



Mesa / Gilbert Adventure Boot Camps

(please be sure to read the instructions for your specific camp!)

Congratulations on your choice to get fit and have fun!
Here are some important things to remember:

ALL CAMPERS (Mesa & Gilbert)

- Please ALWAYS arrive on time (at least 5 minutes early to sign in)
- Unless otherwise instructed, bring your hand weights (3 to 5 pounds), a mat, and running shoes each day to the park
- If you MUST miss a day, let Nicole or Kathi know **before** that day arrives. There are no makeup days for the 5-day program...so don't miss! For the 3-day campers, if you miss a day during the week you can make it up on another day that week. Missed days cannot be rolled over into the next camp for either program.
- If you have an unusual ache or pain, tell Nicole or Kathi immediately
- Eat a SMALL meal before camp. Avoid juice.
- During the cooler months, wear layered clothing. You will get warm very quickly. A hat and gloves will be your best method of keeping warm for the first 15-20 minutes each day. You'll be plenty sweaty by the end of each hour.
- **Running shoes** are required, not cross-trainers or walking shoes, no *worn-out* shoes
- Avoid perfumes
- Have FUN!!

What do I need to bring to camp each day?

Unless otherwise instructed, please bring your **exercise mat, weights, and running shoes every day**. You may also bring a towel and it is HIGHLY recommended you bring a water bottle.



WHERE DO WE MEET EACH DAY?

<i>Mesa Boot Camp</i>	<i>Gilbert Boot Camp</i>	<i>Riverview Boot Camp</i>
<p>Camp meets at: Red Mountain Park 7745 E. Brown Rd. Mesa, AZ 85207</p> <p>East of Power Rd. on Brown Rd. Next to Red Mt. High School</p> <p>Brown & Sterling Roads 1st parking lot on right</p> <p>See Google maps link below!</p>	<p>Camp meets at: Riparian Institute 2757 E. Guadalupe Rd., Gilbert, AZ 85234</p> <p>South on Greenfield, turn left on Guadalupe Road. The park entrance is on the right hand side just past the library.</p> <p>See Google maps link below!</p>	<p>Camp meets at: Riverview Park 2100 W. 8th Street Mesa, AZ 85201</p> <p>NW Corner of N. Dobson Rd. and W. 8th Street</p> <p>See Google maps link below!</p>
<p>When: 5:30 am or 6:00 pm</p>	<p>When: 5:30 am or 6 pm</p>	<p>When: 5:30 am or 6:00 pm</p>
<p>Nicole's cell phone: (480) 201-7537</p>	<p>Kathi's cell phone: (602) 793-0754</p>	<p>Nicole's cell phone: (480) 201-7537</p>
<p>Rain instructions: If it's raining, we have an option to go indoors at Desert Devils Gymnastics. However, it REALLY has to be raining (sprinkles are ok). It doesn't rain much in AZ, so this option may never be necessary. You won't melt, I promise. Call if you not sure where to go</p>	<p>Rain instructions: We will meet for camp on scheduled days ... RAIN or SHINE! And in those rare circumstances where shelter is absolutely necessary, we can take cover under a pavilion, if needed.</p>	<p>Rain instructions: We will meet for camp on scheduled days ... RAIN or SHINE! And in those rare circumstances where shelter is absolutely necessary, we can take cover under a pavilion, if needed.</p>



Clickable links to all three Mesa/Gilbert Boot Camps

(or copy and paste into your browser's address bar)

MESA CAMPERS: Link to map of Red Mountain Park:

<http://maps.google.com/maps?f=q&hl=en&geocode=&q=2757+E+Gualupe+Rd,+Gilbert,+AZ+85234&sll=33.364796,-111.73045&sspn=0.012455,0.018711&ie=UTF8&z=16&iwloc=addr>

GILBERT CAMPERS: Link to map of Riparian Institute:

<http://maps.google.com/maps?f=q&hl=en&geocode=&q=2757+E+Gualupe+Rd,+Gilbert,+AZ+85234&sll=33.366664,-111.730442&sspn=0.099639,0.149689&ie=UTF8&z=16&iwloc=addr>.

RIVERVIEW CAMPERS: Link to map of Riverview Park:

<http://maps.google.com/maps?f=q&hl=en&geocode=&q=2100+W+8th+Street,+mesa&sll=33.435602,-111.665436&sspn=0.011944,0.019226&q=7745+E+Brown+Rd,+Mesa,+AZ+85207&ie=UTF8&ll=33.42974,-111.874487&spn=0.011944,0.019226&t=h&z=16>



NUTRITIONAL INFORMATION

Juice Plus (<http://www.juiceplus.com/+nh76493>); is part of our nutritional program. If you are looking for a great 'supplement', I suggest you go with the best. Juice Plus comes from 17 different fruits and vegetable; a **whole food** in capsule form. It is actually FOOD. If you need a hard copy of the information or have any questions, please let us know. Juice Plus also has a meal replacement shake made from all natural ingredients.

