



AD PILATES INCH-LOSS BOOTCAMP

The words Pilates and Inch-loss and Bootcamp don't really go together, do they? Let me explain.

Traditional bootcamps (which I also run) with their shouting, grunting, sweating and high impact drills are not for everyone. So I've put together the hugely successful AD Inch-Loss Programme eating plan with a series of Pilates-based body conditioning workouts to produce a 3-week Programme designed to result in weight loss and inch-loss. If you want real lasting results, if you think it is time to be kind to your body and revise your current eating and exercise habits without harsh high-impact workouts, then this AD Pilates Inch-Loss Bootcamp may well be for you.

(Have a look at the glowing testimonials on the 3rd page – they made us blush).

Who would be suitable for this Programme?

1. Those who are intimidated by traditional Bootcamps or whose fitness levels may not allow them to keep up
2. For those who would like to lose weight and inches, with the support and camaraderie of a group
3. For lovers of pilates who would like the added bonus of a healthy but rigid eating plan, supervised by qualified professionals
4. For those wanting to make lasting changes by making exercise and healthy eating a part of their lives.

What are the benefits?

1. Weight-loss and inch-loss. The results of your hard work will show both on the scales and on the tape measure
2. Clearer skin and renewed energy levels. Nothing will get in your way!
3. A reduction in cellulite
4. A feeling of wellbeing ... calm but alert!
5. Denser (not bigger) and stronger muscles
6. An increase in your fitness levels
7. A kind of smug feeling that you get when you've survived something which your head

fought against but your body enjoyed ... eventually!

8. Your goals and aims with regards to exercise and body shaping will be refreshed.

All these benefits come from 3 sessions of stimulating and challenging exercise per week for 3 weeks plus a rigid eating plan which cuts out the impurities you will find in your normal everyday diet. You will not be hungry and it is **not** a carbohydrate-free diet. It is a balanced eating plan which nourishes the body and relieves the cells of its toxins which it fights against every day.

How does the Programme work?

1. After booking your slot, and before the Programme starts, you attend a meeting. Here you are given your Programme packs containing details of the eating plan, shopping list and measurement sheet for you to measure your body at home.. You will be weighed at the meeting. It is also a chance to fire loads of questions at Annie and meet the rest of the Pilates Inch-Loss group.
2. Together you will do the 9 workouts over the 3 week period. They will be on Mondays, Wednesdays and Fridays at 9.30am in a hall. The sessions will comprise standard Pilates work (where we focus on flexibility and strengthening your body, in particular your core) plus some general body conditioning moves to really help your body firm up and raise your metabolic rate.
3. On top of the workouts, which are strength-based, you will be expected to (and you will have to record this in a diary) complete 4 x 45 minute sessions on your own of CV work such as power-walking, running, attending a suitable class at a gym, zumba, whichever takes your fancy. This will beef up your weight loss AND, more importantly, encourage you to get motivated enough to do this kind of exercise on your own.
4. At the end of each week you are re-weighed. You also hand in a food and exercise diary so that the Inch-Loss instructors can check you are adhering to the rules.
5. Throughout the course of the Programme you will be given information sheets on riveting topics to help boost your knowledge of how your body works and how to be kind to it.
6. On the last day, aside from your obvious euphoria, you will feel a huge sense of achievement. You will be equipped with a Future Eating Plan which will guide you to help maintain or further your inch-loss.

Cost

The Programme costs £145, plus a commitment payment of £50, refundable only if you...

- a) attend all 9 workouts and do your 4 sessions of CV work
 - b) hand in a food and exercise diary at the end of each week
 - c) answer a questionnaire and hand in a testimonial at the end of the Programme.
- Not a bad price for a life-change.

If you would like to know more or book a place, do contact Annie via email or phone. She'll want to check it's right for you before you hand over any money.

