

Back By Popular Demand *My Stronger Self Boot Camp*

From www.MyStrongerSelf.com

*** FREE Boot Camps Every Saturday in MAY***

How do I know if a Boot camp is right for me? Find out by answering the following questions:

- Am I serious and ready to get into the best shape of my life?
- Do I want to look and feel better?
- Do my clothes keep getting tighter and do I keep buying bigger sizes?
- Do I have a special event coming up where I want to look and feel awesome?
- Do I want to have fun with my kids and outdoor activities this year? (and not feel self conscious)
- Have I tried to get in shape on my own and failed?
- Are you ready to have fun outdoors?

If you answered yes to any of these questions then check this out!

Here is what you can expect when you join the
My Stronger Self Boot Camp

- 3-5% reduction in body fat
- 5-12 pounds of weight-loss
- 1-3 inch decrease in midsection
- Increased endurance and strength
- Greatly improved posture
- 100% gain in self confidence

Who can participate? Anyone who is ready to get into shape can participate in the My Stronger Self Boot Camps. If you have tried and failed to reach your goals then this boot camp will kick start your efforts!

We are so confident that you will see results and love the boot camps that we are starting a free trial boot camp on Saturdays for the month of May.

8:00am Co-Ed and 9:15am Ladies Only

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