



'Tabata can turn your body into a fat-burning super engine,' says Kalev

## Page Turn

CONTINUED FROM PREVIOUS PAGE

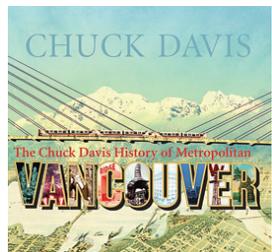
Josh wraps the class with eight sets of my own personal torture: burpees. I catch a sight of my lethargic, sleep-deprived self in the mirror as I battle through three pathetic sets, probably totalling about 14 total burpees. Somewhere during the fourth set my legs decide to stop listening to my brain and refuse to go back into a plank position together in the same motion. Awesome, I think — four exercises and 20 minutes is all it takes to annihilate me.

Josh consoles me as we wind down our session on the bikes, saying that the depletion I'm feeling is the

whole point. A Tabata Boot Camp is about pushing yourself through each exercise to the point of failure. That's why you do only four exercises each session. That's why it's up to you to be accountable to yourself and step it up a little very single time. That's why you should leave feeling as though you were hit by a truck (my words, not his).

And if you want your body to be a fat burning, super engine, Tabata will get you results — as long as you don't stop at McDonald's for fries on the way home.

**Tabata Boot Camp | The Sun Tower, 102-128 W. Pender | 604-568-6006 | KalevFitness.com**



**FAST FACT**  
**March 3, 1919**  
**Pioneer aviator William Boeing flew a sack of mail from Vancouver to Seattle in the first international mail delivery between Canada and the United States. The publicity stunt was hatched by E.S. Knowlton to promote the Vancouver Exhibition and was carried out with the cooperation of postal officials and the Royal Vancouver Yacht Club, where Boeing docked his plane and picked up the mail. — from The Chuck Davis History of Metropolitan Vancouver**

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## WELLNESSbriefs

Health and wellness news from across the city

Yaletown's **Coco Chiropractic Wellness** centre (formerly Bonn Chiropratic) is offering integrated family careh. The team includes Dr Stephanie Bonn offering chiropractic care, Jody Anderson offering massage therapy, Dr. Shannon Larson offering services in Chinese medicine and acupuncture with a focus on fertility, obstetrics and doula care, Monita Triplett offering acupuncture, reflexology and holistic nutrition consulting, Brittney Kirton offering nutritional consulting and lactation consulting and Dr. Evangelina offering naturopathic medicine, homeopathy and craniosacral therapy. (1020 Mainland, 604-688-5437, CocoChiro.com)

**Spa Utopia** at the Pan Pacific is offering Bella Contour. It uses low frequency ultrasound to "melt the fat away." Spa Utopia says Bella Contour stimulates fat cells, "increasing their permeability and allowing the fatty acids to be released in a natural manner as part of the body's physiological metabolic process. Once released, the fat is absorbed in the surrounding tissues, where it enters the blood stream to the liver." (1001-999 Canada Place, 604-641-1351, SpaUtopia.ca)

Choreographer **Louis Van Amstel** of *Dancing With the Stars* fame says he will change the way you see and experience fitness when he introduces his new fitness program at Steve Nash Fitness Clubs. LaBlast is "a high-energy, easy-to-learn, fitness-based dance workout that blends classic dance techniques."

## Make an appointment to attend our Diabetes & Your Nutrition Clinic



This 45-minute consultation with a **London Drugs Certified Diabetes Educator** will focus on providing nutritional information for people living with diabetes.

The consultation will also include:

- A body composition analysis
- Advice on blood glucose monitoring, and diabetes management

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Please Note: A fee will apply. A blood sample may be required. Participants must be over the age of 16 years.



## AARM Dental Group

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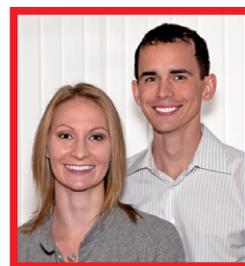


**Aarm Dental Group on Beach**  
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We would like to welcome our new Aarm Partner's.....

Dr. Anisa Quadir

Dr. Ashley Dykun & Dr. Benjamin Yakiwchuk



**Aarm Dental Group on Beach**  
917 Denman Street, Van, B.C.  
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