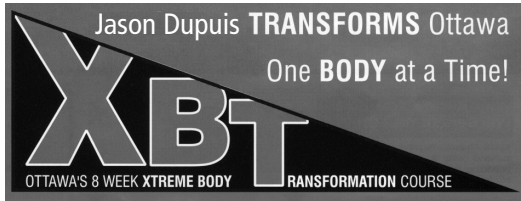


XBT COURSES' 7TH YEAR IN OTTAWA!**Jason Dupuis Shapes Up Ottawa,
One Body At A Time**

(New members train for FREE until January)
www.ottawakarate.com



Owners of the Canadian Sport Martial Arts Academy, Jason Dupuis and Jenn Morgan, are looking to shape up Ottawa once again! They are looking for people who want to get into shape that don't know how, people who need that extra little bit of motivation and people who want to break that plateau that they just can't get over! The Xtreme Body Transformation Course will bring you health and fitness to new heights and will motivate you to go beyond where you thought you could go.

Mr.. Jason Dupuis, who is a multi-time National Team member in Kick Boxing, has been practicing Martial Arts for 12 years and who has been an Elite Personal Trainer at the CSMA for the past 5 years, has partnered up with Ms.. Jenn Morgan. Jenn is also an Elite Personal Trainer who has had 15+ years in the fitness industry and has helped hundreds of people get in shape and take their health to

a new level. Together, they run the prestigious Xtreme Body Transformation Course and will help you get into the best shape of your life!

Mr. Dupuis' 8-week XBT course combines a well structured weight training program, various types of cardio kick boxing and fitness classes and an easy to follow nutritional plan to create the healthiest and fastest body changing experience ever to hit the Ottawa area. Jason Dupuis' team of highly trained and motivational coaches will ensure that this year's goal to look and feel better by losing fat and building muscle, will not only be met and exceeded but will transform your body into a whole new you for 2010 and beyond.

"Since 2003, more than 1200 Ottawa residents have taken our 8-week course and have averaged 13 pounds lost, 3.5 inches off their waist and an amazing drop of 7% body



Jason Dupuis and Jenn Morgan, Head Coaches of the XBT and Owner's of the Canadian Sport Martial Arts Academy.

fat," explains Jason. "Our XBT members have been so happy with their results that most have stayed on with our ongoing programs and have completely changed their lifestyle and look."

"Our program welcomes people who have not worked out in 20 years, have never touched a dumbbell nor tried any type of kick boxing before. But on the other hand, our program is also for people who are sick of the standard gym scenario for getting in shape, or the athlete who is looking to get an extra push over the plateau they have hit. Our coaches personalize all plans to suit the members' goals and fitness levels," says Jenn.

By combining a healthy diet with consistent, structured weight training program and the World Class Cardio Kick Boxing classes, members gain massive motivation to make extreme changes in their health and bodies. "Everyone works as a team to achieve their desired goals. It is amazing to see the camaraderie that goes into each member's success," says Jenn.

If you are sick and tired of trying to self-motivate

yourself to a better body and a healthier lifestyle, you are simply a phone call away from the most electrifying eight weeks of your life. Do not spend another minute trying to figure out which diet to try next, or which new cardio machine will burn the most calories. What you need is Jason Dupuis' XBT course to tear you off the couch, whip you into shape and create a life long fitness fanatic out of you. 2010 is your year to exceed your fitness and health goals and to let the XBT course completely transform your mind and body!

"I am always looking for a healthier, stronger and faster way to achieve even greater results with my XBT members," Jason says. The Canadian Sport Martial Arts Academy will be hosting a WINTER 2010 XBT course starting Saturday January 30th in the West end at 100 Walter Baker place (the Kanata Rec. Centre). This extremely affordable, highly valuable and life changing

course will sell out very quickly due to the limited amount of participants that Coaches Jason Dupuis and Jenn Morgan will accept this Winter.

The XBT is designed to educate and transform your look, no matter how old or out of shape you are. Our personal trainers will light the training fire under your butt all the way to your fitness goals.

Word is spreading quickly about Jason Dupuis' new and improved XBT program and you do not want to wait until the last minute to register because you will miss out!

All pre-registered members can start training right away for FREE until the XBT starts. If you would like to be a part of the new XBT starting January 30th, 2010, please call Head Coaches Jenn Morgan or Jason Dupuis at 613-831-8085 to obtain additional information and to book your spot in the winter program.