

Summer Classes at Beaver Brook Nature Center

HOLLIS – Interested in unplugging your child from their electronic devices this summer? Try Beaver Brook’s Nature Camp in Hollis where programs such as “Can You Survive It” introduce adolescents to the basic skills needed to rough it in the woods without the assistance of technology.

In “Can You Survive It” participants will learn how to properly identify plants that can be eaten and herbs that can heal. Kids will also get the opportunity to work with a bow drill and make one from scratch before learning to safely construct a fire.

Fishing without a rod? Not a problem if you learn the tools already available in Nature. Discovering tracks and learning about the animals that made them will further expand participants’ outdoor awareness and students can be sure that their skills will both be tested and enhanced throughout the course.

Students will learn common edible and medicinal plants of our region. If you’re looking to get your child offline and outdoors then Beaver Brook’s “Can You Survive It?” is a great opportunity. It also builds self-confidence and a greater comfort with nature.

Chick Wetherbee, the instructor, is owner of Earthward Natural Foods, has trained at the Tom Brown Jr. Tracker School and instructed survival skills at Beaver Brook for over 8 years.

This class runs Aug 4th -6th 9am - 4 pm at Beaver Brook Nature Center in Hollis.

Register online at www.beaverbrook.org/summer-camps-at-beaverbrook/ or call 465-7787 for more information.

Does the idea of exploring Nature through art sound like something your child would be interested in this summer? If so, Beaver Brook’s weeklong “Drawn From Nature” camp could be just the thing for your aspiring artist.

Participants will learn the basic methodologies utilized by the masters and be instructed on how to adapt these techniques in the field.

Gorgeous landscapes and beautifully cultivated gardens are in abundance on the 2,000 acres that make up this Hollis based conservation organization.

Drawn from Nature runs Aug-11-15. Register online at www.beaverbrook.org/summer-camps-at-beaverbrook/

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Meet the Elite Fitness Trainers

At Elite Personal Training & Fitness we are not only moving forward, we’re moving forward faster than ever!

Elite Personal Training and Fitness operates two fully equipped fitness facilities, our express club, located on Rt. 101 in Bedford, NH, offers 24 hour access, personal training and a variety of exercise options to fit the needs of our broad customer base.

Our Manchester facility, located at 865 Second Street, is fully staffed, providing 12 personal trainers, high energy group exercise classes with daycare to accommodate the needs of our clients with children. Both facilities focus on “Achieving better health for all ages within our community.”

Why Elite Personal Training & Fitness?

Elite Personal Training and Fitness programs are designed around the client’s needs and goals. Our trainer’s spend time learning about every client to insure we can provide the best possible training experience. All of our programs are results-driven, and specific to the client. We do not do cookie-cutter, one-size fits all programming. We also do not perform “workouts of the day” Every client will receive coaching on safe, effective exercise technique, proper nutrition strategies, and lifestyle coaching that will accelerate results.

We work closely with a client’s other healthcare professionals to provide safe, effective fitness programming. Our clients come to us with different challenges...from those seeking weight/fat-loss, to those with health and physical challenges, and some with specific athletic goals. Our team of elite fitness professionals have the knowledge and expertise to assist in bringing about positive results.

Chris’s Training Philosophy

I am a Certified Fitness Trainer as well as a Specialist in Fitness Nutrition through the International Sports and Science Association. I like to use a wide variety of tools in the gym for my workouts but I believe that our own body is our best piece of equipment. Bodyweight training is the most versatile and safest way to gain real core strength, balance, and flexibility.

I strive to motivate my clients each time they step into the gym and help them realize their potential. Whether it is training someone to lose weight, build muscle, or recover from an injury, I design programs and introduce lifestyle changes to assist my clients in reaching their goals. I will provide nutritional advice and meal plans, as well as travel routines for my clients who are on the road for multiple days at a time for work.

The ages of my trainees range from 11 to 86, and though I deal with a wide range of fitness levels, I base all my programs around basic movement patterns while adding enough variety to each workout to make it fun and interesting. Each initial consult begins with a fitness assessment to establish a baseline for my plan of action. Any imbalances in the body must be addressed first before progressing in a training program. Pushing my clients to their limits while maintaining proper form to ensure safety above all else is my goal. I want to make fitness a lifestyle change, not something you grudgingly do two or three times a week at the gym. I believe a healthy body translates to a healthy mind. Reaching a new milestone at the gym and pushing beyond what you think is possible will have a lasting impact on your work, home and personal life.

Customer Testimonials

Chris is the epitome of the complete personal trainer. His enthusiasm and knowledge of healthy living combined with his motivational techniques at every work out session has resulted in improvements to my strength, energy level, and physical appearance, and I know I would not have achieved these results without Chris’ help and support. So if you want to change your lifestyle as well as work with a personable, experienced trainer, Chris is the guy to go to!

— Anita H., Bedford, Age: 47

Chris is the perfect fitness and wellness trainer. Woman or man, young, middle aged or older, and whatever your objectives, Chris will help you get there. An extraordinary listener, Chris will challenge you at your pace, while softly and politely encouraging better lifestyle habits in the kindest of ways. Chris has a deep knowledge of various techniques, and your workouts will be engaging; before you know it, your hour has gone by and you are feeling accomplished! I highly recommend Chris for anyone of any age. He is thoroughly professional, always on time, flexible scheduling, and prepared to meet your needs.

— Susan Z., Bedford, Age: 63



My experience at Elite Fitness has been all positive for the five years I have been a member. This is the best place to get inspired to be healthy and strong and stay that way. I have had Chris as my personal trainer for 8 months and have lost 6 lbs and 6 inches . Chris has motivated and challenged me with workouts he changes monthly. He answers all my ongoing questions about exercise and nutrition. I take my health seriously at 59 years old and honestly love how this gym makes me feel. Elite Personal Training & Fitness is a very comfortable place to workout and make new friends of all ages. Chris will inspire you in his gentle and friendly way to stay motivated. Thank you Chris, for sharing your time, knowledge, and kind personality with me.

— Leslie K., Age: 59

SOME THINGS ABOUT CHRIS:

- A lifelong New Englander, I am extremely active and love having the beach and mountains close by. In my free time you can find me biking, hiking, playing baseball, or tennis.
- I love a challenge and though not musically inclined, I am trying to teach myself to play guitar.
- One of my new passions is cooking. It sometimes takes me several attempts to get it right but I like to experiment with different ingredients and recipes.
- I have owned over twenty cars in my seventeen years of driving (There were a few bad purchases made in my younger days)
- In the last few years I have limited my television watching by 75% and have read more books in the last three years than I had in my entire life.
- The best part of my job is meeting new people every day and feeling like I can have some impact in making their lives better.
- My goals for the future are to hike the Appalachian Trail, learn to surf, open my own business, and to not take anything or any day for granted.


If you have struggled to reach your goals in the past because of ineffective programs or lack of a plan, come by and see how we can help. It’s our passion and drive to meet the health and fitness needs of our clients.



Contact Chris Lanctot at chris@elitefitnessnh.com or call either facility for a **FREE One Hour Assessment Training Session**
384 Rt 101, Bedford | 865 Second St., Manchester
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www.EliteFitnessNH.com

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