



# 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.

### **CHOSEN CAMP: Classic Weight Loss Camp, Norfolk, UK**

**DATE: November 2013**

As somebody in the entertainment industry, I have for the past 5 years been in constant battle with myself over food and exercise and the pressure on me to look good on stage. I have tried every outrageous fad diet going and paid out ridiculous sums of money for "cleanses" and gimmicky training programmes with tiny women on the front. After the realisation that all of these things were quick fixes and only amounted to me gaining more weight in the long run I knew I had to start taking my health more seriously if I wanted real results that would stick.

**No1 Boot Camp** has literally changed my whole mind set about myself. After reading testimonials of other boot campers, I came here for 2 weeks with the self imposed goal of dropping about 14lbs. This number was something that had been stuck in my head for the best part of a year and what had caused all my crazy yo-yo dieting.

I really enjoyed all the classes and training, as tough and it was both mentally and physically I was so happy to be doing something other than running endlessly on the treadmill.

The trainers were really motivating and pushed you hard when they knew you could do more and backed off when they knew you were having "a moment" (girls ha ha).

The food was amazing and it felt really nice to not have to count all the calories as I knew what they we're giving us was really healthy and all well thought out.

After my first week I was so nervous for the weigh in as girls in my group had lost up to 12lbs in one week. I hopped on the scale and my stomach sank, I had only lost 2lbs! The trainer told me straight away not to be disappointed as he then took all my measurements - I had lost a whopping 5 inches from my hips and 2 from my waist and back!

The following week the same happened, 2lbs loss and another 2 inches from my hips and 2 from my waist.

All the training has increased my fitness so much and improved all my muscle structure so what I have lost in fat I have gained in muscle and now feel really fit and toned and just as slim as I actually wanted to be.

I will never again obsess over weighing myself. For people that know me well this is a BIG deal! I can now go home and train with all the knowledge I have gained from **No1 Boot Camp** about different types of exercise and nutrition and continue to live at a healthy and consistent weight!

I can't thank the team enough it's been such a fun few weeks and I will definitely be back!

Naomi