- Make sure your email is correct as I will provide you with nutrition related emails throughout camp. I will also provide you with some tips at your pre-evaluation.
- There will be a FREE seminar/kickoff meeting during camp ...look for that email (nutrition and motivation is the focus).
- Suggested reading: "Body for Life" and "You on a Diet"...Both are great books to reference for nutritional information and they teach you how to eat right, not really how to diet...I don't like diets!

Dream Dinners (Mesa):

- Dream Dinners helps busy people assemble twelve meals (or less if you choose) in about an hours, and at about the same price per meal as a trip through a drive-through. On their scheduled session date and time, customers come to the dream dinners where all the recipe ingredients are ready and waiting. Customers go from station to station, assemble meals according to easy-to-understand instructions, wrap and label their meals and take them home. It's quick, simple and fun, and our friendly staff is always on hand to help out. If you don't have time to join us in our kitchen, they can assemble for you for free. Dream Dinners staff prep fresh ingredients, not pre-processed ingredients full of preservatives like some meal prep companies.

Mesa Location

Power & McDowell
2823 N Power Road
Unit 105
Mesa, AZ 85215



Super Suppers (Gilbert)

- Super Suppers is the refreshing new answer to the age-old question, “What’s for Dinner?” Imagine coming home after a long day and not having to worry about getting dinner on the table. Sounds great, doesn’t it? At Super Suppers, we handle the shopping, chopping and mopping for you! That’s right, no stress or kitchen mess! Just visit your local Super Suppers where you will prepare either 6 or 12 delicious, chef-designed entrées to take home and freeze. Our easy-to-follow recipes, the right ingredients and cooking instructions are there in front of you. All you have to bring is an ice chest or laundry basket to easily transport your meals home. Come to Super Suppers, where you can relax, meet a new (or old!) friend and enjoy some music and appetizers while you put a month’s worth of meals together at your pace! Each entrée is designed to feed 4 to 6 people, but, if you have a smaller family (or smaller eaters), you can split your entrées and double the number of meals for the same low price! Oh, we didn’t mention the price? With an average entrée price of around \$3.00 per serving, you can save hundreds of dollars and 20-30 hours of your precious time every month!

Gilbert location

Northwest corner Cooper and Warner Rds

884 W. Warner Road, Suite B4

Gilbert, Arizona 85233

480.813.1600 (kitchen)

480.813.1643 (fax)

www.supersuppersgilbert.com

Want to learn more about eating right?

- You may also click on the following link for PureFoods, for fresh food that is delivered right to your house.

<http://www.purfoodsfitness.com/default.asp?af=mesabootcamp&bn=24>

- Other links to check out:

<http://www.mypyramid.gov/>

<http://www.thedailyplate.com/>



NEED SOME SHOES?

RunAZ: (for both Mesa & Gilbert campers)

235 E Warner Rd #101

1/4 mile East of Gilbert Rd on Warner Rd, in front of Lifetime Fitness

480-507-0002

4740 E Warner Rd #2

NW corner of 48th St and Warner Rd, 1/2 mile West of I-10

Phone: 480-592-0900

Web site: <http://www.RunAZ.net>

Hours:

Mon - Fri 10 am – 7 pm

Sat 10 am – 6 pm

Sun 12 – 5 pm

They are giving Adventure Campers a **10% discount**, just tell them Nicole from Adventure Boot Camp sent you! Good shoes are a must. Even if you don't get them at RunAZ, please make sure you have good shoes (not old or worn).

Special Camp Days to Remember

First Friday of Camp

We will meet at our regular location and conduct a push-up test. Then a run or run/walk, what ever you can do, for a timed mile. You will need your water bottle, but do not need your weights. More fun will follow!

Last day of camp

We will meet at our regular location. On this day, we will do our final push-up test, final timed mile run and then Nicole will provide everyone with treats! Of all the days, this is not the day to miss! We will also give out certificates and perhaps a few awards (Most Improved Camper and Most Inspirational Camper, etc...). This is not a slack day simply because it's the last day of camp.



IMPORTANT NOTE: We will not be taking roll each morning. It is **your** responsibility to sign in each day as you arrive. Simply place a check mark next to the appropriate day on the sign up sheet. You are responsible for knowing about the special days in this camp and where to go. I will leave it up to YOU to get up everyday and make it to camp ... once you are there I will motivate you, encourage you and challenge you!

