



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 – Jessica

Starting weight: 117.9 kg
End weight: 109.5 kg
Total weight loss: 8.4 kg (18.7 lbs)

“Although I do have a lot of weight to lose, I lost a total of 18.7lbs in one week at the No 1 Boot Camp. It wasn’t easy. In fact I would say that it was the hardest thing I have done in years, but the sense of empowerment I had by the end of the week made it all worthwhile.

The staff were friendly and helpful, and as someone with a hearing disability and a Hearing Dog for the Deaf in tow, I was made to feel included and welcome. Having made the bold decision to join the camp, I was really dreading it, but by the end of the week I felt like a different person.

If you want to challenge everything about your life, then I would thoroughly recommend you give the camp a go.”

No 1 Boot Camp Case Study – Jessica

I arrived at the No 1 Boot Camp weighing around 18½ stone, nearing my 50th birthday and chronically unfit. I had used food as an emotional tool for years and had done little exercise other than gentle walking for a very long time. I used my condition, Meniere’s disease, as an excuse because getting overheated can cause attacks of severe rotational vertigo. I was thoroughly depressed by my weight and as my 50th birthday approached, I decided that I had to do something to break the rut I found myself in.

I saw an article in a women’s magazine about someone who had lost weight on a boot camp and started trawling the internet for information. I discovered that the No 1 Boot Camp was fairly close to where I live, the prices were reasonable and the website gave me the impression of a friendly, dedicated team. I requested information and had made a booking within a week, then sat back to wonder what on earth I had let myself in for. There was no turning back now.

I arrived at camp on the Friday evening full of trepidation, but was soon put at ease after a friendly chat and a cup of tea with Karen. The programme started the following morning with a run/jog/walk on the beach at 6.30am. I am used to early mornings so the time didn’t bother me, but running? I could just about manage a walk! Was I really of sound mind when I signed up?



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The group, about 18 of us, all ate together around a big table which created a lovely sense of community, as we enjoyed that first bowl of porridge together. The group was a very mixed bunch of people, ranging from older to younger, fat to thin, fit to chronically unfit, and from all walks of life. Our group included Michelle Houghton, who was extremely friendly and encouraging. Of course there were moans; it was hard, but the group really got on together and that really helped to make the week bearable. There were people in the group who were already extremely fit, and were there to improve their levels of fitness, but as one of the fattest and oldest, I never for one moment felt that I wasn't totally involved and included. I was continually encouraged to go that bit further, to push myself out of my comfort zone.

The days consisted of that early morning walk/run/jog, followed by breakfast. In the mornings we did a combination of circuit training, core and stability training or boxing. I found the circuit training particularly gruelling having done nothing similar since leaving school more than 30 years ago. In the afternoons we hiked in the local countryside or went for a swim. The first walk was around 8 miles and one of the most unenjoyable things I had done for a very long time. I was way behind the rest of the group, walking by the side of a busy road, and was in tears much of the way. I really don't know how I found the energy to lift my legs at the end to practically crawl back to base, but I did. At this stage I didn't feel anything other than anger, resentment and frustration. I wrote in my diary that night: "Every part of me aches and by the end of the walk every single step was painful. What on earth have I signed up for?" I was so hungry that even the tofu curry on offer that night tasted good.

I really don't have the words to describe how hard it was, but miraculously, it did begin to get easier. The trainers were fantastic. They treated us as individuals, using a combination of military-style ordering and encouraging. After a tearful outburst when it all got too much, one of the trainers realised I really was struggling and not just making excuses and then encouraged me more, tailoring the exercise to my personal needs. This worked for me and I started to set myself small, attainable targets.... just one more circuit, an extra mile, 15 minutes longer walking.... and finally I was actually running. Okay, so it wasn't a beautiful, graceful, Linford Christie run, but my legs were working and I was moving, even with my bodysuit containing 8 stones of surplus fat!

The food was all well cooked and always nicely presented, but did start to become somewhat monotonous for the vegetarians with the emphasis on tofu. However, I was trying to break my emotional attachment to food and so in that sense it was great having no access to food and having everything delivered to the table. I tried to argue that being bigger I should be given more to eat, but the team were having none of that and I was given the same as all the other women, whether 7 stone and 17. However, this paid dividends at the end of the week with my staggering weight loss.

Our final walk was in the beautiful Sandringham estate and instead of lagging behind, I was up in front. The pine forests are really stunning and make the walk enjoyable. As we had done the walk earlier in the week, I knew the route and it really helped me to know how far it was and what I had to achieve. I am not good with the unknown. I also used the NLP talk we had had earlier to talk to my brain and tell myself that I could do this. That made such a difference. Other group members were noticing my clothes hanging off me and the encouragement they gave me was huge and so incredibly helpful. I finished that walk in first position beating everyone else in the group and the sense of pride and satisfaction I gained from this was phenomenal.



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Of course the weight loss of 17.7 lbs was wonderful and the food regime has helped to establish healthier eating patterns, but the sense of achievement that I gained from pushing my body to work in ways that it hadn't done for years and then succeeding, far outweighed everything else. I felt exhilarated. The whole team treated me as an individual, along with my wonderful dog Zena, and that is what made this camp work for me. It can't be easy catering for people with wildly different needs and aspirations, but the No 1 Boot Camp managed it and everyone was able to celebrate their own successes at the end of the week. Would I do it again? I can't believe that I am saying this, but yes, I would.