



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 – Neil Moodie & Wendy Rowe, Vogue Beauty *Ibiza Boot Camp, January 2011*



the
VOGUE
beauty blog



In the beautiful surroundings of Benirras beach in Ibiza, the Royal Marine trainers have been absolutely amazing. Their knowledge of fitness training, nutrition, and injuries, plus the fact that they impose their military discipline upon the group, yet have the quality of being able to give each individual the attention they need makes their training absolute second to none, and with us both having had personal trainers in the past, there is definitely something a little extra these guys seem to have.

The results prove this method works too.

The chef / nutritionist was incredible and always willing to give out nutritional advice. Deena, one of the directors of No 1 Boot Camp was always on hand for any needs or



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requests from individuals and made sure everybody was completely comfortable and happy.

We've had one of the most amazing yet challenging weeks of our lives. We would recommend this Bootcamp to all who want to make a change in their lives, are serious about weight loss and improving their fitness, but it's not for the faint hearted.

"WOW, I seriously cannot believe I've lost 16lbs in 6 days, it's incredible. It's turned out also that I've lost the most weight out of the whole group. (He types with a slightly smug face). I've made some great new friends within a great life changing week. I'd do it all over again, and it's great to be on Ibiza in January where you just take in the beauty of the island. Finally, I also got labelled with the nickname 'The Biggest Loser' which for the first time ever was a compliment." - **Neil Moodie**

"What an amazing week. My body has never ever looked SO good, even my best friend who never holds back was amazed at the results. I've met some fantastic people and lost 6lbs to boot. This was the best way ever to start a year! My fitness level's increased, I have so much energy, and my sprints are flying high. I've already booked to do it again! Everybody should try this at least once, I'm addicted!!" - **Wendy Rowe**