



BuggyBootcamp's

**2012**  
**THE YEAR OF THE YUMMY MUMMY**

Hi mummies

If you have been waiting to really commit yourself to a get fit, get trim programme, we have the perfect thing for you. At BuggyBootcamp, we will carefully design a 6 week programme to help you ease off those post pregnancy and post party- season pounds and to become the happy, healthy yummy mummy that you have always wanted to be!

Your pass for the programme will entitle you to the following:

- twelve classes in your chosen location
- a customized take- home exercise programme
- tips on eating healthily
- tips on incorporating exercise into your daily routine
- local walking/ jogging routes to do in your own time
- email support throughout the programme and beyond
- Weekly weight check
- Start and finish measurements and weigh in

As well as working out as part of the group with team support, you will have your personalized programme which will all help you to achieve what you want to achieve, be it toning up your arms, improving your fitness for a 10K, or simply losing a few pounds.

To do all this for 6 weeks with a personal trainer would cost over £400 but with BuggyBootcamp we are offering this get- fit 6 week programme for £99!

**All this for only £99!! That breaks down to just over £15 a week for a personalized fitness programme!**

For more information, please contact your instructor who is waiting to hear from you!  
Please see below for our success stories!

Sally, Feb 2010

I have lost a total of 12 in 6 weeks so am really happy and since coming to your classes in September have lost 2 stone!!!!

Tosha, October 2010

Oh my goodness. I hope you like these results just as much as I do.

Start weight: 142 New Weight: 130!!

Before hips: 39.5 New hips: 37.2

Before top of thighs: 23.5 New tops of thighs: 21.5

Before lower thighs above knee: 18.5 New: 15.5

Thank you for your support and knowledge. I really wouldn't and couldn't have done it without you.

This October I finally decided I had the time and inclination to get fit and lose some weight. I chose Nicola's Yummy Mummy 6 week programme and I am astounded with the results in such a short time. I lost 12 lbs and numerous inches off my thighs, hips, and waist. Nicola's detailed plan included invaluable tips that really worked. I didn't feel like I was on a strict diet. Diet isn't exactly part of my vocabulary. Each week I was literally amazed as the pounds dropped off.

This programme is more about fine tuning and paying attention to your eating habits and enjoying getting fit through exercise rather than starving yourself. I never ever thought that after two children I'd ever wear a bikini again but we're going on holiday next year and I know I'll be packing one! To have that body confidence after years of wobbly bits feels amazing. One of the best compliments I've had (out of the many I've had from friends and family) is from a friend I hadn't seen in a few months. She said, "You're so skinny Tosha!". I haven't been called skinny since I was 23!

I can't recommend Nicola's programme enough and it's left me so motivated and feeling positive and full of energy. Thank you Buggy Bootcamp!! Xx

Tiffany, October 2010

After very little exercise following the birth of my 2 children, Ted 4 and Kittie 2, I decided to give Buggy Bootcamp a go because I had heard people rave about it. I thought I deserved 2 hours a week where I could look after myself. On the first session I had such fun I didn't realise an hour had gone, oh but my body did the next day! I have become addicted now and have lost a stone following Nicola's advice from her bikini bootcamp specially tailored to me and my lifestyle. I really had an allergy to the word 'diet' and it wasn't one; it is a lifestyle change! And I noticed I was sleeping deeply. Often I turn up feeling shattered with the joys of juggling motherhood and work, and I come away full of happy endorphins! Nicola's motivation and fun spirit really inspires me. The other Mums are friendly too and really made me feel welcome. Kittie is kept happy with snacks and loves to join in with the exercises.

Thank you Nicola, this is just the start! You know I am addicted.

Clare Yummy Mummy Feb 2010:

I have been really pleased with development of fitness in a short space of time and believe that the Buggybootcamp classes are what have made the difference.

I can't thank you enough for giving me the kick that I needed to get back into exercise. I hid behind the excuse that I didn't have time. Through having such a personalised prescriptive programme ie drop Daniel and Hannah at school and go for a run... you didn't allow for any excuses... Over the six weeks, and probably even by about week 3, my programme became my routine such that I didn't have to think about it anymore as running and BuggyBootcamp were my morning activities ( with or without children!)

Weigh and Measure in for Programme - total 11 lbs lost, 0.5 inches from arm, 2 inches from Thigh and 2 from hips.

Penny, May 2011

I can't thank you enough for the program; it has not just been about the weight for me, the strength in my back/hips is back and all in all I feel like I have got the body that I associate with me back!

Best Regards,

Nicola Ostler  
Founder/ Instructor BuggyBootcamp

\*Participants must use the designated 12 classes within 6 weeks of joining the "Yummy Mummy" programme. Classes will be lost after this time and the BuggyBootcamper must return to pay per class or 10 class pass for £45

\* payment is non-refundable and must be paid upon return of the questionnaire