



# 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.

### **Shelina Jessa & Shaffin Dhalla, No1 Classic Boot Camp, Norfolk August 2011**

I just wanted to say a big thank you for Shaffin. He has done really well, not only did he loose 20lbs with you guys but he has lost another 6lbs.

He has totally change his attitude towards life, eating and exercise. He is walking everyday (yes shaffin is walking) and has started to take pride in himself. He has grown in confidence and has recommended many of his friends to come to your camp. He is actually helping a very overweight colleague of mine at the moment and I am encouraging him to take on a course as a trainer.

I cannot thank you enough as a mother on how you have helped my son. Your dedicated staff not only helped him to lose weight, take control of his life but have made a big impact on his overall well being. I would really like to thank Ricky for the wonderful second week he gave Shaffin which has changed his life forever.

I have tried making curries the way Drew suggested and boy it is tasty. Your boot camp has changed our lives.

As for me, I have now lost a total of 21 lbs and wearing size 12 to 14 from size 18. When I came back from the boot camp I continued my classes at the gym and did 3 classes per day. That is 21 classes per week for 4 weeks. And walked 8 miles per day. I'm not as good as Shaffin as I tend to sneak into Mc Donalds where Shaffin always tells me off and says remember the bun itself has 54 additives.

I have emailed this in a hurry as I am at the internet cafe so please excuse the spelling and grammar errors. I am saving up to come for 1 week on my own as Shelina and not Shaffin's mum.

I made some really good friends, recharged my batteries, improved my balance with yoga and walk and walk and walk. I always remember what Ricky said once you reach your destination, carry on an extra few minutes, stretch your limits and for me this was the best advice as I always under estimated my physical capabilities.

I hope to see you soon!

My regards to all the staff and the little dog that I probably terrorised.

*Shelina Jessa xxxxxxxxx*