

Jackie Lampi-Hughes/Energy Fitness Centre

By Cory McCrindle, Northwest Business Centre



Jackie Lampi-Hughes pumped up about helping you feel good at Energy Fitness.

Jackie Lampi-Hughes spent a lot of time in her younger days chasing the illusive ‘Warm Fuzzies.’ And no, those aren’t cartoon characters you might see on Saturday morning television. Instead, the term describes that sense of well-being you get when your mind and body both feel great. Despite the fact that the people she helped by giving them massage therapy usually left a session feeling warm and fuzzy, Jackie says unfortunately she did not. That changed when Lampi-Hughes started teaching fitness classes. “At the end, there’s twenty people leaving, they’re feeling wonderful, and I’m feeling good too,” describes Jackie, “call me greedy, but I felt a little bit better after the fitness class as well, rather than always expending the energy and getting nothing in return.”

Recently, Lampi-Hughes turned her long time love of fitness into her own business by opening Energy Fitness Centre in Fort Frances. She had been involved in the industry throughout the years in various locations including Southern Ontario and even the United States before moving back to this region to be closer to her sisters, niece and nephews. The move to Fort Frances was a homecoming for Jackie and her husband, as they decided to relocate from Dryden. After demolishing the old Perth’s building in Fort Frances and

constructing a new building, Lampi-Hughes launched Energy Fitness on February 28th, 2005.

Some of the services you can find at Energy include personal training, fitness classes, boxing, yoga, and learn-to-run groups. You’ll also find weights and treadmills, tanning beds, and an infrared sauna. One thing you won’t find is any type of intimidation. Lampi-Hughes says she and her staff prefer a no-pressure approach when getting customers involved in improving their fitness. “When people first come in, we try and make it a home for them,” emphasizes Jackie. Energy Fitness is trying to appeal to just about every age group as well, according to Lampi-Hughes. “We have kids programs here, I’ve been doing hip hop and fitness classes with the elementary schools in the area,” reports Jackie, “so the age ranges...I think the oldest client I have is in their seventies, so there’s no one that can’t come in and try something.”

Jackie Lampi-Hughes says one of the best things about being her own boss is having the freedom to creatively market Energy Fitness. “I’ll be driving to Winnipeg, or down to Duluth, or wherever I go, and I see something on a sign from one of the other fitness centres, and I think ‘yep, I’m going to go home and do that’,” recounts Jackie. “I’m not a franchise, so there’s no limitations for me at all,” she smiles, “and that’s the best part...I can be creative and think ‘this is what I’m going to do, we’re going to try this’.” One of the programs Lampi-Hughes is trying is called Yoga Kids, which teaches children the benefits of meditation, relaxation and proper posture. The idea was brought to her by a school psychologist from Winnipeg. “I’ll try anything once,” claims Jackie, adding “if it works, I’ll do it again and again and again.”

Lampi-Hughes says a big part of her job is motivating people. But she is quick to add that often times that motivation comes from within a person after they see the benefits of becoming healthier at her facility. “Five minutes into it they’re like ‘I love this place’, so it’s just a positive setting,” beams Jackie, “and I think that’s what keeps me going. When you’re around positive people and you surround yourself with positive people, it just makes for a wonderful experience in the end.”

If you’d like to get infected with a case of the ‘warm fuzzies’...and give your body and mind a boost...Jackie Lampi-Hughes and her staff can help you out. Visit Energy Fitness Centre, located at 780 King’s Highway in Fort Frances and get on the path towards better health.