

## How Boot Camp Changed my Fitness (by Brandon Smith)

What's worse: Failing or never trying? When it comes to trying something new and different (i.e. change), it's a bit intimidating for me. To be honest, the word boot camp seemed intimidating. I was proficient with bodybuilding style training, working with heavy weights and long rest periods. It was my go-to for working out. I heard of this boot camp style training, with high intensities and cardio aspects but never tried for fear of failure. Thankfully I was given the opportunity and motivation to step outside my comfort zone and try this new training style at an intimate personal training gym called E3 strength. I am here to tell you that I am very grateful for the past two months and want to give you my top reasons for you to go out and give it a try.

- **Motivation-** The ability to workout beyond your perceived limits; the group pushes you to a new level you didn't think was possible. I was completely spent. Thought I had nothing left to give and I look over and see Matt still going strong, I gut check myself and think if he can push and give it his all so can I. We complete the workout and I have never felt better.
- **Accountability-** Enlisting in Bootcamp comes with the added benefits of new-found friends (Coaches/Patrons) who will check in on you if you've been out. Valued when present; Missed when absent. Relying on external factors is helpful but having integrity and doing something you set out to do by committing your time and resources speaks volumes about your dedication to your health.
- **Change-** Even knowing a vast array of exercises I still find my routine becomes stale by myself. In Boot Camp the variability in not only exercises, but the reps and time patterns, make each session unique and challenging. Trainers learning the new up-to-date fitness trends and implementing exercises prevents complacency and can help bust through plateaus in workouts.
- **Competition-** For me there is nothing like a good competition or rivalry to help motivate me to do my best. Not everyone is like me so coaches can cater to all and pit clients against themselves instead of each other to create a team environment and lift each other up.

Lastly, but probably the most important, Boot Camp is **FUN!** Wait... exercise can be fun? Putting all your energy on the line and giving everything you have until your muscles are screaming for you to stop; looking to your side and seeing someone right next to you in the trenches succeeding is just a great feeling. Exercising with others builds a special bond. It's like family that fights together to achieve a common goal. It's a nice way to meet new people and surround yourself with positive like-minded individuals. Engaging in Boot Camp is a great way to start or finish your day. Now that you know, is your fear of failure holding you back? Come give Boot Camp a try!

"The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it, as long as you believe 100%"  
-Arnold Schwarzenegger