

SCOTTSDALE **ADVENTURE** *BOOT CAMP FOR WOMEN*

WELCOME KIT

CONGRATULATIONS ON YOUR CHOICE TO GET FIT AND HAVE FUN!

Here are some important things to remember:

- ✓ Please ALWAYS arrive on time
- ✓ Eat a SMALL meal before camp and try to avoid juice.
- ✓ Unless otherwise instructed, bring your dumb bells, a mat, running shoes, a towel and water each day. (**running shoes** are required, not cross-trainers or walking shoes.)
- ✓ If you have an unusual ache or pain, tell us immediately!
- ✓ Avoid perfumes
- ✓ Have FUN!!
- ✓ **If it's raining, class information TBD**



PRE-CAMP EVALUATION:

Welcome to the #1 Outdoor Fitness Program in Arizona and the Largest Boot Camp Program in the World! We hope you are excited for camp and ready to make some changes in your life!

NEW CAMPERS: The **mandatory pre-camp evaluations** will be held at 6:00 PM the Sunday before camp at Tikey Health:

Tikey Health
13402 N. Scottsdale Rd., Building B, Suite 150
Scottsdale, AZ. 85254

Please wear clothes that will be easy to measure around (t-shirt and shorts suggested). We will be taking some simple measurements, and answering any questions you may have.

NOTE: Post-Camp Evaluations will take place on site the last day of each session.

RETURN CAMPERS: The pre-evaluations are not mandatory for you...as a return camper it is optional to get re-measured at the end of each camp. We understand some of you are more motivated by how you feel and how your clothes are fitting, which is fine. However; we do suggest you get re-measured at the end of camp periodically to see how you are doing.

FREE NUTRITION SEMINAR:

TO ALL CAMPERS: A FREE nutrition seminar will be offered Sunday evening after your measurements are taken. The seminar will explain how and why your body stores the food you eat as fat. It will also provide you with the information and tools you'll need to achieve your goals. The live - pre camp seminar will last for approximately one hour, but may last longer so that we can stay and answer all questions after the event. The nutrition seminar can also be viewed online, visit our website to learn more.

MANDATORY DAYS REMINDER:

TO ALL CAMPERS: You are required and it is highly recommended that you attend the 1st and last Friday of camp, these are "fun run" days, the fun run is a timed mile and your results will be recorded for comparison from the beginning to the end of camp. The "fun run" will be followed by a push-up test and various exercises.



WHERE DO WE MEET EACH DAY?

5:30 AM

North Field @ Cochise Elementary

9405 N 84th St
Scottsdale AZ 85258

6:00 PM

Redfield Elementary

9181 E Redfield Rd,
Scottsdale, AZ. 85260

SPECIAL CAMP DAYS TO REMEMBER

Hike Days

Weather (and daylight) permitting, there will be 2-4 hike days per session. You will be notified via e-mail with hike details.