



Adventure Boot Camp's Are Changing the World

Adventure Boot Camp is changing the world one boot camp at a time. Christina Lucy and John Spencer Ellis teamed up in 2002 to create an opportunity for fitness instructors to make more money in less time and help more people. Their philosophy worked and now, five years later, has proven to be a huge success.

Rancho Santa Margarita, CA, July 29, 2007 --(PR.com)-- Obesity and diabetes are walking hand-in-hand in the United States. Over 60% of our population is clinically obese. Young children are being diagnosed with “adult on-set diabetes”. This is the first time in history that it is a great possibility that children will not out-live their parents; based on our current lifestyle.

In 2002, two fitness professionals, Christina Lucy and John Spencer Ellis, teamed up to create Adventure Boot Camp. Their idea was first, to implement a business opportunities for fitness professionals to be financially successful. Most fitness professionals have a very modest income and are living pay check-to-pay check. Lucy and Ellis knew that by creating a successful program for the fitness trainers, they would be able to make a greater impact on creating a healthier America.

Currently there are over 220 Adventure Boot Camps around the world and in 9 different countries.

Because of Adventure Boot Camp thousands of pounds of fat are being burned each year. Thousands of people are learning to live healthier lifestyles and becoming healthier individuals.

Adventure Boot Camp is truly a win/win/win. This is a training and mentorship program with a one-time fee to learn the program. The trainer opens their boot camp and reaches out to thousands of people and makes thousands of dollars each month in the process. Success is gained by all.

Did you know that according to the latest research, one third of the adults in this country - that's 73 million people - have diabetes or its precursor, impaired fasting glucose? Since 1997 (just 10 years ago) our obesity figure alone has jumped a whopping 61%.

Adventure Boot Camp plans to make a positive impact and change those figures significantly.

###



Contact Information:

Adventure Boot Camp

Christina Lucy

714 329 6284

Christina@ocbootcamp.com

www.AdventureBootCamp.com

Online Version of Press Release:

You can read the online version of this press release at: <http://www.pr.com/press-release/46918>

News Image:

