

## We Will Help You Establish Your Goals and Develop a Plan to Meet Them

- Some benefits of increased fitness are weight loss, lower blood pressure, reduced stress, improved flexibility, and improved balance.
- The self-defense aspects of FWP will leave you with a greater sense of awareness, increased confidence, and a sense of empowerment.
- Our relaxation techniques will help you identify stressful situations; teach you how to relax when stress arises and how to make this a part of your lifestyle.
- Continuous learning combined with fitness will keep you motivated.
- We'll help you set short term obtainable goals.
- Our reward is your success.

*How do you eat an elephant?  
One bite at a time!*



**Fitness with a Purpose**

*“A journey of a thousand miles begins with a single step”*

Lao Tzu

### MAKE THIS YOUR FIRST STEP

*Contact Lloyd Fridenburg today to schedule your*

### FREE TRIAL WEEK OF CLASSES:

3-620 Davenport Road  
Waterloo, Ontario, Canada  
N2V 2C2

Phone: (519) 342-4943

Email: [lloyd@waterloofit.com](mailto:lloyd@waterloofit.com)

or visit

[www.waterloofit.com](http://www.waterloofit.com)

*“In the end, it's not the years in your life that counts: it's the life in your years!”*

Abraham Lincoln



Committed to Fitness for Older Adults

# Fitness with a Purpose Program



# Fitness With a Purpose

**Will Improve Your Health, Make You Feel Younger and Help You Live Longer!**

This unique martial-arts based program emphasizes quality over quantity, and is specifically designed to meet the fitness and self defense needs of older adults. There is no pressure to advance; only encouragement to improve.

In the beginning any new fitness regime can be an intimidating experience. That's why I personally teach all classes and, being closer to 60 than I care to admit, I empathize with your concerns.

**Fitness With A Purpose Stresses Aerobics, Strength, Agility, Balance, Flexibility, Self Defence**  
*It's Uncomplicated ... It's Enjoyable ... And You Learn at Your Own Pace*

## LEVEL I

You will be introduced to basic aspects of strength training, flexibility training, aerobic training and will learn basic blocks, punches, kicks, and self defense. You will be learning the basis of martial art, but often won't even be aware of it.

## LEVEL II

We begin to build on the basic skills you learned in Level I, which is a pre-requisite for this level. As you continue to increase your strength, flexibility, and aerobic capacity you begin to discover basic nerve points and how to use them effectively. You will begin to study the

fundamentals of control tactics, what to do if you're threatened with a knife, and introduced to improvised weapons you can use in emergency situations.

## LEVEL III

As your skills continue to evolve, you start to learn more advanced skills like: defending against gun attacks, defending against knife attacks, and defending against club attacks.

You will enhance your skills with increased knowledge of nerve points and counter strikes. You will be introduced to the walking stick as a defensive weapon.



## SIFU LLOYD FRIDENBURG

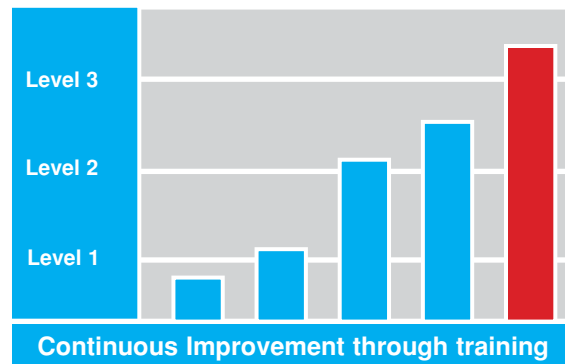
has over 20 years of martial arts experience. A senior instructor at the Waterloo Kung Fu Academy, he holds a 3rd Degree Black Sash in Shaolin 5 Animal Kung Fu and teaches students of all ages. Lloyd is also a freelance writer who has written extensively about older adults in the martial arts.

## GAI SHAN

Gai Shan is Chinese for "continuous improvement". At this level you will refine and master all of the techniques you have learned to date, while maintaining

that high level of fitness you have come to enjoy. More of the elements of Chinese Kung Fu will be introduced into your training on a very individual basis. Students have the opportunity to become FWP instructors.

## As Your Fitness Increases, Your Knowledge Increases



## Cost

The cost for two classes per week is the same for all levels

**Free Introductory Week**  
There is no charge for your first week of classes.

**3 Month Membership**  
**\$17.50** per week

**6 Month Membership**  
**\$16.00** per week

**1 Year Membership**  
**\$15.00** per week

*"We don't get old because we exercise: we get old because we stop!"*



**Fitness for Older Adults**