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FIT GIRLS

Sweaty armpits and muddy knees, belly rolls, exotic dancing, karate kicks and more. I'm going to the Every Woman In the World fitness and outdoor conference in Whistler, B.C.

Did I mention that I'm a wimp?

Check in for pictures and daily updates from the conference...

Email to Friend

August 14, 2005

Morning walks

So the conference winds down today. There's a reflection walk, yoga, massage, reiki, meditation and even a class on colours...

It's been pretty amazing to experience all these new classes against a backdrop like Whistler. Even while grunting through push-ups in the sand yesterday - - we were at Lost Lake, surrounded by mountains and stunning scenery - - so we couldn't really complain. (Though moaning about aches and pains is sort of fun in a Grade Seven gym-class way. "Oh no, not more!" etc.)

More to come...

Posted by Chantal 9:12 am

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August 13, 2005

Pole dancing rocks...

So apparently I could teach pole dancing. So could my friend Chelsea. We were being silly, hamming it up with the pole and one of the instructors joked: "You could teach this."

It's actually really tough to cling to the pole. Let alone look fab.

Oh, and I am a bootcamp wimp. It was really hard.

More details this week in Dose... And lots of pics too.

Off to the hot tub to nurse the day's wounds.

Posted by Chantal 5:52 pm

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August 13, 2005

Day two

Woke up at 6:47 a.m.

Dressed. Brushed teeth.

Ran in the forest with a gang of girls. (Run leaders toned bums were inspirational.)

Did NIA class. (Lots of grunting, stomping, wrist flourishes, moving around "energy" and a lot of giggling...didn't quite keep up.)

Then pilates to find those hidden, long-forgotten tummy muscles.

Now munching breakfast.

Next: karate, pole dancing and belly dancing...

Ta ta.

Posted by Chantal 10:27 am

COMMENTS: (0) | EMAIL TO FRIEND

August 12, 2005

Lost Lake, bare bottoms, biking and yoga

Day one rocked.

Biked with the girls along mountain trails, past glacier lakes, nudists lounging on a raft; did yoga in the mountains and ate a really good chocolate brownie.

Posted by Chantal 7:40 pm

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August 12, 2005

Observations so far...

The hotel smells like lemongrass.

Got a bag of goodies when I registered: bath bomb, t-shirt, brochures, etc.

Oh, and I missed the first run this morning. Ate too much for breakfast...didn't want a stitch.

Next: mountain biking for 2 hours in the Whistler mountains.

Don't own those padded shorts people wear. Considering crafting a bubble-wrap seat or layering knickers or something. But don't want to appear wimpy either. Might just tough it out.

After biking, we're peddling up to do mountain-top yoga and then an hour of meditation. Om.

p.s. Here's the conference link:

www.everywomanintheworld.com

Posted by Chantal 11:31 am

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