



Women Only Fitness Boot Camp Offers Results Guarantee

Inland Empire Boot Camp, December 12, 2005

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Riverside, California Co-Founders of <http://www.InlandEmpireBootCamp.com>, Molli & Tony Rathstone, announce the December 12, 2005 launch of Inland Empire Adventure Boot Camp a "Women's Only" Boot Camp starting in the cities of Rancho Cucamonga and Riverside, Ca. with a bold results guarantee: if the participant does not achieve his or her predetermined weight loss or fitness goals within four weeks, a 100% refund will be issued.

PR9.NET December 12, 2005 - "What most people want is a weight loss and fitness solution that finally works for them," explains Molli & Tony Rathstone, certified adventure fitness trainers that have recently relocated back to the Inland Empire from Sarasota, Florida.

"Three essential components are necessary to obtain the desired results:

1. The correct exercise mix: cardiovascular exercise to burn calories during the session, and lean muscle-building strength training to increase the individual's metabolism, thereby burning calories at a higher rate throughout the day.
2. The correct nutritional mix: traditional dieting causes the body's metabolism to slow dramatically to conserve fuel for energy. It's unhealthy and generally results in a 'bounce-back' or 'yo-yo' effect. Eating correctly means fueling the body throughout the day with a variety of healthy foods. This keeps the body's metabolism burning calories at a higher rate. It's counter-intuitive, but it's a time-tested, scientific fact.
3. The correct information, motivation and emotional support: people need the right information, guidance and a little - or sometimes a lot - of external motivation and support to achieve their weight loss and fitness goals. The boot camp instructor provides the information and motivation, and the other participants provide the emotional support."

<http://www.InlandEmpireBootCamp.com> participants agree they will adhere to specific nutritional guidelines and attend each 5:30 a.m. session on a daily Monday through Friday routine for 4 weeks. In return, Molli & Tony Rathstone guarantee each participant will achieve his or her predetermined weight loss and fitness goals.

"We sit down with each participant, honestly assess their current health situation and create mutually agreed upon aggressive, yet achievable goals. At the end of the four-week period, if the participant has not met or exceeded her goals, we will unconditionally refund every penny of their investment. This guarantee is stipulated in writing and is a binding contract," say Molli & Tony Rathstone.

"No other fitness program I'm aware of offers such an iron-clad guarantee of results. Believe me, if we weren't confident this system works, we certainly wouldn't offer a money-back guarantee. People are sick of the hype and misinformation surrounding the weight loss and fitness industry. All they want is something that will finally give them results. We guarantee the <http://www.InlandEmpireBootCamp.com> is no-nonsense, practical for anyone and will fulfill on the promise regardless of the individual's fitness level or age.

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

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About Inland Empire Boot Camp

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