



## Code Pink Boot Camp

Susie Wargin ■ Date last updated: 1/6/2010 3:53:08 PM

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KUSA - January is notoriously the time of year for New Year's resolutions and losing weight is on over 90% of those lists. It's no wonder why: most Americans gain 5-12 lbs. during the holiday season. Plus, if they were overweight already (close to 70% of Americans are overweight and/or obese), now they look in the mirror and see a serious problem.

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Perhaps Code Pink Boot Camp is the answer. The founders have created the Boot Camp Super-Star Makeover to complement their boot camps. The

program has a start and finish date, a specific goal, an element of competition, a lot of support through a monitored meal plan, guided exercise regimen and body sculpting energy powders.

Upon completion, the camper with the highest loss of body fat percentage will enjoy a complete make-over including a shopping spree, facial, Hair and Make-up, and a photo shoot.

The program is available to all that are available to attend any Code Pink Boot Camp. There are many times and locations throughout the Denver Area including, Littleton, Highlands Ranch and Westminster.

The program kicks-off with a celebration on Monday, January 11th. It will conclude with a bigger celebration of success on Friday, April 16th. 3-months of fitness boot camp, guided exercise regimen, monitored meal plan, skin-care management, personal shopper, make-over and photo shoot. Fees vary depending on how many classes a participant takes.

For More information: [www.codepinkbootcamp.com](http://www.codepinkbootcamp.com)

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