





## NEW YEAR! NEW YOU!

**Don't be intimidated — we can work with ANY fitness level. We can create a program tailored for you and your fitness level, all at a pace that works for you!**

CELEBRATING OVER 7 YEARS IN SISTERS!

- World-class coaching & programming!
- Nutrition coaching programs & services
- New this year! 90-day transformation challenges!
- 32 cardio machines & 6,000 sq. ft.
- CrossFit & Weightlifting classes
- FREE Yoga & open gym classes
- Sisters' first and only InBody Composition Scanner
- Weight-loss programs
- Sauna and shower
- Sisters' largest free weight and cardio floor!

Central Oregon's first and only

24 hour CrossFit Gym!

CALL 541-699-7800 OR  
EMAIL COACH@LEVEL5FIT.COM  
www.level5fit.com  
Located in Ray's Shopping Center

## Level 5 CrossFit

Seven years ago Ryan Hudson moved from providing fitness classes in his garage to opening Level 5 CrossFit center at 625 N. Arrowleaf Trail #110 — just a few doors up from Ray's Food Place.

Hudson, a world-class coach, now has over 200 clients who come to Level 5 to reach, maintain and exceed their goals to fitness.

He works with each of his class members to develop a complete health plan that is tailored for them and challenges them every visit. He is constantly roving through the entire area, calling out the next steps, giving group instructions and individual encouragement and assistance.

Level 5 CrossFit is open 24 hours a day to members and has classes starting at 5 a.m.



Go to [www.crossfitsisters.com](http://www.crossfitsisters.com) to view the event calendar, daily/weekly schedules, pricing sheet and more. Be sure to like and follow [www.facebook.com/level5crossfit/](https://www.facebook.com/level5crossfit/) for updates and news.

## Shibui Spa at FivePine

Folks in Sisters know that massage and spa treatments are more than an indulgence — they are a critical part of a holistic approach to health and wellness. Now, make no mistake — you will feel indulged on your retreat from the world at Shibui Spa, and that is a very good thing. Replenish your body with massage, bring forth a glowing complexion with a customized facial or rejuvenate your senses with an Ayurvedic Shirodhara treatment. Come join Shibui for Therapeutic Thursdays: When you schedule a Shibui Luxury Package (both a 60-minute Classic Swedish Massage and a 60-minute Customized Facial) you will receive a \$40 discount (\$20 discount on each service).

All of the treatments at Shibui Spa will not



only make you feel good, they'll help you be fitter and healthier inside and out — ready to fully enjoy all of the pleasures that Sisters Country has to offer.

# inside...

- Emotional and mental wellness in kids: Should I be concerned? *pg. 16-17*
- Mediterranean diet offers health benefits *pg. 18*
- Weight-loss reality *pg. 20*

## Winter Wellness Wednesdays Local's Special!

All Swedish Massages and Customized Facials are only \$90!

(Reg. \$125/\$130 each)

Mention this special to receive your discount.



Call 541-549-6164

