

Welcome to winter, RUN don't hide

# HFW WARS

HEALTH FROM WITHIN WALKERS AND RUNNERS

Minimum 25 people  
needed

## Group Runs

Saturday mornings @  
6:30am

## GOAL RACES

5k & 10k – April 30

2km Walk/Run- May 1, 2016

Mississauga Marathon & 1/2  
Marathon - May 1, 2016

## We Get Great Results!

"I loved the fellowship of the group. The high fives, the encouragement and affirmation from coaches & other runners/walkers was beyond AWESOME! I liked how there was varying fitness levels of participants, making everyone comfortable in the group that they were in." M.P.

"Running certainly builds confidence which transcends to other aspects of my life!" S.W.

"I enjoy the physical & emotional aspects of running" E.N.

"The group has impacted my life in a much more positive way than I could have imagined. The team work & likeminded people kept me motivated & Dr. Lynne & Dr. Geoff's coaching was a very great inspiration in many areas of my life. I went from not doing any exercise & not walking to being a walker & doing some runs" J.H.

### What you Get:

- 12-14 Week training program customized to your goals
- Advanced core work and stretching
- Mapped out & structured training program
- Expert advice & coaching throughout
- 2 Optional Seminars and conference calls
- Weekly tips, strategies & instruction on maximizing your training
- Weekly email schedule so you can stay on track even if you are away
- 2 – 15 minute 1 on 1 coaching calls
- High Accountability & Camaraderie with likeminded individuals
- Weekly Goals & team training runs
- Technical running apparel
- Body Composition to monitor your TRANSFORMATION
- Complimentary Chiropractic Exam/Consult (if desired or necessary) Value \$157.00
- Discounts on products (if necessary). Orthotics, pillows, Omega-3, Supplements
- End of program potluck celebration

Starts Jan 23 @  
6:30am at clinic.  
Come check us  
out. Commitment  
needed by  
Feb 1, 2016

### Cost \$179 (\$120 for spouses & family members)

\*Save \$20 each if you are a HFW patient and/or prior running group member

\* HST & race registration not included

REGISTER BY FEB 1, 2016

905-333-3838

Email: [info@healthfromwithin.ca](mailto:info@healthfromwithin.ca)

### We Will:

- Help you make & improve upon your positive lifestyle choices.
- Help you accomplish your personal performance best
- Teach you transferable strategies & skills that will impact all aspects of your LIFE!
- Discover Your "WHY"

### Coach - Dr. Geoff Rawson

- 7x Boston Marathon (Sub 3hour)
- 3x Ironman Triathlon Finisher
- 2013 All World Athlete
- Former OHL Hockey Player

### Coach - Dr. Lynne Rawson

- 2x Ironman Triathlon Finisher & Marathoner.
- Former Team Canada Soccer Player

### Assistant Coaches – Mike M & Colin T

- Experienced Ironman and Marathon Runners

If you wait for  
perfect  
conditions, you  
will never get  
anything done!

"DO YOU NOT KNOW THAT IN A RACE  
ALL THE RUNNERS RUN,  
BUT ONLY ONE GETS THE PRIZE?  
RUN IN SUCH A WAY AS TO GET THE PRIZE."

1 CORINTHIANS 9:24

Health From Within Inc.

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