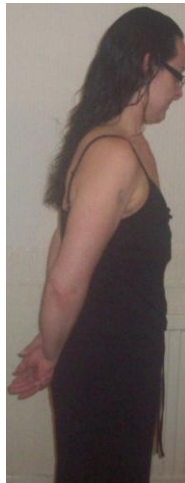
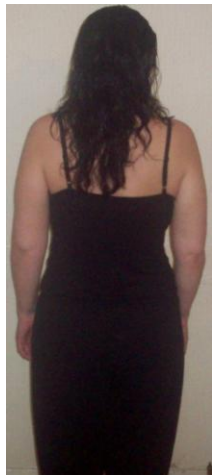


Heathers Bootcamp Transformation June 2011
Heather lost 17lbs and 6 inches during Junes camp!



Here's what Heather had to say:

To all that's thinking of joining Jen's Bootcamp! let me first start off with telling you my experience when i started jen's bootcamp.

i was looking to improve my lifestyle in my health & fitness as i knew jen gets results if you put in 100% of effort which is worthwhile at getting the results i wanted, i joined jens bootcamp beginning of june, there was times i felt like "oh my god" I ave to get up early for bootcamp, but i just pushed myself as i wanted major results, jen is very good at what she does & makes bootcamp enjoyable as exercise can at times make me feel bored.

i found it easy to set myself goals for example im going to a friends wedding end of july plus im going on holiday mid november, Jen gives you full support & any advice whether it be over exercise or nutrition, ive added pictures as you be able to see the change in my body through bootcamp!

im so happy with my results & intend to keep going to bootcamp if you want results jen is the one to go with, she's amazing!!!

be good to your body's & enjoy bootcamp

xxxxxxxxxxx