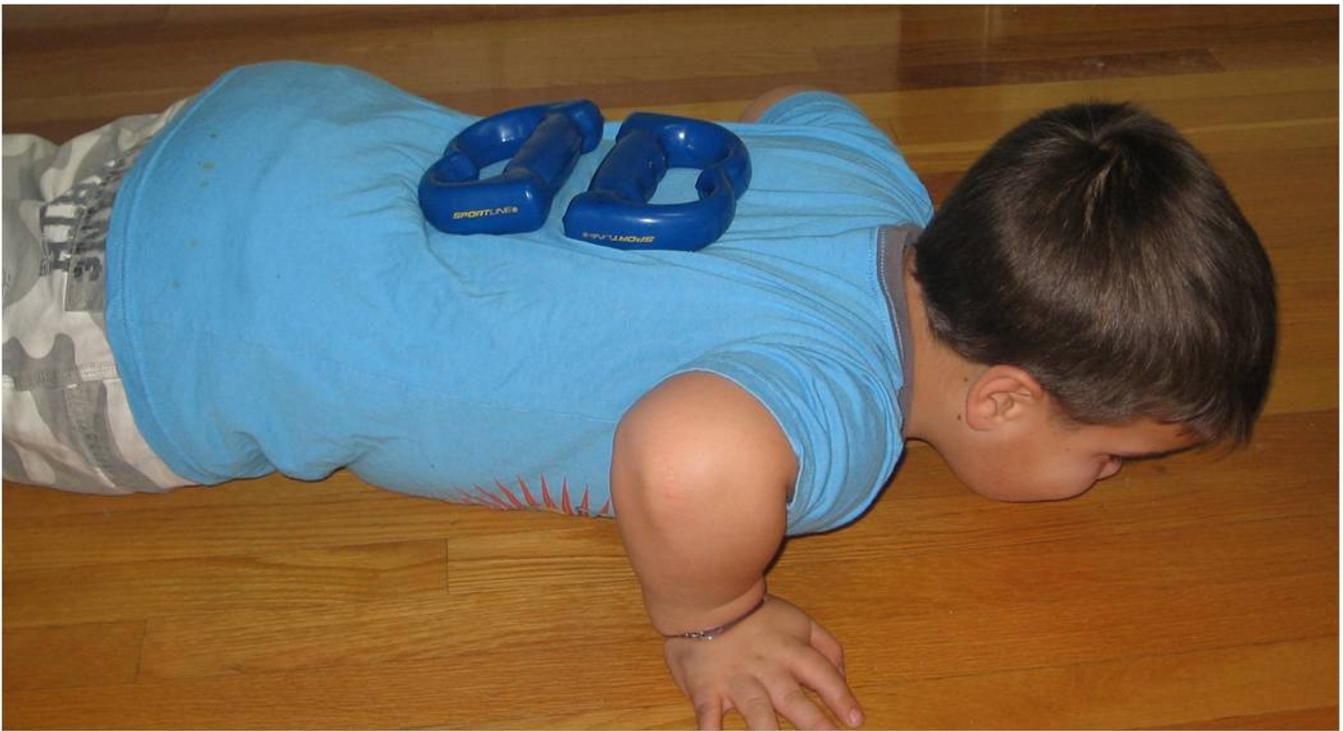
Sincerely,

David

Age 11



David
“Feeling The Burn”
as he works out at
home and at
grandmas’ house on
his airwalker and
stepper



David

Doing Push Ups with 6lb weights on his back
We bet Dad can't do as many as David can



A Family Affair

Mom and Dad in action at “Bootcamp”



Look !!! They are moving SO fast that they are a complete blur !!!!!!!



A note from Karen :

When Sonny and Lisa first joined our Bootcamp, I thought what a wonderful couple they were and myself and my husband Richard are hoping that we have developed a friendship that will last for a long long time.

Lisa was chatting to Richard one day at Bootcamp, telling him all about David, and it was so obvious just how proud she is of him, and that he had asked if he too could come to the Bootcamp sessions and work out. She told David that he was too young to join in, but Lisa also explained to Richard that it frustrated her that there were limited resources out there for David and his friends, that would allow them to get more active, especially once we are restricted to staying indoors more when the cold weather hits us.

Lisa did not know about our line of Kids Fitness Equipment and so I invited her and David to our home, so that David could come and try out the equipment, and to enable Lisa to see whether it would be a good fit for David, and whether it would be something that he would use.

As David said in his testimonial, he wanted his mom to buy him even more pieces than she did, but David, Lisa and Sonny just love having the equipment in David's life and he is enjoying it so much and seeing such benefit from using it.

I am so glad that we have been able to help David as he is such a wonderful young man and I am honored to be a part of his and his mom and dad's lives and hope that his story and progress will be an inspiration to other people in the LPA community.

It is so important to incorporate healthy eating and exercise into our daily routines, whatever our age, size or ability, and it is SUCH an inspiration to see Lisa, Sonny and David getting active as a family unit, and Lisa has even encouraged her oldest son to come and try out a session (or several) at our Bootcamps.

So this really is **A Family Affair** and we applaud and encourage this healthy attitude and hope that others out there, on reading this article, will be as inspired as David, Lisa and Sonny to adopt a more nutritionally balanced and physically active life.

One last note :

We have to mention this, but Sonny and Lisa have their own hens and obviously take advantage of being able to eat free range eggs.

One morning Lisa brought a box of eggs into Bootcamp and gave them to myself and Richard and said "Here are some eggs for you, Sonny told me to give them to you as Sonny said the two of you were "Health Freaks" - Too funny