

NutriFitness Boot Camp

Congratulations on your decision to shape your body and improve your health!

"There are three types of people—those who make things happen; those that watch things happen; and those who say: what happened?" — Anonymous

The **NutriFitness Boot Camp** is a revolution in boot camp philosophy. In order to ensure that you obtain optimal results, we have extracted everything that works about boot camps and have ignored the rest (No yelling! No fatigues!) Our philosophy of positive reinforcement and support will propel you to your goals. The **NutriFitness Boot Camp** is a place where encouragement, friendship and fun are as vital to your success as the passion that you apply to each workout.

You **will** achieve results...

With our eclectic blend of exercises each 60 minute class will race by as you maximize your results, enjoy new and exciting routines, and obtain priceless fitness and weight loss knowledge. Our basic methodology includes muscle toning, aerobic exercise, strength training, agility drills, flexibility improvement and lots of fun! Regardless of your fitness level you will be challenged to push the limits of your own pace.

Camp is at NutriFitness Personal Training Studio and beautiful Kirby Park in Kingston

Our goal is to see you meet yours...

At the **NutriFitness Boot Camp** our goal is to:

- Hold you accountable
- Sky rocket your motivation
- Jump start your weight loss
- Firm your buns and thighs
- Flatten your stomach
- Reduce your body fat
- Increase your strength and stamina
- And much, much more!

As you lose fat and tone muscles, you'll drop inches and increase strength—all while looking and feeling better than ever! You will also meet fun people who share your goals for gaining a healthier mind and body.

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What you can expect when you join our 5 day a week Boot Camp...

The short answer is this: **Expect results and fun!**

You can also expect:

1. 60 minutes of body sculpting fun, 5 days a week
2. A FREE T-shirt—received on your first day
3. Real results every 30 days:
 - 3-6% reduction in body fat
 - 5-10 pounds of weight loss
 - 2-3 inch decrease from waist
 - Improved endurance
 - Increased strength
 - Improved posture
 - Enhanced relaxation
 - 100% gain in self confidence

First Day of Boot Camp

What do I need to know before attending camp?

1. ***Important*** Print and fill out the Physical Activity Readiness Questionnaire found in this packet, and bring it to your first day of camp.
2. Eat a small meal before camp (a great meal would be 1 - 2 tbsp of peanut butter on a slice of whole grain bread or a small cup of yogurt and a handful of granola). Avoid coming with an empty stomach—we need you to have energy!
3. Arrive 10-15 minutes before the camp start time. This will ensure that we get off to a timely start and you get all 60 fun-filled minutes packed with action!
4. Feel free to warm up before you arrive at camp. If you live a few blocks from the park then a walk to camp would be the perfect warm up
5. Here are some optional things to bring: a sweat towel or a matt to sit on while doing abdominal exercises.
6. Give 100% effort—you will reap the rewards of your hard work!
7. Have *FUN!*

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PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

IMPORTANT* Please print, fill out and bring to your first day of camp

Physical activity should not be hazardous for most people. The PAR-Q has been designed to identify those individuals who should seek medical attentions prior to beginning a physical fitness program.

Please answer all questions accurately and honestly to allow us to fully determine your individual needs.

Date _____

LAST NAME _____ FIRST NAME _____

ADDRESS _____ CITY _____ EMAIL _____

HOME PHONE _____ BUS. PHONE _____

AGE _____ HEIGHT _____ WEIGHT _____

- | | YES | NO |
|--|-------|-------|
| 1. Do you have high cholesterol? | _____ | _____ |
| 2. Has your doctor ever said that you have heart trouble? | _____ | _____ |
| 3. Has your doctor ever told you that you have a bone or joint problem (such as arthritis) that has been or may be exacerbated by physical activity? | _____ | _____ |
| 4. Has your doctor ever told you that your blood pressure was too high? | _____ | _____ |
| 5. Are you over 65 years of age and not accustomed to vigorous exercise? | _____ | _____ |
| 6. Is there any reason, not mentioned thus far, that wouldn't allow you to participate in a fitness program? | _____ | _____ |

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Sign Here _____

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NutriFitness Personal Training Studio

NutriFitness Boot Camps

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