

Fit for Life

Boot Camp

A jump start to a healthier you!

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Have you wondered what Senior Boot Camp was all about? Do you tremble at just the words BOOT CAMP? Let me assure you that boot camp is for everyone regardless of your fitness level.

Many of you think I was born in shape. Not true. As some of you know, a life-threatening illness caused me to lose my strength and endurance. I couldn't walk 250 feet to the mailbox without taking a break. Going up more than four steps at a time was like climbing Mt. Everest. I couldn't even lift a gallon of milk. Wanting to quickly regain my strength to just be able to do normal, every day activities, I entered a boot

camp in 2007. I was amazed at how quickly boot camp got me back in shape. I learned how to work out without the need of expensive equipment and I received nutritional guidance to ensure that I ate the foods that were best for me.

We offered our first boot camp in April and May of this year. These before and after photos are of Fayette Senior Services members who participated in that first camp. You can definitely see the visual results while other benefits aren't so obvious.

Boot camp participants not only experience weight loss but inches are shed when body fat percentage is reduced and mus-

cle strength is increased. Participants may find blood pressure lowered, cholesterol levels reduced, and improvements in overall strength and endurance. The strength-building exercises will speed up your metabolism and improve balance and coordination. Looking and feeling better also improves self-esteem.

Each camp is four weeks long, held on Monday, Wednesday and Friday at 11 a.m. for one hour. A nutrition journal is provided accompanied with guidance to teach participants

how to eat for a healthy life. I encourage participants to understand that this is not a diet, but a life style change.

Boot camp is a great way to jump start your workout or ramp up your existing one. Each session is held outdoors, weather permitting, and provides a variety of challenging workouts designed for every fitness level. You will get personal training in a fun group fitness atmosphere. The next class starts on September 2, 2009. Sign-ups are being accepted now! See page 11 for information on Boot Camp.



When I signed up for Senior Boot Camp I didn't know what to expect. Every day was different and challenging. My body did things I didn't know I could do. The first day I ran two miles. Dawn said "I didn't know I had a runner!" I said "I didn't think I'd ever run again!" It had been over five years since I had last run. This was the most rewarding and surprising experience I had ever had. I can't wait until September to do it all over again. - Bert Corley

Boot Camp was a very challenging month, especially for someone like me who had never had this type of program on his radar. I found that it made me step up to the challenge and also made me feel good about myself. The program had a lot of different things to challenge me every day. I would recommend this Boot Camp to anyone who wants to get fit and/or lose weight. Many thanks to Dawn Davis for pushing me towards my fitness goals. - Herb Simmons

When I joined boot camp I was told that I would not be pushed beyond my individual ability. I soon learned that Dawn has a unique way of making you want to achieve that next level of ability. By the end of my boot camp experience I was able to do things I never thought I could do. I amazed myself, not to mention my family and friends. I think the most important thing I gained was a better attitude. Life is too short not to live it to the fullest. - Sharon Cummings