

NisaFit BOOT CAMP

A Journey Into Health, Happiness & Friendships

For variety, camaraderie and results in your fitness program, NisaFit Boot Camp is the place to go. The concept of certified fitness



trainer Nisa Counter, NisaFit Boot Camp's

focus is pure physical fitness. Or, as Nisa puts it, "My motto is, Your body is my problem; your mind is your own."



Variety is key at Boot Camp. The group meets Monday through Friday at a location selected

by Nisa for a workout that promises variety and group



support. At the Mansion House Health Club in Vineyard Haven, bootcampers participate in aqua aerobics, spin classes, functional training, muscle classes and yoga. Another day they'll meet at Inkwell Beach for agility drills, beach yoga or a play date that includes hula hoops and jump ropes. State Beach and South Beach are their venues for beach hikes and power walks. At Menemsha Pond, activities include swimming and kayaking. The variety of

activities makes boredom an impossibility.

"Exercise accounts for 30 percent of what makes your body what it is," Nisa says. "The food you eat accounts for the other 70 percent." Nisa, herself, raised by vegetarian parents on St. Croix, U.S. Virgin Islands, has never



intentionally eaten meat, fish or eggs. But, she says, "I cannot control your food intake. But I can manage your exercise program."

Nisa drives her boot campers hard but always ensures their safety. "Your safety is very important to us, so there is always a modification for what we are doing," says Counter. "Please don't wait until you get 'in shape' for Boot Camp. Getting you in shape is our job."

Testimonials on Counter's website (www.nisafit.com) attest to the results as well as the challenges of a commitment to Boot Camp. "Boot Camp changed my life," one Boot Camper wrote. "I may always hate getting up at 5:30 in the morning and running up the steepest hill on the Vineyard. But I love how I feel afterwards and throughout the day, and I love the constant support



from Nisa and the rest of the women." Another testimonial comes from a 55-year-old woman who credits NisaFit Boot Camp with preparing her to successfully climb Mount Washington. Boot Campers have included men and women of all fitness levels and ages – from 12 to 70. Counter,

38, has been training and living fitness for over 20 years. She loves what she does and supports all her clients unconditionally. There are no whistles or screaming at NisaFit Boot Camp; Nisa simply leads by caring and example. A testament to Nisa and her Boot Camp are the hundreds of people who, after completing a one month program, sign on for additional months or attend year after year.

Boot Camp is life changing. Call Nisa for pricing and to register for one of the following groups.

- **Women's Option 1** Boot Camp every morning at 6am-7am or 7am-8am (5 days Mon- Fri), 4 weeks.
- **Women's Option 2** Boot Camp every morning at 6am-7am, (5 days Mon-Fri), 4 weeks, with cleanse package and an optional 30-day food coaching program.

- **Boot Camp for Men** Men's Basic Training at 6am (5 days Mon- Fri), 4 weeks.

- **Nisa is also available for personal training.** (508) 314-5675 www.nisafit.com



Camp leader Nisa Counter

Our Island Club Card

Membership Has Its Privileges

When Jonathan Bernstein's family of five moved to the Vineyard from Los Angeles in the summer of 2000, Bernstein looked forward to autumn when prices would return to normal. He kept waiting until it dawned on him that prices were normal. That's when he began to ponder the idea of a savings program that would help year-round Islanders who were challenged by the Vineyard's high prices.

Three years later, Bernstein met Geoff Rose. After moving to the Vineyard from Connecticut in 2001, Rose had started a gift certificate service for Vineyard businesses. "Keep it local," was Rose's mantra. Together, the two created Our Island Club, a



program designed to provide savings on essential products (food, home heating and gasoline) as well as at restaurants, retail stores and services. In addition to helping residents, the program was designed to benefit local charities as well as to allow qualified low-income individuals and families to join for free.

Cronig's, Island Propane and Jim's Gasoline were among the first businesses to sign on to the program. As others recognized the value of the program, more businesses joined. Today, Our Island Club has more than 3100 card-holding members, with more than 150 local businesses providing savings to members. More than \$85,000.00 has been donated to local charities.

"Twenty percent of the annual membership fee is donated to the