

Adventure Boot Camp announces 2013 sponsors

Adventure Boot Camp, the outdoor fitness programme for women, has announced its sponsors for 2013 as Skin & Body Renewal, Women's Health Magazine and Garmin Fitness. Adventure Boot Camp members can now qualify for specials such as pre- and post-measurement folders from Skin & Body Renewal; 30% Women's Health Magazine subscription discounts and a special discount from Garmin (R500 off the FR70 with free delivery until the end of February).



Adventure Boot Camp is a four-week outdoor fitness programme for women of all shapes, sizes and fitness levels and the answer to boring exercise. Why shouldn't getting fit be fun? Imagine exercising every day with a smile on your face and adventure in your heart. That's what the ladies at Adventure Boot Camp (ABC) do daily under the watchful eye of their very own qualified personal trainer. They are reaping the rewards of hard work, earned sweating to the beat of the instructor's whistle.

ABC offers the chance to exercise in safe and beautiful surroundings, with a group of other like-minded women. The camaraderie and support is unsurpassed and with the female-only element, ladies are able exercise with focus and commitment achieving their weight loss and fitness goals in record time.

Natural obstacles found in nature

Camp takes place for an hour a day, in the morning or early evening, with the option of attending three or five days a week. Don't expect your usual gym workout, as exercises are based on using the natural obstacles found in nature, ensuring that every day is different. Activities include short-distance running, rope skipping, abs and core training, Pilates, obstacle courses, circuit training, team workouts, weights, mat work, games and hiking.

Committed to helping women beyond the training ground, Adventure Boot Camp also offers free customised eating plans and a supportive network on [www.Facebook.com/AdventureBootCampSA](https://www.facebook.com/AdventureBootCampSA).

For more information on ABC or to register for one of the countrywide camps, go to www.AdventureBootCamp.co.za or call the national head office on +27 (0)21 447 2746/+27 (0)82 567 2267.