



OPERATION BODY FIT

WHAT IS OPERATION BODY FIT?

Operation Body Fit is an INTENSIVE **6-WEEK BOOT CAMP** program of **Exercise** and **Nutrition** designed to challenge you and take you to your next level of fitness. The Program is designed for you to make new friends and enjoy the camaraderie of group/partner fitness training. Although the program can be modified, it may not be for everyone. A doctor's note of approval may be recommended before starting any strenuous exercise program.

- **WHEN IS THE NEXT BOOT CAMP? Oct 1st – Nov 13th**
- **WHO IS IN CHARGE OF OPERATION BODY FIT?**
Jennifer Leck and **Tracy Arlotta**. Both are Certified Personal Trainers and Certified Group Fitness Instructors.
- **WHAT CAN I EXPECT TO GET OUT OF THIS PROGRAM?**
The Program will include indoor and outdoor activities to challenge your cardiovascular endurance, muscular strength, core strength and flexibility. A healthy eating plan will also be provided. The following goals can be expected with strict Operation Body Fit Program adherence:

1. Physical Goals of OPERATION BODY FIT:

- lose 1-2 lbs of body fat per week
- improve lean muscle to fat mass ratio
- improve cardiovascular endurance
- increase muscle strength and overall fitness level
- increase energy level and stamina
- increase core strength and flexibility
- increase speed and agility
- break out of a fitness rut and take you to your next level

2. Nutritional Goals of OPERATION BODY FIT:

- teach clean eating for life instead of dieting
- limit the amount of processed food consumed daily
- lose 1-2 lbs of body fat per week
- increase lean muscle mass
- breakout of old dietary habits and replace them with healthier alternatives
- increase the amount of water consumed daily
- reduce the amount of artificial colors, flavors, sweeteners or preservatives in your diet
- increase the amount of fresh food in your diet
- learn some healthy cooking tips and nutritious recipes

- **HOW MUCH WILL THE PROGRAM COST?**

\$ 400 for the 6 Week Boot Camp. Payment is **DUE in FULL** by registration. Cash or check preferred for payment. **No Refunds.**

- **WHAT DAYS AND TIMES WILL THE PROGRAM BE HELD ON?**

Sat **Oct 1st** 4 -6 PM Registration, Measurements & Fitness Testing

Sun **Oct 2nd** 4 -6 PM Program Instruction & Photos

3 x/week Cardiovascular and Strength program
(Day & Time at your convenience)

2 x/week Cardiovascular only program
(Day & Time at your convenience)

Sundays 8-915 AM Outdoor “**Boot Camp**” Day
Location (TBA)

- **DO WE GET TO CHOOSE THE TRAINER?**

No. Trainers will alternate warrior teams.

- **DO WE WORK OUT WITH SOMEONE?**

Yes, you will be assigned a partner. Partners may randomly change at Trainers’ discretion.

- **WILL THERE BE PRIZES OR A WINNER?**

Yes!! Multiple prizes and winners based on point system and goal achievement. All efforts will be recognized.

- **WHAT IF I AM SICK?**

Sick days are to be taken as needed. Wellness is a priority over the fitness program. Long term sickness: MD note needed for credit for next boot camp or personal training session arrangements.

- **WHAT KIND OF DIET?**

A nutrition plan will be provided along with grocery list and a daily food journal to be kept by each warrior.

- **ARE WE REQUIRED TO DO EXTRA EXERCISE OUTSIDE OF THE PROGRAM?**

No. The Program will be designed to meet healthy fitness needs. However, spin, kickboxing and step classes may be substituted for cardio training sessions, but **NOT** on Boot Camp Day.



- ***WILL OPERATION BODY FIT BE OFFERED AGAIN?***

Yes. Dates will be posted 1 month prior to next Operation Body Fit.

- ***WHAT DO I NEED TO BRING?***

Towel, water, mat and exercise journal, gloves, & cross-training footwear.

- ***WHAT TYPE OF EXERCISE CAN I EXPECT?***

You can expect cardio and strength training exercises, including running (treadmill and outdoors), obstacle courses, use of free weights and machines, bands and balls, push-ups, pull-ups, dips lunges, and plyometrics, etc.

- ***HOW SOON BEFORE I WILL SEE RESULTS?***

You will more than likely FEEL results in as little as a few workouts; you will SEE results most likely in the first 2-3 weeks.

- ***WHAT IF I'M NOT IN GREAT SHAPE, CAN I DO THIS BOOTCAMP?***

You don't have to be in great shape to do this, you WILL work hard and you WILL get out of it what you put into it but you WILL NOT be forced to do more than you are capable of doing! You WILL be challenged but no one will be left behind!

- ***WHERE WILL THE OUTDOOR ACTIVITIES TAKE PLACE?***

The farthest you will have to travel would be Wabasso Beach. Other locations will include parks, beaches, and the county pool in the local Sebastian area.

- ***WHAT IF I CAN'T MAKE IT ON BOOT CAMP DAY?***

This is a COMMITMENT to yourself, make it a priority!!

REGISTRATION DEADLINE: Sept 20th

Additional Questions, Please call:

Jen @ 772-321-0245

or

Tracy @ 772-633-3244

