



# Women Only will not be allowed to attend this Adventure Boot Camp if you have a Fitness Resolutions for the New Year

Inland Empire Boot Camp, December 10, 2005

URL: <http://www.pr9.net/health/healthorg/3128december.html>

*On average only about 20% of us keep our New Year's resolutions. Unfortunately, some of the biggest failures are found in fitness resolutions. states [Http://www.InlandEmpireBootCamp.com](http://www.InlandEmpireBootCamp.com)*

PR9.NET December 10, 2005 - The New Year is almost here. Do you have a New Year's Resolution? Well, if you're like most Americans (88 percent in 2001 according to a GNC poll), you have at least one resolution. And, if you are like the majority of these promise-makers, your resolution is probably related to health and fitness. In 2001 (according to GNC), 55 percent promised to eat healthier, 50 percent resolved to exercise more, and 38 percent wanted to lose weight. While resolutions are well-intentioned, unfortunately most people fail at keeping them. With all the hype surrounding these promises, it's easy to get caught up in the hype without really taking them seriously. That is why <http://www.inlandempirebootcamp.com/> owners Molli & Tony Rathstone have decided to not allow anyone to sign up for there services if they say it is for a New Years resolution.

"We will not accept anyone coming in with the idea that their resolution for this year, 2006, is to get fit or lose weight or what ever other goal they think they have set" says Molli & Tony Rathstone.

Molli & Tony Rathstone, Certified Boot Camp Instructors and Body Transformation Specialists claim people are setting themselves up to fail. "If you know today that you need and want to get in shape or you want to live a healthier lifestyle why are you waiting until January 1st of what ever new year to start? Do you really think that a full year or years of bad habit will be magically undone at the stroke of midnight December 31st?"

We live in a throw-away society and even our resolutions, I'm afraid, are not immune. However, especially for promises that include improving our health, it's in our best interest not to take them lightly. So that is why we have decided to not allow anyone to sign up for our services if they say it is for a New Years resolution.

"If you are honestly serious about transforming the way you look and feel with exercise, we will work with anyone and guarantee Results". We invite all women to join our Boot Camp or come down to our facility and discover the many ways we can help women of any age, weight or even those who have tried and failed in the past achieve the Results they are looking for. "Don't wait till then when you can start taking action NOW, after December 31, 2005 we will be a Non-New Years Resolution Women Only Boot Camp and Back Yard Boot Camp Training operation, so the only way that you will be able to take advantage of our Results Guarantee is going to be if you are serious about changing your future long term, says Molli & Tony.

For More Information Contact: [Http://www.InlandEmpireBootCamp.com](http://www.InlandEmpireBootCamp.com) for more insights into this topic. Direct line: (909) 556-9024  
Email: [Adventurebootcamp@yahoo.com](mailto:Adventurebootcamp@yahoo.com) Other helpful information regarding the this product or service can be found at:  
<http://www.InlandEmpireBootCamp.com>

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