



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.

No 1 Boot Camp Testimonial – Francesca Ives



At twenty two years old, dress size 18 and weighing 15 stone, I knew I had to change to become happy again.

I realized I needed to do something about my lifestyle one Saturday afternoon whilst shopping for a dress for my friend's birthday and I couldn't find a dress that fitted me on the high street. Then, that evening having some very horrid remarks from girls about my weight on the night out, I thought "this is it I've had enough!". So the next day I decided to research for a weight loss and fitness camp.

I had recently been made redundant so had no work commitments, I decided I would go for as long as possible. I found No1 Boot Camp and after discussions with the one of the



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owners, this camp was exactly what I was looking for: Exercise and a healthy change in my diet.

I booked 4 weeks and the next week I had travelled from Edinburgh to Norfolk to begin my journey.

I arrived and was more excited than nervous. I met all the team who were very welcoming and encouraging. The first week was the toughest with every part of my body hurting even though I sat in the ice bath every night. As the weeks went on, the training got easier as I got fitter.

The 4 weeks I spent at boot camp, did not just help me lose weight but made me more confident and comfortable within myself. I met some amazing characters and friends for life.

By week 4, I weighed in at 12 stone 12lbs, losing 2 stones 2 pounds. Dress size 18 to a 14.

Many people use boot camp as a quick fix to weigh loss but for me this was about changing my lifestyle and gaining back the confidence I once had and lost. I cannot thank the trainers, chef and owners enough for getting me through it to reach my goal. I still want to lose 2 stone but I am confident I can now do that with the knowledge I learnt. I have and will always recommend No1 Boot Camp to anyone who has a goal, physical or mental!