



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.

Helen Rowe, No1 Boot Camp, Norfolk, December 2011

Dear Kate (*Camp Manager*),

Now that I have been back for a few days I can sit down and reflect on last week at Boot Camp. I wanted to thank you all for looking after me so well and for ensuring that the week far exceeded my expectations on every level. I can certainly say it was an extraordinary experience and I took away some great memories.

When I rang No.1 Boot Camp I spoke to Karen who was so friendly and enthusiastic and who talked me through what I could expect during my stay. On arrival at Boot Camp I was quite nervous, and already wondering if I had bitten off more than I could chew, but I was made to feel so welcome and everyone seemed so happy that my fears diminished.

The first day of training was quite a shock and I think I just kept myself going on adrenalin. We all watch boot camp training on television and can see that it is very challenging but I was still taken aback by how hard I found it. I soon learnt that everyone, no matter what their fitness levels are, find it hard because Dave and JP train each individual beyond their limits. Most people need to be pushed to achieve their potential and I thank both Dave and JP for getting my fitness to a level I didn't think possible at my age. Dave was great when my knee became injured and his knowledge and patience meant that I was able to keep going to the end of the week.

Pete is definitely my hero... his amazingly healthy, delicious and inventive recipes were a highlight during my stay. Eating was such an exciting and positive experience, and I am trying hard to continue with his regime at home.

Weigh-in and measuring on Saturday morning gave me butterflies in my stomach, had it all been worth it? I was thrilled to lose 5 lbs, and best of all, 4" off my waist! Fitness classes at my gym seem easy, I can't believe it, particularly as in the past I would never have had the courage to even attend them; testament to the lovely Dave and JP.

With best wishes,

Helen