>>For your maximum benefit and safety, be warmed-up and ready to exercise when camp begins. A cold body is more prone to injury. We strongly suggest getting to camp about 5 minutes early to get signed in and ready to go right at 5:30 a.m.!<<

THIS NEXT 4 WEEKS, MAKE A PLEDGE TO YOURSELF:

“I, YOUR NAME HERE, for maximum results, promise not to eat ANY FAST FOOD, I will stay away from alcohol, EAT RIGHT and arrive every day on time. It is only 4 WEEKS and I have the dedication, determination and discipline to meet this challenge!”

YOU CAN DO IT LADIES!!!! I WILL MOTIVATE YOU AND GIVE YOU THE TOOLS BUT YOU MUST DO THE WORK! -- Nicole

ONE FINAL REMINDER: IF you miss, you miss. What I LOVE about the 5 day program is that you have NO WIGGLE ROOM, NO MAKEUPS! Your missed days do **not** roll over to the next camp (it's not like cell phone "roll over minutes" ladies:-) Each camp is separate. That is why the 5 day program is the main program....it is going to get you **consistent**. The 3 day is fine and you do have some wiggle room but I only recommend that program to those that simply (for work reasons or other) cannot do the 5 day program. However; you can only do your makeups during this camp...no "roll over" days into next camp for the 3 day program either. Also, if you are on the 3 day, I highly recommend getting another 2 days in on your own....either during the week or on the weekend. It will not be the same as coming to camp, but do your best (at the least do something cardio). I also suggest doing at least 3 camps in a row for maximum results!



Mesa Boot Camp Director/Instructor:

Nicole Harper is an avid outdoor sports enthusiast. She is an accomplished wake boarder and snowboarder. She even worked her way through college as a professional snowboard instructor. Married to a former professional athlete, Nicole and her husband strive to instill the importance of a healthy lifestyle to their two young daughters. As a family they try to spend as much time as possible outdoors being active. Nicole also enjoys running, biking and working out in the gym.

Nicole is a NESTA (National Exercise and Sports Trainer Association) Certified Adventure Boot Camp Instructor and AFAA (Aerobic and Fitness Association of America) Certified Personal Trainer. She also holds a B.S. in Communications from Northern Arizona University. Nicole is certified by the American Red Cross in First Aid and CPR. She is dedicated to further continuing her education in the fitness industry.

Nicole has designed a program to help you gain strength, confidence and have fun in a women's only action packed fitness boot camp. Mesa Adventure Boot Camp has created a supportive knowledgeable and driven environment for women of all ages and fitness levels to improve their lifestyle, diet, self confidence and much more!



"Do you want to feel better, look better and reach your fitness goals? If you said yes, then set aside one hour a day to make that happen for yourself! You can do it if you just take that first step! Come on ladies...wake up, work out and enjoy life!"

**Nicole's number and email:
cell: (480) 201-7537
Nicole@MesaBootCamp.com**

"It's a pleasure to work with all of you at Mesa Adventure Boot Camp. I'm here to guide your progress and answer your questions. Your safety is of utmost importance to me. Please follow instructions, warm-up well, dress properly and inform me of ANY unusual ache or pain that may occur. Your maximum enjoyment is anticipated."

Sincerely,
Nicole



Gilbert Boot Camp Instructor:

Born and raised in Arizona, **Kathi Ridgeway** has hardly been a desert rat—more of a rink rat. At an early age, she discovered a love for ice skating at a child’s birthday party and began competing by age 9. Her amateur career came to a close while in college, although, its highlight resulted in a trip to the US Championships in 1993. High school for Kathi was spent at Xavier College Prep in Phoenix where she began her career in track & field as a heptathlete. She loved the variety of the multi-event so much that she pursued track in college at Whitworth University. There she earned a Bachelor of Arts in English & Secondary Education.

As a secondary teacher, in the areas of English and Math, Kathi has enjoyed years of classroom instruction as well as coaching high school track and cheerleading. Her cheerleaders have competed at the National High School Cheerleading Championships and several have gone on to be college cheerleaders. In 2004, Kathi left education to be a full-time mom and now has 2 preschool age children who have spent countless hours in a baby jogger.

Currently, Kathi spends her free time as the Sponsorship Coordinator for the locally based Lost Dutchman Marathon, and is a recreational marathoner herself. She has run several marathons to date and hopes to qualify for the Boston Marathon in her next event. Kathi is also a teammate with Fellowship of Christian Athletes Endurance and volunteers with the ministry at various events throughout the Phoenix area. With her diverse background in athletics and experience motivating students and athletes alike, one can expect a wide variety in her boot camp instruction.



**Kathi’s number and email:
cell: (602) 793-0754
Kathi@MesaBootCamp.com**