



Let the CHALLENGE BEGIN

Welcome to "Totally Aktive's Military Bootcamps **"BIGGEST LOSER"**". This is the only state of mind Bootcamp that encourages the Royal Marines Commando Spirit.

- Courage
- Determination
- Unselfishness
- Cheerfulness when it gets Tough (and it will get TOUGH) -
- **BUT IF IT DOESN'T CHALLENGE YOU IT WON'T CHANGE YOU**

Q - Why Totally Aktive Military Bootcamp?

A - We are different because of what we do and the way we do it. We help people realise that they can do and achieve anything that they put their mind to and that failure is not an option. We want the results as much as you!!

Totally Aktive Military Bootcamps aren't just about turning up, training and having a get together. It's about feeling welcome and comfortable, training hard, having help and advice with diet sheets and discussing your individual needs. We give you that personal touch by monitoring your everyday habits such as eating, drinking and training. From this we will challenge you and strive to change you forever into a healthier and happier you.

One of our most important aspects is the education and personal development that we implement into the sessions. During our tough high intensity sessions you will understand the meaning of:

- Courage
- Unity
- Determination
- Adaptability
- Unselfishness
- Cheerfulness
- Professional standards
- AND a sense of humor!

During the next 13 weeks Totally Aktive Military Bootcamps **"BIGGEST LOSER"** wants to help you **CHALLENGE & CHANGE YOU** by developing your state of mind to a healthier happier you. We will do this by sticking to these 8 steps.

IT'S ALL ABOUT YOU !!

1. Get you motivated about what you want to achieve the moment you wake up.
2. Cut down on your bad habits like smoking, drinking and eating unhealthy food.
3. Focus on your short term goals and BELIEVE the long ones will follow.
4. Try and be as self reliant and self sufficient as possible, by learning to push yourself when I'm not there.
5. Don't rest on your laurels, always strive to push yourself to the next step.
6. Don't focus on your limitations (you have no limits!), Focus on what you want to achieve and how you're going to get there.
7. Always have self belief, you will be capable of more than you think.
8. Get your life back by increasing your confidence and self esteem so you can start to love yourself again.

We look forward to training with you very soon and developing you into Totally Aktive Military Bootcamps BIGGEST LOSER.

Kind regards

James Edwards & Georgina Hartley

Totally Aktive Limited