



May 2010



November 2010



LAYLA'S STORY

This was me after two kids.....after giving birth I weighed 12.4 stone. I felt bulky , large and very unfit. It didn't help that I also suffered from hypothyroidism (an underactive thyroid) which can make you put on weight and make it harder to shift. I've tried body pump, combat & circuits whilst they were 'OK' I found they were classes that I could easily not turn up to. I just didn't feel motivated bouncing around a sweaty, smelly room. You can't talk to anyone because the music is so loud. Then I contacted Emma at Bootcamp Revolution, I explained all about me and she invited me down for a free trial session.

As the story goes I haven't looked back!!

I haven't changed my eating habits as they are generally well balanced, however, I try & attend 3 Bootcamp sessions a week. Sometime I can only make one! It has made a world of difference. From May to November I've drop 2 ½ stone and am in a size 8 on top and size 10 on the bottom. The motivation to go is definitely there as you can see the physical changes to your body and also the changes to your energy levels! There's no music but there is a fantastic group of people all shapes and sizes who encourage you and spur you on.

During my time at Bootcamp Revolution, I don't think I've done the same session twice. Because you don't know what's coming it makes it more enjoyable. Fresh air and sunshine are great motivators. That said ,even now, with the frost on the ground ,we still have a really good workout (just wrap up warm).

I cannot say enough good things about Emma and her Bootcamp - she has really looked after me and given me so much more confidence.

I've made some fantastic mates and hope to make more in the future.

Thanks Emma – I'm loving the new me!