TESTIMONIALS

"Annie, you have been brilliant. Your advice, good humour and encouragement make a great difference. The Pilates sessions were great and I realise now that I can make changes to my lifestyle. This plan is just the beginning!" Bernie Clow, Pilates Inch-Loss Programme, July/August 2011

"Meeting Annie in the booze aisle of Sainsbury's was my catalyst to really face up to my bad habits and change my lifestyle. The 3-week Programme focused our minds and body and the reward of losing 6lbs in the first week was a real boost. It works! And my designer jeans now look fab without the muffin top spilling over the waist band. Thank you Annie for your constant enthusiasm and positive encouragement!" Carolyn Beer, Pilates Inch-Loss Programme, July/August 2011

"I can't lie - the diet was tough after months of indulging myself but I started to feel less tired almost immediately and much more positive. Annie will push you hard but it's worth it. It was fantastic to fit into my old jeans and I now feel I have the tools to continue with a healthier lifestyle". Lindsey Knox, Pilates Inch-Loss Programme, July/August 2011

Here's what clients from the AD Inch-Loss Programme (which is the traditional Bootcamp method and operates at 6am) said. They followed exactly the same eating plan and did 3 sessions of exercise per week. On the Pilates Inch-Loss Bootcamp, you will do 3 sessions per week of Pilates plus 4 sessions per week (in your own-time) of cardiovascular (CV) work according to your own level. The results are just as amazing.

"After the first 2 sessions the early starts weren't a problem at all. Over the 3 weeks I lost 5.5lbs and 6 inches which I was really pleased with but more than that was the huge increase in energy that I had - my husband even asked me to stop being so happy at 7am in the morning. As a sufferer of asthma in the hayfever season, probably the biggest benefit for me was not using my inhaler once in the 3 weeks. For me, this isn't now about a diet, it is just a healthier way to live." Suzanne P, Hampton (Inch-Loss, May 2011)

"Your Inch-Loss bootcamp really lifts my spirits! It's fun, friendly and I love working out in the park. I've lost over 6 inches ...thanks Annie!" Lisa M, Hampton Hill (Inch-Loss, May 2011)

"I wanted to tone up and lose weight before my wedding. I lost 10lbs and 7 inches in the 3 weeks and feel fantastic. The plan is easy to follow and the results make getting up for those early workouts worthwhile." Michelle S, Hampton (Inch-Loss, January 2011)

"I absolutely LOVE Inch-Loss because it has turned me from a wobbly lazy eater into a stronger and healthier person. I am not craving unhealthy foods and I look forward to the workouts as one of the best things about my day. Annie, you are hilarious, motivating and a complete inspiration!" Estelle M, Hampton Hill (Inch-Loss, January 2011)

"This is an amazing 3 weeks, which really does what it says it will. There was sweat, laughter and help from Annie and her helpers (two lovely fit young men) at every turn. I really didn't want it to end!" Ann S, Teddington (Inch-Loss January 2011)

"I saw a Mum at school who had done the August Programme and she looked so amazing. I was very excited to hear what she had achieved in so little time and so I am glad I got involved. I lost 9lbs and 11 inches in 3 weeks. I have never seen great results like this, and believe me I have tried lots of things. The classes were so encouraging, Annie was so

understanding. I really want to carry on looking after myself." Emma Lynch, Teddington (Inch-Loss October 2010)

"I actually think I have changed my life for the better with a greater knowledge of nutrition and exercise than I have ever had. Thanks so much Annie, you are an inspiration." Becky B, Thames Ditton (Inch-Loss, October 2010)

"For the first time ever, I have found a plan that seems to work out and is fairly easy to follow and I am still following the rules. I lost 7 lbs and 8 inches and I'm still losing now that I have a workable exercise schedule in place." Jenny R, Strawberry Hill (Inch-Loss, August 2010)

"The 3 weeks were very challenging, but the process was made lots of fun. Annie and her team supplied a constant stream of motivation, support, encouragement and praise. Nothing was too much for them and they took obvious interest in the wellbeing and progress of each member of the group. The course far surpassed my expectations and the results speak for themselves. I lost 10 lbs! After the Programme I am continuing to lose weight and have now lost a stone." Katherine G, Hampton (Inch-Loss, August 2010)