



CAVE CREEK ADVENTURE BOOT CAMP

Congratulations on your choice to get fit and have fun! Here are some important things to remember:

- Please arrive on time!
- Unless otherwise instructed, bring your hand weights, a mat, and running shoes each day to Cave Creek Regional Park. We will meet each day between the two armadas.
- If you need to miss a day, please let Jodi know before that day arrives.
- Give 110% effort!
- If you have an unusual ache or pain, tell Jodi immediately.
- Eat a SMALL meal before camp if possible. Avoid juice.
- **Running Shoes** are required, not cross-trainers or walking shoes. I recommend going to the Runner's Den or Scottsdale Running Company. Both stores offer 10% off to all Cave Creek boot campers.
- Try to avoid perfumes.
- During cooler months, wear layered clothing as you will get warm very quickly. A hat and gloves will be your best method for the first 15 min.
- **If it is raining**, we will meet under the ramada.
- Remember hikes are part of the camp. All hike days will be announced!
- Both pre evaluations and post evaluations will take place at the park.
- You **MUST** have fun☺!
- **Jodi's cell phone number: (602) 326-5670**

WHERE DO WE MEET EACH DAY?

We meet at the Cave Creek Regional Park located one mile north of Carefree Highway on 32nd St. You will need to pass the toll booth (parking is free for Boot Camp participants) and the road will begin to curve you east. Look for the second parking lot marked "Group Picnic Area" and turn left. We will meet between the two picnic tables on the right.



NUTRITIONAL INFORMATION

- Make sure your email is correct as I will provide you with nutrition related emails throughout camp. I will also provide you with some tips at your pre-evaluation.
- Suggested reading: "Body for Life" and "You on a Diet"...Both are great books to reference for nutritional information and they teach you how to eat right, not really how to diet...I don't like diets!

Suggested websites:

- Other links to check out online include: MyPyramid.gov, TheDailyPlate.com, PureFoods.com, and WeightWatchers.com

NEED SOME SHOES?

Two great choices:

Runner's Den

6505 N 16th St
Phoenix, AZ 85016
Phone: (602) 277-4333

Scottsdale Running Company

6941 North Hayden Road
Scottsdale, AZ 85250
(480) 948-4436

They will give Adventure Campers a **10% discount**, just tell them Jodi from Adventure Boot Camp sent you! Good shoes are a must. Even if you don't get them at Scottsdale Running Co or Runner's Den, please make sure you have good shoes that work for your style of running/walking (not old or worn).



SPECIAL CAMP DAYS TO REMEMBER!

FIRST AND LAST FRIDAY OF CAMP:

The first Friday of camp everyone will do their own personal best to run one timed mile. This is not a competition and if you need to walk that is OK! Afterwards you will participate in a challenging "endurance test". Again...you are simply expected to do your own personal best. This is a way for us to track your progress and is not meant to be a competition. On the last Friday of camp everyone will repeat this process and try to beat your last time. Challenge yourself! You will be surprised at what you are capable of accomplishing ☺!

“BRING A FRIEND DAY”:

On the 2nd Wednesday of each camp, we encourage you to bring a friend with you to camp! To participate in camp on that day, you or your friend must download the **Bring a Friend Release** form from the **Downloads** page of the Cave Creek Adventure Boot Camp web site. The signed release form must be brought to camp on Wednesday.

HIKE / CARDIO DAYS:

On the 2nd Wednesday of camp everyone will run/walk a two mile route. You will need to complete this as quickly as YOU are able. It is not a race or a competition. You do the best you can and we will finish the hour performing a variety of strength training exercises. On the 3rd Wednesday of camp you will have the choice to either complete the Overton Trail which is a 3 miles loop trail **or** run 3 miles at your own pace and finish the hour with some strength training. The choice is yours and I will send you a reminder the day before."

LAST DAY OF CAMP:

Everyone will run their last timed mile, take the final push up test, and participate in various exercises. Post evaluations will take place at the park directly following camp. Jodi will provide light snacks for you to munch on while you wait. If this time doesn't work for you please let Jodi know and you can coordinate a different time and date.



IMPORTANT NOTE: We will not be taking roll each morning. It is **your** responsibility to sign in each day as you arrive. Simply place a check mark next to the appropriate day on the sign up sheet. You are responsible for knowing about the special days in this camp and where to go. I will leave it up to YOU to get up everyday and make it to camp...once you are there I will motivate you, encourage you and challenge you!

>>For your maximum benefit and safety, be warmed-up and ready to exercise when camp begins. A cold body is more prone to injury. We strongly suggest getting to camp about 5 minutes early to get signed in and ready to go right at 5:30 a.m.!<<

THIS NEXT 4 WEEKS, MAKE A PLEDGE TO YOURSELF:

“I, **YOUR NAME HERE**, for maximum results, promise not to eat ANY FAST FOOD, I will stay away from alcohol, EAT RIGHT and arrive every day on time. It is only 4 WEEKS and I have the dedication, determination and discipline to meet this challenge!”

YOU CAN DO IT LADIES!!!! I WILL MOTIVATE YOU AND GIVE YOU THE TOOLS BUT YOU MUST DO THE WORK! -- Jodi

ONE FINAL REMINDER: IF you miss, you miss. What I LOVE about the 5 day program is that you have NO WIGGLE ROOM, NO MAKEUPS! Your missed days do **not** roll over to the next camp (it's not like cell phone "roll over minutes" ladies:-) Each camp is separate. That is why the 5 day program is the main program....it is going to get you **consistent**. The 3 day is fine and you do have some wiggle room but I only recommend that program to those that simply (for work reasons or other) cannot do the 5 day program. However; you can only do your makeups during this camp...no "roll over" days into next camp for the 3 day program either. Also, if you are on the 3 day, I highly recommend getting another 2 days in on your own....either during the week or on the weekend. It will not be the same as coming to camp, but do your best (at the least do something cardio). I also suggest doing at least 3 camps in a row for maximum results!



Cave Creek Director / Lead Instructor, Jodi Norton:



"Do you want to feel better, look better and reach your fitness goals? If you said yes, then set aside one hour a day to make that happen for yourself! You can do it if you just take that first step! Come on ladies ... wake up, work out and enjoy life!"

**Jodi's number and email:
cell (602) 326-5670
Jodi@CaveCreekBootCamp.com**

"It's a pleasure to work with all of you at Cave Creek Adventure Boot Camp. I'm here to guide your progress and answer your questions. Your safety is of utmost importance to me. Please follow instructions, warm-up well, dress properly and inform me of ANY unusual ache or pain that may occur. Your maximum enjoyment is anticipated."

Sincerely,
Jodi

Jodi Norton is a NESTA (*National Exercise and Sports Trainers Association*) Certified Adventure Boot Camp Instructor, Certified Sport Yoga Instructor, and Certified Personal Trainer. She also holds a BA in sociology from Northern Arizona University as well as a BA in elementary education from the University of Phoenix. She is a certified EZ8 Running Coach and certified by the American Red Cross in First Aid and CPR.

She has designed an outdoor exercise program that provides the structure, support and guidance her clients need to achieve their goals, while effectively leading them to a healthier and more fulfilling way of life. Jodi is adamant about providing her clients with the most innovative state-of-the-art training techniques. Jodi is committed to helping others achieve their fitness goals by incorporating fun with fitness.