

# Tons of Fudge can make you THIN!! Tina Marie Fudge Joins Alberta Boot Camp Canada with a Fitness program in High River / Okotoks Alberta



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Industry: [Healthcare](#)



**Press Release Summary: Starting Monday Aug 25th 2008 Alberta Boot Camp comes to High River/Okotoks. Clients who want to lose weight and inches with the help of a certified personal trainer at a fraction of the cost now can. Tina Marie Fudge brings Alberta Boot Camp to High River / Okotoks.**

Press Release Body: High River / Okotoks Alberta - Canada - Starting Monday Aug 25th 2008 **Alberta Boot Camp** comes to High River/Okotoks. This is a creative and co-ed fitness program designed to give you maximum results. **ABC** combines cardiovascular exercise with weight and dumbbell resistance training

for an entertaining, motivating, group, outdoor workout. These workouts will continue through the summer, offering outdoor AM classes M,-F 5:30-6:30 AM and an indoors in the winter time.

Fitness Veteran **Tina Marie Fudge** who will be teaching the program says *"This is going to be a blast. Our clients usually lose 10 lbs of body fat every 30 days as we are the only total boot camp program that includes nutrition and weekly life coaching calls. There is no other program like this on the market today!"*

*"Our mission is to get you results fast and educate you so that you have a lasting transformation"* says **Allan H. Fine, owner and Program director of ABC.** *"We will put you through a challenging workout that is focused on increasing your strength, endurance, flexibility and balance, all the while keeping your heart rate elevated and muscles confused to maximize your potential."*

The functional training strategies that **ABC** incorporates helps to build a stronger, healthier, more fit you in less time than traditional exercise programs. They incorporate the use of dumbbells, resistance bands, medicine balls, jump ropes, hurdles, ladders and more to offer an hour long workout that will leave you feeling empowered, strong and motivated for more. We are also the only Boot Camp program that plays music so your not bored and does a detailed fat evaluation that lets you know what is happening with your body.



**Alberta Boot Camp** services all ages and sizes. Their coaching staff is a group of experts and will offer you the personal attention you require to achieve your goals. With 7 location in Alberta and growing fast they will access your individual needs, including body composition analysis, and get you on your way to achieving your ultimate body.

*"Boot camp is the hottest fitness trend in the country, and is a wonderful way to meet health-related goals and have a good time while you're doing it,"* said **Allan H. Fine, founder of The Alberta Boot Camp.** Clients are promised an amazing body and life transformation have achieved who have completed my Boot Camp programs have done just that.

To register for this program just go to  
<http://www.albertabootcamp.com/>

Web Site: <http://www.albertabootcamp.com/>

**Contact Details: Have a truly great day, everything is possible!**

**Allan Fine / Fitness/ Lifecoach**

**ALBERTA BOOT CAMP**

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