



# 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.

### Simone Clark, July 2011

Before arriving at No1 Boot Camp I didn't know what to expect, I heard all the amazing comments however, I was still very nervous. As soon as I arrived, I was welcomed with open arms by all the staff; they couldn't have made me feel more at ease if they tried.

From this point onwards my experience at No1 Boot Camp only got better, the trainers are exceptionally professional and they tailor to each individual as they all have their own goal. This for me was brilliant because, it doesn't matter how fit you are, how much you weigh or how mentally strong you are they push you to your own limits.



The food is delicious and you never go hungry, you have more energy than ever as the menu is put together by a top nutritionist and the chefs at No1 Boot Camp.

The results are incredible: I lost 21 lbs in 3 and a half weeks and over 15 inches, this was all through hard work, determination and outstanding support from all the staff at No1 Boot Camp.

Mentally and physically, I am a different person and the whole experience has been life changing.

I would HIGHLY RECOMMEND this to anyone who has a goal for weight loss, fitness, muscle building or confidence levels!! I promise you, you will never look back.... Onwards and upwards is the only way after No1 Boot Camp!!!!

Thank you again to all the amazing staff, you are all an inspiration!

*Simone.*



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