



NO1 BOOT CAMP

Client Testimonial

CLIENT: Nadia

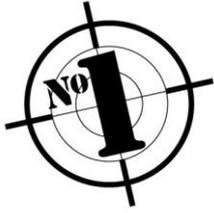
CHOSEN CAMP: Classic Weight Loss Camp, Norfolk, UK

DATE: November / December 2013



My whole life I have yo-yo dieted throughout and found my weight to be an up and down struggle. It's not until I hit thirty three when I said enough's enough! I came across Number 1 Boot Camp as it is the boot camp that offers a long stay!

I remember my first week thinking to myself this is full on and thinking I won't be able to get through this. It's not until Saturday morning 7am (weigh in/measurements), as I started hearing my inches were decreasing, I was eager to hear my weight. All I heard at this stage was you've lost a stone and that's in a



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week, imagine by the end of your five week journey! Which as you can imagine, motivated me even more. Thinking to myself, there's no way in hell I could achieve these results back in London.

Every week I found myself getting fitter and less tired. The trainers are amazing and will tailor your experience to suit your needs. They have heaps of military experience and know how to push each individual to the limit. I also loved the way the trainers wanted you to reach your goals and dreams. It's amazing how your body can push its self which I learnt fast.

As for the food, which was out of this world I might add, the variety is amazing and I loved the fact that all the food was fresh produce. They also accommodate any dietary requirements. Overall, the staff are friendly and always ready to keep you motivated and determined!!

By week five, I had lost 2 stone 2lbs and had gone from a dress size 16/18 to a 14!!!! Number 1 Boot Camp is a must especially when you need that kick start and motivation. This is somewhere, where I will be back to top up and to keep going! One of my best experiences I have ever had when it regards training - I have left feeling motivated and the determination to keep going.

Nadia