



## F.A.Qs

### WHAT DAYS & TIMES DOES THE BOOTCAMP RUN?

THE BOOTCAMP CURRENTLY RUNS MON, WED AND FRI AT 6-645AM  
(ALL SESSIONS MUST BE ATTENDED)

### WHERE IS THE BOOTCAMP HELD?

BOOTCAMP IS HELD AT STANLEY PARK IN ANFIELD

### HOW MUCH IS THE BOOTCAMP?

THE BOOTCAMP IS £67 FOR THE 4 WEEKS (PAYABLE IN FULL UPFRONT)

### WHAT IS INCLUDED FOR MY MONEY?

- 12 FITNESS BOOTCAMP SESSIONS (3 A WEEK FOR 4 WEEKS)
- FULL NUTRITIONAL PLAN
- RECIPES
- SHOPPING LIST
- MEAL PLAN EXAMPLES
- ACCESS TO AN EXCLUSIVE MEMBERS ONLY SITE
- MOTIVATIONAL EMAILS AND TEXTS
- 100% SUPPORT FROM JEN
- GUARANTEED RESULTS

### WHAT IS THE "DIET" (NUTRITIONAL PLAN)

THIS IS NOT A "DIET" IT IS A HEALTHIER APPROACH TO FOOD AND DRINK, BUT YOU WILL BE EXPECTED TO **ELIMINATE** THE FOLLOWING FROM YOUR DIET DURING BOOTCAMP:

- ALCOHOL

- WHEAT (BREAD, PASTA, POTATOES, CAKES AND BICCIES)
- DAIRY (MILK)
- PROCESSED CRAP (MICROWAVE FOODS ETC)

YOU ARE PROVIDED WITH A FULL SHOPPING LIST AND RECIPES. . .SO IT IS NOT A RESTRICTED PLAN AND ITS GUARANTEES RESULTS! THIS NUTRITIONAL APPROACH HELP TO RE-EDUCATE YOU FOR A HEALTHIER LIFESTYLE FOR YOU AND YOUR FAMILY FOR LIFE (IT MUST BE FOLLOWED 100% AS PART OF THE **ONEBODY FITNESS FORMULA!**)

### **I DON'T THINK I AM FIT ENOUGH TO ATTEND / DO I HAVE TO BE SUPER FIT ?**

NO YOU DON'T HAVE TO BE SUPERWOMAN TO ATTEND. THE BOOTCAMP IS DESIGNED AROUND YOU. YOU ALWAYS WORK AT YOUR OWN ABILITY AND EXERCISES CAN BE MODIFIED TO MEET YOUR NEEDS. THE BOOTCAMP PROGRESSES AS THE WEEKS GO ON, TO ALLOW YOU TO GAIN FITNESS, STAMINA AND ABOVE ALL RESULTS. ....IN A SAFE AND GRADUAL WAY.

### **WHAT BENEFITS WILL I GAIN FROM JOINING YOUR BOOTCAMP?**

- WEIGHT LOSS (IF THIS IS YOUR GOAL)
- INCREASED FITNESS
- REDUCED STRESS LEVELS
- MUSCLE TONE
- INCREASED ENERGY LEVELS
- LOOK AND FEEL FABULOUS FROM THE INSIDE OUT
- INCREASE CONFIDENCE IN YOURSELF AND YOUR BODY
- RE-EDUCATE YOU ON NUTRITIONAL & EXERCISE (A RESOURCE YOU WILL HAVE FOR LIFE)
- INCREASED FEELING OF WELLBEING
- GUARANTEED RESULTS!!!!

### **WHAT IS NEEDED FROM "ME" TO BE ABLE TO JOIN THE BOOTCAMP?**

- 110% COMMITMENT & DEDICATION TO ALL PARTS OF THE CAMP
- KEEP A FOOD DIARY & SEND TO JEN WEEKLY
- DO AND EMAIL WEEKLY MEASUREMENTS TO JEN
- FOLLOW NUTRITIONAL PLAN 100% (NO EXCUSES)
- MUST BE PREPARED TO "ELIMINATE" FROM DIET (SEE ABOVE)
- HONESTY WITH YOURSELF & JEN
- TO BE READY TO MAKE THE CHANGES!!
- NO EXCUSES. ....