

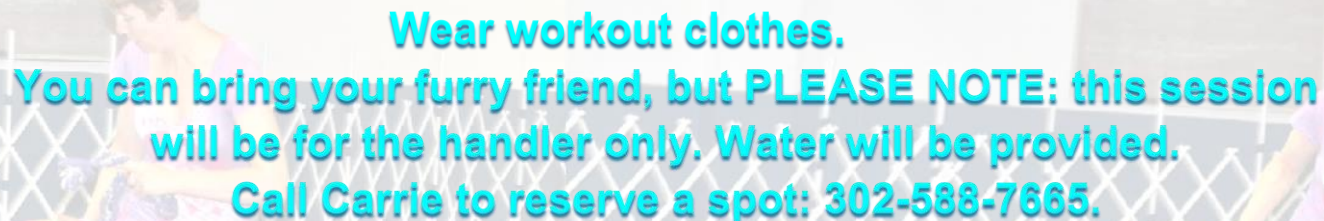


## Agility for Humans

**Saturday, August 8th 2015: 3:00-4:30**  
**Cost: \$20.00**

The Academy of Dog Training is happy to present Meg Farrugia, owner of Life in Motion, LLC. Meg will be outlining the amazing benefits of High Intensity Interval Training (HIIT), cross training (stretch and strengthening) and nutrition. This clinic is geared for owners who are keen to take the agility experience with their dog to a whole new level of performance.

The interactive clinic will include a series of short HIIT workouts designed specifically for agility handlers, and will offer advice and take-home exercises for balance techniques, transitions between movements and cool downs for both owner and dog. Emphasis will be placed on hydration and nutrition during these hot summer months, particularly on the TIMING of when and how much you should eat before sessions and competitions.



**Wear workout clothes.**  
**You can bring your furry friend, but PLEASE NOTE: this session will be for the handler only. Water will be provided.**  
**Call Carrie to reserve a spot: 302-588-7665.**

The Instructor: Meg Farrugia is a certified Holistic Health Coach through the Institute of Integrative Nutrition in New York, an Advanced Sports Nutrition Advisor through the Health Sciences Academy in London, and has been trained/certified in Pilates, Yoga, Above the Barr, TRX, Tabata and various methods of meditation. She is currently owned by Ernie, a rescue dog who is training her in upper level negotiation skills and the power of optimistic thinking.