
SUMMER
SUMMER
WRAP UP!
MILESTONES
MEETING PEOPLE
A NEW ONLINE HOME FOR
SUSAN ARRUDA
SUSANARRUDA NEWS

Farewell Summer
Hello Autumn

Hello fitness enthusiasts and friends! We just wanted to touch base and catch up with all of you and give you some highlights on what has been going on!

NEW ONLINE PLATFORM

As many of you are aware, we have moved on from the training app we had been using for 30 Days of Intensity. The new online home for my programs now hosts the Seriously Sexy Legs 90 Day Program and it is also where 30 Days of Intensity will find its rebirth! As well, 30 Days of Intensity PHASE 2 is nearly ready to launch and will also reside there.

Thanks to all of you who took the time to say hello using our new chat feature at https://susanarrudaprograms.com

The summer weather was beautiful, which helped contribute to greater enjoyment of outdoor activities, which Marco and I capitalized on!
I'm a big fan of exercising outside and I took advantage of outdoor workouts held around the city throughout the summer, including yoga! Marco and I biked into the city to do yoga by Lake Ontario in the glorious sunshine and clocked about 48 km during those outings!

AT THE DISTILLERY DISTRICT
AFTER YOGA IN THE PARK

MARCO MILESTONE

A FEW WEEKS AGO, MARCO BIKED TO HAMILTON FOR A FRIEND'S CAFE GRAND OPENING!!! NOT ONLY DID HE BIKE THERE, BUT HE ALSO MADE THE JOURNEY BACK!!!! 🚲 THAT IS CLOSE TO 130 KM. I DON'T EVEN THINK I COULD DO THAT LOL!

MEETING SOMEONE WE ADMIRE!

We had the opportunity to see Jesse Duplantis speak at a church just outside of Toronto this past week, and we capitalized!

As if that wasn't enough cause for celebration, we even had the amazing opportunity of meeting him personally before he spoke, thanks to my dear friend, Terri Savelle Foy!!!

It was a night of divine timing and favor!

TRAINING IN THE WATER!

Check out my Elite Water Training Video online! Click the image

I am gearing up to teach some water Boot Camp classes next week and I'm excited for the variety and challenge it adds! This "aqua fit" is not for seniors, LOL.

If you have never turned to the water as a training environment, I suggest you do, especially if you have any joint issues, as one of the benefits of the water is low impact, but believe me, your lungs will feel HIGH impact!

We appreciate you and always enjoy hearing from you!
Your Intensity coaches and friends,
Susan and Marco