

# Christina Lucy Grows Successful 'Code Pink' Fitness Business to 29 Camps in Three States

Code Pink Boot Camp is an outdoor fitness program designed for women that began in January 2008 with one early morning and mid-morning camp in Rancho Santa Margarita. One short, recession-filled year later, Code Pink Boot Camp has grown to 29 camps covering 3 states, California, Arizona, and Hawaii.

Christina Lucy (photo right) is the founder of Code Pink Boot Camp. She accepts no accolades for this success, yet promotes it as being a plan from God.

“After reaching a low point, and realizing I wasn’t making sound decisions, I turned the wheel over to God to lead me onto my destined path.”

Christina Lucy began teaching group exercise in 1983 during her summer between high school and college. She continued to gain education in the fields of fitness and nutrition.



Christina Lucy

Aside from Code Pink Boot Camp, she also created the EZ8 Running Program, a running camp for women with a goal to run an eight-minute mile with ease. Many of her runners have gone from running or walking a 13 minute mile to competing and finishing the Ironman Competition.

Boot Camps are all the craze right now, but Code Pink Boot Camp is unique. It is designed specifically for women, yet it is a serious workout. And on occasion it offers a coed camp, and even the men find it challenging yet incredibly fun. They promote camaraderie in a very safe and nurturing environment.

The main difference is they offer a result driven program with first-rate customer service. If someone has a tight schedule, they work with them to accommodate a program that will work for them. Everyone’s goals and limitations are taken into consideration,

and all achieve success.

The boot camps are very affordable. Depending on the program, a camper will spend anywhere from \$8.00 to \$16.00 per hour, compared to fees for the average personal training session are \$70-\$100 per hour. And the camps are small enough that each person is receiving personalized training.

Each camp includes strength, cardio, and flexibility training. They also include nutrition consultation for each camper.

Prior to camp, assessments include checking of the blood pressure, body-fat composition, circumference measurements and weight to show an actual measurement of success after completing the 4-week session.

There is also a secret! Those attending feel it, however, no one except the trainers know what it is!

Most campers reduce their body-fat by 3-5% in 20 days. However, some have been exceptional, reaching the 8% mark. Up to 12 lbs. are reduced on the scale, and 3-4 inches can be minimized in the waist and hips alone. Muscle is gained and self-confidence sky rockets!

The next 4-week Code Pink Boot Camp begins February 16. To find more info visit [www.CodePinkBootCamp.com](http://www.CodePinkBootCamp.com) or call Christina Lucy directly at 714-329-6284 (email at [Christina@CodePinkBootCamp.com](mailto:Christina@CodePinkBootCamp.com)).

## Speak Up and Be Heard

Dear Mr. Schmitt

I read your message in the January issue and want to wish you the very best in your crusade with your illness. Hopefully your story will encourage others to be tested regularly and avoid the mental and physical anguish that cancer inflicts on so many.

I also wanted to comment on the comments received regarding your November article regarding Me. Nixon.

Please be assured the majority of our local residents do not expect you to “take your money, leftist ideas, and your rag and go back to steeltown.” While I may disagree with some of your messages, it is your right as a citizen to express them, whether you are an editor/publisher or anyone

else including those who profess to be the self-appointed “heartbeat of the community.”

We have had, and will most likely continue to suffer future individuals as leaders in various positions who prove to be major embarrassments. When this occurs, the citizenry and press must be allowed to clearly voice condemnation of such actions without being labeled as left/right wingers, non-patriots, etc.

I believe the majority of our more enlightened citizens have matured beyond the unfortunate era of the “love it or leave it” and “you’re with us or against us” mentality. If correct, the past eight years will not have been in vain.

Gene Insley  
Ladera Ranch