

Why Fitness Boot Camps Are So Popular

You may have heard of them before. Perhaps you have participated in one. Whether you have or have not, they are popping up all over the country and in Canada. Fitness Boot Camps are extremely popular and have been for about a year and a half. They are quickly becoming the client and fitness professional's mode of training. What's even more promising is that a very large range of clientele are choosing this type of training for their regimen. But what makes these Fitness Boot Camps so popular?

Time Friendly

Perhaps one of the greatest things about Fitness Boot Camps is that the design of the camp and the intensity is such so that you can achieve a full workout in less than an hour. And that doesn't apply to only the out-of-shape. The seasoned trainee or athlete can benefit greatly from the enrollment of Fitness Boot Camps as well. There are endless ways to accommodate almost all fitness levels.

Bottom Line: No more spending hours in the gym hoping you did enough work for results. To quote Bruce Lee *"Absorb what is useful and reject what is useless."*

Easy on the Wallet

Fitness Boot Camps are very cheap when you consider rates versus a gym membership or a personal trainer. The average single Fitness Boot Camp class will run between \$10-\$20 per session, and sessions run three times per week for four weeks. You can't find quality personal training for that price, let alone a gym membership!

Bottom Line: If a personal trainer is running a boot camp that you are interested in, ask about their credentials and price packages to be sure you are getting a great deal and high quality instruction.

Boost of Motivation

Perhaps one of the biggest benefits of Fitness Boot Camps is the camaraderie of a group setting. Not too often in our lives are we able to meet with a group of people all looking for the same goal. The group dynamic is truly something to be witnessed. Teamwork, companionship, encouragement, and a little bit of competition all mixed together provides an environment very little get the opportunity to witness.

Many people have the need to find strength and motivation from within. Fitness Boot Camps provide that as well. With a multitude of group training sessions, there are also sessions that force you to find the inner motivation and toughness to push on to success.

Bottom Line: Yes Fitness Boot Camps are physically taxing, but throw mental strength development into the mix, that's when results happen.

Unique Locations

Everybody likes a change of scenery now and again. With Fitness Boot Camps you have the opportunity to train outdoors (when the weather is cooperating), or indoors in

any area that is big enough to accommodate a group of individuals. What else is great about this is in any location your surroundings become your equipment. Whether it is the local park (benches, stairs), or indoors in a racquetball court (walls, benches). Creativity runs wild when it comes to location and exercise tools. Many find this quite refreshing since it is nothing like the normal dumbbells in a gym surrounded by a bunch of grunting gorillas.

Bottom Line: Change of scenery is good and helps refresh your body and mind to focus on results.

Results, Results, Results

This is the true bottom line. If you don't get results then what do you have? Nothing. If Fitness Boot Camps were not providing results, they wouldn't last. However, for over a year this mode of training has been very popular all over the country. Some have even started fitness studio chains exclusively for Fitness Boot Camps. Provided the camp is run properly and a highly qualified professional is running the camps, then there is a good chance the Fitness Boot Camp will be successful. To tag along with that statement, if you enroll into a successful camp and do not put your mind, body, and spirit into it, then you will not last long.

Bottom Line: Fitness Boot Camps are for those who are sick of the normal training environment, want a change in their mind and body, and are willing to do what it takes to succeed.

The popularity of Fitness Boot Camps is very popular for a good reason. It puts all the positive aspects of fitness training into one package; quick, affordable, different, motivating, and result oriented. This isn't another fitness craze because of all of the proven benefits it provides, so Fitness Boot Camps will be around for a long time.

John Caylor runs Extreme Results Fitness Boot Camps in Coeur d'Alene, Liberty Lake, and Spokane. For more information, camp dates, and locations go to www.fit4lifebootcamps.net. You can join at any time!!