

NEWS RELEASE

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ADVENTURE BOOT CAMP FOR WOMEN OFFERS FUN & AFFORDABLE HELP WITH NEW YEAR'S RESOLUTIONS

(OAKLAND COUNTY, MICH.) – It's never too early to begin thinking about your New Year's resolutions. Each year, millions of Americans vow to lose the weight gained during the holiday season, and each year millions of resolutions are broken.

With Michigan's obesity rate quickly approaching 35%, it's time to make a resolution that sticks throughout the year.

Oakland County's Adventure Boot Camp for Women offers a fun, fast and effective way to lose weight. For just \$15 per workout, these boot camps offer an affordable alternative from pricey training at the gym.

Owner, program director and head coach David Krainiak said, "In these hard economic times, people can't afford to waste money on expensive gym memberships or on one-on-one personal training. Our camps offer daily expert training with no need for guesswork. You are guaranteed to get the optimum results in the shortest amount of time."

Oakland County's Adventure Boot Camp features what Krainiak calls the "Rapid Fire Interval" fat loss program. An upbeat mix of interval strength, cardio and core trimming workouts are designed to elevate metabolism for up to 48 hours after exercise.

"Interval training is scientifically proven to burn nine times more fat than ordinary exercise. For this reason, the majority of our entire training system is based on timed sets with alternating work and recovery periods. People are sitting at the office all day, hunched over the computer, and are not more sedentary than ever before. It is critical that they get an effective, fun workout that allows them to burn as much fat as possible in the least amount of time," says Krainiak.

The Boot Camp offers fitness instruction, as well as nutritional counseling and motivational training. Designed for all shapes, sizes and abilities, this program will give each and every woman a great workout.

Oakland County's Adventure Boot Camp will kick off the New Year on January 12, 2009 with a four-week New Year Boot Camp. A no-risk trial and 30-day money-back guarantee will also provide encouragement to start the New Year off right.

For hours, locations and more information visit www.MIBootCamps.com or call (313) 247-8533.