

To Whom It May Concern:

November 10, 2001

I am pleased to have the opportunity to recommend Susi Kerr. As one of Susi's colleagues, her level of professionalism and commitment to our industry has always impressed me. She gets involved with various community events to spread the message regarding the benefits of regular exercise and good nutrition. She has even just recently published her first book *Fit to Deliver*.

Susi's greatest asset is her personality. She has charisma and what I would call a 'magnetic personality'. She is a true leader and she inspires those around her to achieve their personal best by the standards that she sets.

Sincerely,
Sherrri McMillan
IDEA International Personal Trainer of the Year Award Winner
CanFitPro Cnaadian Fitness Presenter of the Year Award Winner



November 18, 2001

To Whom It May Concern:

I was fortunate enough to hear of Susi Kerr and her 'Bare Fit and Pregnant' program just as I was entering my 4th month of pregnancy. As this was my first pregnancy, I was feeling very apprehensive about the changes that my body was going through and what would be in store for me when labour and delivery finally came.

Now, nearly 14 months later, my pregnancy and delivery are a pleasant memory and I am stronger and more fit than I have ever been before. I owe this very positive result in great part to Susi and her fabulous skills as a trainer.

Susi led each of us through series of exercises specifically designed not only to increase our strength during pregnancy but also to prepare our bodies for the trial of labour.

Susi always takes the time to individualize exercise programs for her clients who have specific concerns during or after their pregnancies. As a mother herself, she understands both the physical and emotional challenges that her clients face in the months leading up to and after the birth.

Susi's excellent skills as a personal trainer, coupled with her enthusiasm and concern for pre and post natal fitness helped me to not only improve my core strength during pregnancy but also to lose the weight quickly afterwards. I enjoyed the process so much that I am very much looking forward to doing it all over again soon!

Sincerely,
Leslie Hurtig



June 2002

To Whom It May Concern:

I am very grateful to Susi Kerr and her Bare Fit and Pregnant program for helping me to have a happy and healthy pregnancy. Not only did I enjoy exercising with the other expecting mothers, but I also enjoyed the opportunity to share common concerns and experiences. Under the safe and supervised program I was prepared both physically and emotionally for childbirth. One year later, I still enjoy the benefits of Susi's instruction in her post Partum class where both my son Sean and I enjoy the benefits of exercising regularly while mingling with the other moms and babies. I also look forward to attending the Kid Fit program, once Sean is of age.

Thank you Susi for looking after both Sean's and my health and happiness.

Wendy Kyer



Exercise . . .

- . . . helps your body adapt to pregnancy
- . . . may help reduce some pregnancy complications
- . . . helps return your body to its pre-pregnancy shape

Join Us . . .

3 times a week, our 1-hour sessions cover:

- The *do's* and *don'ts* of exercising while pregnant
- Appropriate exercises for each trimester of pregnancy
- Aerobics classes
- Strength training
- Safe abdominal exercises
- Prices include weekly exercise class for entire pregnancy

Times Offered

- Monday, Wednesday, Friday at 4:00 pm
- Monday, Wednesday at 7:00 pm
- Friday at 5:30 pm

All Fitness Levels Welcome!

Class Presented by:

Susi Kerr, BA (PHED)

- ACE Certified Personal Trainer
- IDEA Elite Trainer
- Co-author of *Fit to Deliver* Prenatal Fitness Program
- 15 years of experience
- Women of Distinction nominee 2004
- Produced first prenatal fitness DVD
- Bare Fit and Pregnant, March 2005
- Mother of Dylan

For More Information call
604-312-3814

REGISTRATION FORM

To avoid disappointment, please register early

Name: _____

Address: _____

City: _____

Postal Code: _____

Telephone: (H) _____ (W) _____

Fax: _____ Email: _____

Baby's Due Date: _____

Partner's Name: _____

Doctor: _____

Doctor's Telephone: _____

Planned Birth Place: _____

How did you hear about our classes?

Brochure Friend other _____

Doctor (Name): _____



Prices based on weeks pregnant when registering:

Up to 14 weeks . . . \$429.00 + GST

15-20 weeks \$407.00 + GST

21-30 weeks \$380.00 + GST

30 weeks plus \$300.00 + GST

Please make cheque/money order payable to:

Isus Fitness Ltd.

3668 West Broadway
Vancouver, BC V6R 2B7
Tel: 604-312-3814
Fax: 604-943-6436

Refund Policy: Fee is non-refundable except for medical reasons or other extenuating circumstances. Application for refund must be in writing.

Bare Fit and Pregnant

Prenatal Fitness

ISUS FITNESS

