

I just wanted to give you guys a great big thank you! I really love boot camp. It has become an addiction for my husband and I, and probably one of the best things that has happened for us. It is so great that it is a workout that my husband and I can do together. It's a special combination of motivational instruction that you guys provide that make it such a positive experience for both of us.

We started boot camp from a recommendation from some friends of ours- and really have them to thank as well (Lisa Fare-a morning camper and Dave Rutledge-an evening camper). Our goal was to get in shape, but I think we really found so much more. We definitely have the physical changes-lost some unwanted pounds and inches, gained muscle, fresher looking skin-just much healthier appearances. But I think the coolest part is how we feel. I know I feel healthier (have many less stomach issues than before), I feel stronger (I can do push-ups on my toes!), and I just have a better attitude overall.

Boot camp has not only becoming my workout regimen-but also my therapy! I work in a stressful job, but boot camp gives me an outlet for that frustration and by the end of the workout, I have a clearer head and better attitude. I feel great at the end of the workout...tired...but still great. And then I have that better attitude to take home to my family at the end of the night, rather than a grouchy one! 😊

I noticed a huge change in my husband too. He is so much more confident and outgoing since we started back in June 2009. You can just tell he feels better about the way he looks (and he does look good 😊) and it translates to how he then feels. He wants to go out more, do more things, meet more people-it's so awesome! You helped him out of his shell!

So, a great big thanks-you changed my life!