

Coast Boot Camp Creating a Healthier Community For Residents of Dana Point



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Press Release Summary: Coast Boot Camp, an outdoor exercise class, began meeting this month in Orange County, CA. The class is promoting a healthier community by getting members together and getting them outdoors to workout.

Press Release Body: Dana Point, California-October 15 2007. Sweat drips down the foreheads of a group of locals as they get through a set of pushups on a Tuesday morning. After this set of pushups they are fatigued, but do not quit...they move onto a cardio drill, running and

walking the steep hills of Heritage Park. After this they are back to another Strength drill. This group has joined **Coast Boot Camp**, an outdoor exercise program that incorporates both cardio and strength drills to get community members of all levels back in shape.

"My main goal is to motivate, and I know that both a support system and atmosphere are two huge motivating factors," says instructor and founder of **Coast Boot Camp, Kristen Babiracki**. *"I have organized the workout, picked the ideal location at Heritage Park, and promote a sense of camaraderie to push and commit members to becoming healthier and getting back in shape."*

According to members Babiracki's philosophy is working. *"Kristen is an extremely motivating instructor that has encouraged me, as well as the rest of our group, into looking forward to the class every week,"* said member **Lauren Galloway**.

The class uses the park typography as well as hand weights, jump ropes and resistance bands. It is designed for various fitness levels, and instructor Babiracki makes modifications so that no one is intimidated, and all levels are welcome.

"I have been attending this workout and have noticed a significant improvement in my strength as well as increased stamina during my cardio workouts," said member **Cameron Dunlap**. *"Kristen has done a great job instructing the class while offering modifications to allow everyone to benefit, no matter what the fitness level."*

The group meets every **Tuesday and Thursday at 9:30 am at Heritage Park**, as well as other times and locations in other cities. For additional information visit www.coastbootcamp.com

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