

# LeBootCamp

A REVOLUTIONARY WAY TO LOSE WEIGHT

Need a personal coach to help you look and feel your best? Read on!

**Y**es! How can you achieve the look you want this year with ease? It is very simple indeed. Once you have enrolled in LeBootCamp, you

will receive:

- 1 e-mail per day
- 1 exclusive video per day
- Over 130 tips per month
- Unlimited questions to your coach
- Weekly meal plans
- Forum
- Exclusive yummy recipes
- Your Private Space with over 20 tools
- Easy and efficient exercises
- Free meetings with Valerie Orsoni, founder of LeBootCamp
- Regular gifts
- And so much more ...

You will lose the weight without any pressure.

LeBootCamp is an affordable online weight loss coaching programme which allows you to lose weight at your own pace. After taking your free profile and signing up you will receive a daily e-mail in which you will get proven tips on nutrition, fitness and motivation. Additionally, once in a while you will receive a sprinkling of celebs' weight loss secrets too!

You will have access to a private member space where you can retrieve all the e-mails you have received. There, you can also keep a private online journal of what you eat, how much you exercise and how you feel. And when you need coaching, LeBootCamp coaches/experts will provide personalised feedback. You can ask as many questions as you want – and everything you ask is 100%

private and confidential.

To make sure you stay on the right track and tone your body you will also have access to My Gym with fitness plans and fitness short videos. A weekly meal plan with in-house created recipes will guarantee you lose weight, not pleasure in life.

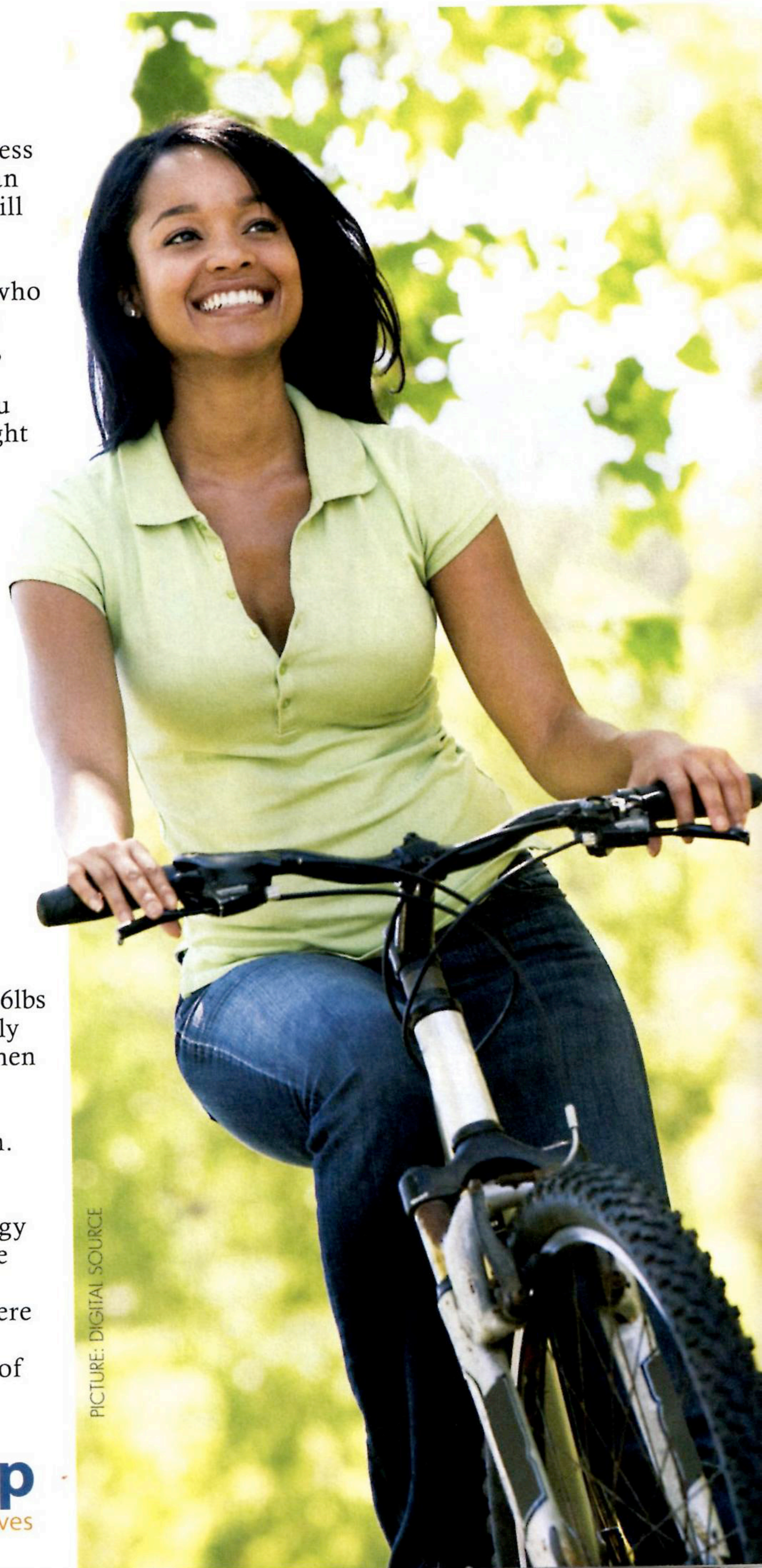
For all the women out there who need support, but don't want to pay for visits to the nutritionist, life coach or shrink, this is the answer! LeBootCamp keeps you in touch with your goal of weight loss and a healthy lifestyle through online support groups, daily food analysis, inspirational e-mails, etc. Your coach will also send fitness tips and coaching on how to conquer cravings and emotional eating. The programme is customised to each individual – not just a bunch of general e-mail blasts!

And there are support groups. For example, if you know that at 6pm, you might begin to snack, you can log on to a support group to give you the encouragement to replace eating with a healthier choice.

LeBootCamp has a 92% success rate and an average of 26lbs lost and never regained, and truly provides the help you need -- when you need it – right on your cell phone, Blackberry or computer.

And Valerie is an inspiration. She is a cancer survivor who felt the calling to help others. She has a fitness and technology background, and combined the two to create LeBootCamp in order to help women everywhere achieve their goals.

Join now, and be in control of your weight!



PICTURE: DIGITAL SOURCE

**LeBootCamp**  
Your Weight Loss Coach

**LeBootCamp**  
Coaching People, Changing Lives