



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 – Patsy & John McCarthy



We have just got back from No1 Boot Camp in Norfolk and have had an amazing week.

We cannot speak highly enough of Dave, Danny, Scotty & Aitch - We are no spring chickens but they gave us the same respect as all the young people in our group and we can honestly say we were never treated differently.

We were pushed and cajoled into doing things most people our age would not dream of.

At the same time they took into consideration age and ability - we have so much respect for Dave, Danny & Scott - Three very fit ex-marines, their patience is tested daily with every one moaning and groaning! We no its there job but they deal with it with a smile and an encouraging word. They also have a gift of making people feel good about themselves.

It was hard work and I no we speak for all in our group. Thanks for making it so much fun as well. Not once did anyone in our group make us feel like outsiders because of our age bless you all.

My aim was to try to lose half a stone and get fitter, John's was to test his fitness.

Thank you No1 Boot Camp we achieved both and feel great.

Aitch, Dave, Danny, Scotty, you are the greatest; No1 Boot Camp are lucky to have you - What a team!

THANK YOU
Patsy & John XXXX



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