

NORTH TEXAS **ADVENTURE** *BOOT CAMP FOR WOMEN*

WELCOME KIT

CONGRATULATIONS ON YOUR CHOICE TO GET FIT AND HAVE FUN!

Here are some important things to remember:

- ✓ Please ALWAYS arrive on time
- ✓ Eat a SMALL meal before camp and try to avoid juice.
- ✓ Unless otherwise instructed, bring your dumb bells, a mat, running shoes, a towel and water each day. (**running shoes** are required, not cross-trainers or walking shoes.)
- ✓ If you have an unusual ache or pain, tell us immediately!
- ✓ Avoid perfumes
- ✓ Have FUN!!
- ✓ **If it's raining, class information TBD**



PRE-CAMP EVALUATION:

Welcome to the #1 Outdoor Fitness Program in Texas and the Largest Boot Camp Program in the World! We hope you are excited for camp and ready to make some changes in your life!

Pre-Camp Measurements will take place on the first Tuesday and/or Wednesday of camp. We will be available at Memorial Park Rec Center (indoors) on both Tuesday and Wednesday night during the first week of camp from 6:15-7:45pm. Please pick one of these two nights to attend and allow 15-20 minutes for measurements and goal assessment. The location will be:

Memorial Park Rec Center
1950 S. Valley Pkwy.
Lewisville, Texas 75067

FREE NUTRITION SEMINAR:

TO ALL CAMPERS: A FREE nutrition seminar can be found on the homepage of our website. Look for the "Nutrition Seminar" link on the left-hand side of the page.

We offer the STAX program to help our campers with the nutrition side of your fitness goals. Remember, there are two pieces to the healthy lifestyle puzzle, exercise and nutrition. We are committed to helping you with exercise portion, but the nutrition is up to you. We can't be with you 24 hours a day, but we are always available to help you with any problems you are having with your nutrition. The STAX program provides a very practical system to help you with nutrition. Our campers who have committed to using the STAX program have seen tremendous results!!

PLEASE BE SURE TO VISIT OUR CAMPER DOWNLOAD PAGE ONLINE AND PRINT YOUR NUTRITION PROGRAM by STAX DOCUMENTS TO SERVE AS A GUIDE TO YOUR NUTRITION PROGRAM.

REGISTRATION REMINDER:

TO ALL CAMPERS: If you haven't submitted your registration form online, please do so. Please be thinking about a goal that you are trying to reach in the next eight weeks. The reason people set goals is primarily to get leverage on themselves. By getting leverage on yourself, you will be able to do far more with less. If you find that your goal does not motivate you to stay committed, then your goal is entirely too small. Don't be afraid to set an extraordinary goal. This will propel you forward through the tough times ahead. You will need to have your goal ready for the first week of camp. Also, if you are a returning camper, be thinking about investing in some heavier dumb bells. We are always thinking about progression!

WHERE DO WE MEET EACH DAY?

Lewisville

5:15 AM

9:00 AM

6:00 PM

Memorial Park Rec Center

1950 S. Valley Pkwy.
Lewisville, TX 75067

Corinth

5:15 AM

North Central Texas College

1500 N Corinth St.
Corinth, TX 76208

Carrollton

5:15 AM

Harley Davidson of North Texas

1845 N Interstate 35E
Carrollton, TX 75006

WHAT TO EXPECT:

How do you spell soreness? O-U-C-H! You will be sore for a couple of days. Remember, you have veered off of the path of least resistance, vowing never to return. Losing two pounds per week is very attainable during camp, if you are following the STAX nutrition program and attending boot camp regularly. Lastly, eat something small about 45 minutes prior to coming to camp. Come prepared to workout on the first day of camp. All administrative activities, including payments, will be processed the first day of camp if they have not already been handled.

“Why go the extra mile...there is less traffic!”

NOTE FROM YOUR INSTRUCTORS

Welcome to North Texas Boot Camp! Your camp schedule will be Monday thru Friday for one hour in length each day. Your results will be a direct reflection of your attendance. You are allowed to mix and match camps (come to various times and/or locations) in order to accommodate your schedule. Remember, camps start at 5:15 AM, 9:00 AM, and 6:00 PM daily in Lewisville (no evening camp on Fridays) and 5:15 AM daily in Corinth and Carrollton. Please do your best to be on time for camp, and be prepared to workout the entire hour. If for some reason you need to leave early, please let your instructor know ahead of time so that we are not wondering what happened to you.

Every exercise we do during camp will have a modified version (lower impact). Remember, we can only challenge you at your level. To get 100% out of camp, it is imperative that you give your 100% effort from the beginning of camp to the end of camp. Please be enthusiastic and optimistic before, during, and after camp...and from now on! 😊 Remember, you are who you act like you are.

Communication is important from the instructor to the camper and vice versa. If you have any issues and/or injuries...the only way your instructor will be aware of it is if you tell them. Please utilize your instructor's knowledge on health and fitness. You owe it to yourself for taking action to pick their brain for your permanent transformation.

We are willing to work with you in any way possible in order to help you achieve you goals. Please do not hesitate to contact us if we can help you out in any way by phone at 469-322-0289 or by email at info@northtexasbootcamp.com.

Sincerely,
Your North Texas Boot Camp Instructors