

TRANSFORM YOURSELF IN FOUR WEEKS



Committed to transforming women's bodies and minds, Adventure Fitness is the answer you've been looking for. Operating since 2003, the results are incredible – you can expect a 3-5% reduction in body fat, 5-12 pounds weight loss, 25% improvement in strength, 100% gain in self confidence, you will lose inches, improve your endurance and most importantly have fun!

Plus, Adventure Fitness have handpicked beautiful, easy to find, yet discreet outdoor locations to exercise in beautiful woodland, fields and countryside without being overlooked by the general public. With Kate Staples, record-breaking athlete and former Gladiator, and Daley Thompson,

world record decathlete at the helm, the Adventure Fitness workout is the ultimate, fun programme where everyone is successful.

With a wide range of camps on offer, this month Adventure Fitness have opened new camps in Ripley, Gunnersbury and Brentford, with camps coming shortly in Shepperton, Dorking and Woking. They have also just recruited more trainers, all with lots of experience, to help with the demand for camps – from professional athletes to professional hockey and rugby players, every trainer is dedicated to outdoor exercise, and making fitness as fun, accessible and as effective as possible for everyone. It's no wonder that the

company is expanding so rapidly.

Camps are typically four to five weeks long and you can choose from three, four or five sessions a week, each session being for an hour a day. With a fusion of core balance and conditioning, yoga positions, group exercises, short distance jogging, circuit training, obstacle courses, mat exercises and hiking, so much variety means no session is the same and sessions go very fast.

Everyone is guaranteed great results, and the best thing is that you can go at your own pace: no matter your fitness level, age or weight you will be successful. From being able to run your first ever mile, to being able to do a press up, to achieving a faster time in the marathon you can achieve your own fitness goals on this programme.

There are such great success stories, such as one recent camper who said: 'If anybody had said I'd love exercise I'd have laughed with a glass of vino and some crisps in hand. What can I say - I'm hooked. Adventure Fitness is a fantastic workout: your self-esteem rockets and I've now got the feel good factor when I wake up everyday.' So whatever your fitness level, you could also feel like this in just four weeks!



Adventure Fitness is a fantastic workout: your self-esteem rockets...

And have you thought about your summer holiday yet? Get the holiday experience you deserve with one of Kate and Daley's luxury retreats. From St Lucia to Spain or Mauritius, there is something for everyone. You can choose between the week-long total-transformational packages to fitness-only long weekends. You will find the ideal vacation to rejuvenate and transform your total wellbeing.

For more information or to register visit www.fitnesscamp.co.uk or call 01932 863240 today.