



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.

Rebecca, No1 Boot Camp, Norfolk

That thought when you get on those scales and wonder where that weight suddenly appeared from, is the worst feeling in the world.

Already suffering from low self esteem and body confidence, the action was usually to grab for the biscuit tin whilst contemplating my next fad diet plan. Not this time. It was time to take action and make myself No1 priority again.

It was the end of December 2013. 2 stone heavier than I was a few years earlier and probably feeling the lowest I had in a long time. I was 36, hated the body I was in and knew the only person to get myself out this mess was ME.

I Googled searched bootcamps and did some research. Endlessly reading testimonials to get the inspiration I needed to start this new journey.

I'm self employed and had I had worked solidly for the 2 months leading up to Christmas selling my jewellery & giftware at events, that I decided to reward myself with January off. 80 hour weeks had taken its toll and endless snack eating in between to keep me going, saw my weight gain to nearly 14 stone. Devastated!! I desperately wanted to lose 3 stone.

I chose No.1 Boot Camp because a girl had signed up for a month stay and left 2 stone lighter. I read her testimonial and it was all I needed to know that I was making the right choice. By the end of the day I had booked it. I was scared but knew it was doing the right thing.

I'm not going to say it was easy. Physically and mentally it was challenging. There were all sorts of characters there. Some very strong minded and independently focused and some who thrived off the support from others in the group because we had a common ground of weight issues and low self esteem. These people became my saviour. We helped each other challenge the 6am get ups, minimal calorie intake



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and totally exhaustion each day, but the amazing friends I made week after week became solid grounding for me getting my old self back. Some people I met there will certainly be friends for life and for that I owe them so much.

By the end of my first week I had lost 10lbs and I was elated. My aching body got used to the workouts and each morning as the weeks passed I became fitter, stronger and healthier. By the end of the month I was 1 stone 5lb lighter and had lost so many inches that the clothes I arrived in 4 weeks prior were hanging off me. I decided my journey wasn't complete and with having a very impatience nature when it comes to weight loss I signed up for a further 3 weeks.

Now, I knew this was no quick fix but, after my 7 weeks I returned home 2 stone 3lb lighter and with a total of 6 inches gone from just my waist line, I had the knowledge, enthusiasm and motivation to continue at home because my final goal was so close. I only have 10lb to go to my 3 stone target!!

I would like to thank No.1 Boot Camp for giving me my life back and helping believe anything is possible. Special thanks to Illiase for being such a legend in the kitchen. Amazing food that I've never even tasted but is now regularly on my shopping list. To Stuart for being the most motivating and non-judgemental trainer I've ever come across. Mark for making me smile with his energetic moods and his huge support but also for his incredible nutritional knowledge. Gav for being a machine in training but a gentle giant in down time. The poor man got my tears of doubt. To the wonderful Jez - the camp photographer. Who week after week followed my journey taking photographs and reassuring me the changes were noticeable even though at times I didn't think they were, keeping my spirits high with his fun adventures through life and also for telling me I looked hot on the day I left. Ha ha. Love you Jez.

Finally a massive thank you to the wonderful, caring friends I made at camp. You know who you are! I couldn't have done it without you.

Rebecca x