

VALÉRIE ORSONI, FOUNDER OF LEBOOTCAMP.COM LAUNCHES **LeLab**TM

THE INTERNATIONAL COMMITTEE OF EXPERTS BEHIND LEBOOTCAMP.COM

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Every day, there seems to be more information and claims on health topics such as the latest fad diet, what to eat, what not to eat, how much to exercise, how often, what kind of exercise, superfoods, etc. It can be overwhelming and incredibly confusing.

Valerie Orsoni, founder and CEO of the top online health coaching program LeBootCamp.com, asserts that people now, more than ever, need guidance, help and real information from credible sources. “Just because a celebrity says she lost 50 pounds with a diet doesn’t mean that diet is good and that it works,” says Valerie. “And just because a diet book sold a million copies doesn’t mean it is safe. There are a lot of programs out there that are incredibly dangerous.” Valerie was amazed how many people she knew that were smart and educated didn’t know important health information.

STRENGTH IN NUMBERS. KNOWLEDGE IS POWER.

These are two statements that Valerie has always lived by, and more importantly, the strategy she uses with her over one million clients. For over five years, Valerie’s online program has had a 92% success rate and has been touted by physicians as safe and effective. This is greatly due to Valerie’s vast knowledge of information and her resources – her Scientific Advisory Board. These are top professionals in the health industry who lend their brains and expertise to Valerie and her team so that her information is accurate, credible, current and unbiased.

This is extremely important, as there is a lot of misinformation out there.

“I am the biggest skeptic there is,” says Valerie. “I never believe what anyone tells me until I research and find out for myself. I don’t think people understand how much knowledge we have at LeBootCamp® and I believe it’s important to share our resources with the wider public so that they can see where the LeBootCamp® approach to health comes from.” Welcome to LeLab®: www.lebootcamp.com/weightloss/lelab/experts

With LeLab®, you can rest assured that your body and mind are always in good hands: this hand-picked committee of international experts lays the groundwork for every aspect of healthy living in LeBootCamp coaching programs. LeLab® experts are actively involved in the field and up to date on the latest studies and research in health, nutrition and fitness, dieting and weight loss. Notable LeLab® experts include Dr. David L. Katz, MD, MPH, FACPM, FACP, founding director of Yale University Prevention Research Center; Tracey Mallett, Fitness & Wellness Expert, creator of the Booty Barre®; Steve Kemp, Three-time World Decathlon champion; Dr. David Benchetrit, founder of the world’s first medical information research system lab; and more.