

REFERRAL REWARDS

Life is better with friends!
~ Making fitness fun since 1987 ~



At Le Physique, our unbridled passion for fitness, University education, experience and teamwork is what helps us give you an edge in getting amazing results.

We would be honored to have the opportunity to help your friends and family become healthier, more fit and feeling great.

It means a lot to us that you feel that we'd do a great job for you and your friends - thank you for your support and for being so darn awesome!



OUTDOOR BOOTCAMP



SNOWSHOEING



ROCK CLIMBING

**We pride ourselves on a business built
on relationships and happy clients!**

If we have fulfilled our purpose by providing a positive, holistic, fun and supportive fitness program that you are enjoying, and feeling stronger, more energetic...

~ **Or** ~

If you have met us and are convinced of our integrity, dedication and caring disposition, then we hope you will feel comfortable referring your friends, family, and associates to us for personal training and rehabilitation.

When referring a friend that enrolls in a program with us, we want to thank you for your support! We have our “Le Physique Gift List,” full of amazing companies that a referral partner gets to choose from (psst, that means you!). Our contribution will not only reward you for your support, but also help our fellow local entrepreneurs!

Simply ask your friend, loved one or colleague to contact us at their earliest convenience and mention your name. We also know people often get busy, so we are also happy to reach out and invite them in for a complimentary consultation to find out if we can assist them on their path to health and wellness.

Just a Few Happy Clients to Pave the Way...

“The difference has been amazing! A whole new world has opened up for me that include running and cycling and the stress from my job seems to melt away. The joy that I remember from running when younger has returned. You and your team have helped me become much more resilient in mind and body.”

Betty MacNichol (CHSC) - Costco Wholesale - Divisional Safety Manager

“Whether as a Personal Trainer, Yoga Instructor or Fitness Leader, Nicole has been excellent in providing me with innovative, challenging, yet appropriate programming. My training sessions are a great learning experience as well as a motivating and productive part of my daily life where not only do I reach my goals, I surpass them.”

Ken Lewko, 36 - Supervisor and Program Manager

“Le Physique is the best thing that I have ever done! I have had consistently great trainers over the years. Le Physique goes a long way beyond the basics and they consistently provide a friendly, professional and personal training experience.”

Connie Hubbs - ConnieHubbs.com, Principal

“I'm so grateful for your specially designed programs. I am getting all buff and doing so safely and as a result I am staying motivated and feeling fantastic. You rock Nicole!”

Jenn Barrett - JENN Consulting, Principal

“I'd rather give up my housekeeper than give this up!”

Dottie Kanke

Just like when you were a kid at the dentist, you get to pick which local service provider or retailer you would like to work with and support. Take a look from the selections below:

LadySport



Providing active women with the most complete selection of athletic wear and shoes anywhere in Canada. With over 200 models of shoes ranging from running and tennis to sandals and dress casual, no one has to leave the store frustrated by not being able to find something!

LadySport also hosts a complete selection of women's athletic clothing from sizes XS to 3XL. Specialized clothing and sports bra fitting can be done by staff members, who are very knowledgeable about each product.

www.ladysport.ca

Nartana Massage



Dawn Leonard RMT excels in chronic injury rehabilitation and pain management by employing deep tissue and myofascial techniques to increase mobility and bring the body back to optimal performance. Fascial, Trigger Point release, and Muscle Stripping are used primarily, and Swedish techniques are incorporated to aid in relaxation.

www.dawnleonard.com



Red Tree
WELLNESS

RedTree Wellness

Our clinic provides you with a natural health practice that uses the time-tested approach of **Traditional Chinese Medicine & Acupuncture** to improve your quality of life. Our registered professionals will help you relieve pain, reduce stress, strengthen your immunity and balance your health naturally. Our approach also uses a fusion of medical models and complimentary adjunct therapies. Book appointments online 24/7

www.redtreewellness.ca.

(604) 873-3827



Centre for Optimal Living

The Centre for Optimal Living is a chiropractic family wellness centre focused on health, healing and what makes people live and thrive. We are committed to helping you finally say “good bye” to aches, pains, illness and disease once and for all. We look beyond your symptoms and identify the specific causes of your condition and address them in the most scientific, natural and empowering way.

info@optimal-living.ca

(604) 922-9299

Le Physique[™]
PERSONAL TRAINING

Randall Kurt Photography



We're passionate about capturing *those* times so that our clients and the generations that follow them can relive them through our images. Our professional experience and international background gives us a completely unique perspective that shows through in the images we create.

We'd love to create something amazing for you!

www.randalkurt.com

(604) 266-8145

My Chocolate Tree



Created in Paris, France while attending Le Cordon Bleu Culinary School, Nina Pousette brings you amazing, delicate hand created chocolate treasure. Her experiences comes from some of Paris's finest Restaurants, Pastry shops, and Chocolateries.

Their motto is: Chocolate should be equal parts Beauty and Flavour, and we have achieved this delicate balance through obsessive French training.

<http://www.mychocolatetree.ca/>

info@mychocolatetree.ca

Vancouver Nutritionist



Vancouver Nutritionist

Rich Ralph RHN works with you on an individual basis to help balance your nutritional needs. From exploring and addressing any underlying sensitivities or intolerances which may be preventing you from reaching your true health potential. Rich's technique helps to ensure your body can utilize all the nutrients it receives from the food you eat which will lead to optimal wellness.

www.VancouverNutritionist.com

(778) 968-3224

A la carte options

Coffee Cards

Don't laugh, we surveyed our clients and some of them said they would appreciate a gift card for coffee ! Choose from a card to Starbucks, Blenz or Waves for your enjoyment. Low fat and no whip, of course.

Wine and Spirits

Don't be shocked! We'd be happy to help you pick up a bottle of bubbly. Gift cards of course, otherwise we'd be tempted to open it and join you in celebration at your next workout. Who said you can't enjoy a glass of wine once in a while?



The Green Families Guru

The Green Families Guru

Award-winning author Tracy Lydiatt and sustainability advisor is passionate about helping families go green without going broke or crazy. Her online "Green Your Life" program provides 7 self-paced modules in easy to understand language, to learn how to green your home in a way that works for you.

<http://www.thegreenfamiliesguru.com/green-your-life/>

Le Physique



Training Sessions

And there's always your team at Le Physique. If you're already a client, hurray! If you're new to Le Physique, we would love to work with you! So pick **us** and let's get started on getting you the body and lifestyle of your dreams, or keep making you even more awesome than you already are!

www.lephysique.com

(604) 873-2255



Dr. Alexina Mehta



Naturopathic Physician

Dr. Alexina connects the dots with women's health and family health at the mind, body, heart and spirit. Her focus is on empowering patients to harness their ability to be the most vital and healthy they can be. Inspiration and guidance are her tools while helping patients through various health concerns such as hormonal challenges, infertility, digestive disturbances, anxiety and depression, neurological issues, sugar cravings, candida, poor immunity, menopause symptoms, pregnancy support, weight loss, detoxification programs, food sensitivities, insomnia, adrenal fatigue, hypothyroidism, and other common health concerns.

<http://www.dralexinamehta.com/index.php>