



# NO1 BOOT CAMP

## Client Testimonial

**DISCLAIMER:** Our testimonials and results are provided by GENUINE individuals experiences with No1 Boot Camp - There are many factors that affect weight loss and fitness results and we can make no guarantee that individuals attending our boot camps will achieve the same results. The views and opinions expressed in the testimonials on this web site are solely those of the clients - These views and opinions do not necessarily represent those of No1 Boot Camp and / or its employees or third party suppliers. Your experience with No1 Boot Camp may be different.

Cleethorpes  
Lincolnshire  
26th July 2010

Deena/Karen

Norfolk Boot Camp Experience

Don't expect you need correspondence from old (60 year old) ex member but just a quick note to say how life changing the course was for me.

Whilst all your team are exceptionally knowledgeable and professional, for me, the most influential part was the visit/talk/advice of your Nutritional expert, (Drew) who re-inforced the whole experience of the eating less and healthier example your camp demonstrated.

Whilst not yet perfect at it, I have radically adjusted my food type and intake, and even the mickey taking down the club for me normally drinking Iced Soda Water instead of Lager has now stopped and been accepted by all as a norm.

Coupled with some exercise, my weight is still reducing very slowly, (minus 10lbs since I left you) but for me very importantly I have not put back any of the 15lbs lost that week at Boot Camp. This required quite a radically change to my previous lifestyle/eating habits etc. The memories of my pain in removing that weight at camp usually stops me weakening

Cannot start to tell you all the feel good feelings I now have with less weight and the vast improvement in some of my ageism medical problems too.

Anyway, not sure about totally looking forward to the return week, (its hard/painful work) but I do expect to be back on w/c September 25th as arranged with you now my "lifestyle" has changed for the better. I need to reinforce the experience.

Did not mean to bore you but just let you know, although its a obviously got to be a commercial business you run, its at least changed my life for the better.

Thanks again,

All the Best

Colin