

THE CHALLENGE

Volume 42
Issue 1



RUMOR SPREADS - RETURNING CAMPERS: GUILTY!

New Camper, "A buncha people told me that we don't need to bring our journals on trail running days."

Randy (in shock), "WHO!?"

Authorities are feverishly pulling the video tapes of Week One's trail running to figure out WHO IN THE WORLD would think we don't want every camper to bring their food journal every single day of the 6 week program.

"We were shocked, to say the least." said Sarita Shoemaker, Randy's boss.

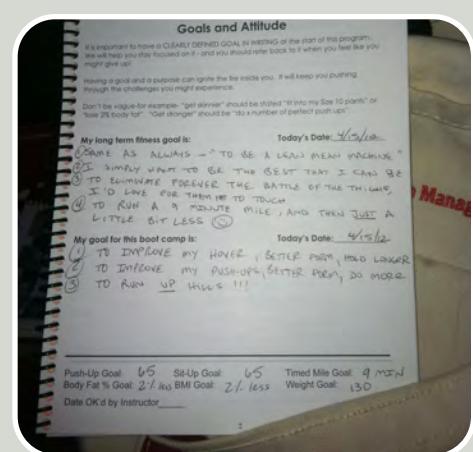
She added, with sincere concern, "80% of the challenge in making a goal on our program is the person's nutritional choices. Do they HELP or CONTRIBUTE to

the energy that camper will have or will they actually take away from it."

We want everyone to HAVE a goal written in their journals so we can make sure they make them happen.

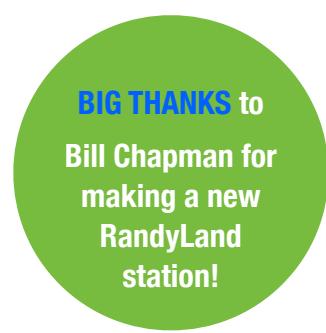
Bring your journal EVERY SINGLE DAY to camp. Put it in a gallon baggie (the zip kind are the best, no water gets in them) if there is a chance of rain.

Don't forget to note all of the details you can so we can give you good guidance every day.



Your Camp Survival Manual

Page TWO of your camp journal should be filled in by the end of Week Two.



RANDYLAND

What an amazing Saturday Boot Camp! Not only did the weather cooperate we were able to get almost 40 people to realize HOW LONG one little minute is

NEGATIVE SPLITS

We are working HARD on the negative split drills.

This will make you STRONGER at everything!

THUNDERDOME

Stay tuned and be sure to show up for camp every day (and you can join us more than once every day too) so you don't miss out on this epic workout.

THE GIRLS



EVERY WOMAN NEEDS

to be wearing a high-impact sports bra.

The GREATEST place I've found over the years is called Title Nine. They have consultants that will make SURE you are in the perfect solution.

www.TitleNine.com

800-609-0092

"LATE" POLICY AT CAMP

LATE FIVE TIMES =
ONE DAY OFF OF YOUR
ATTENDANCE

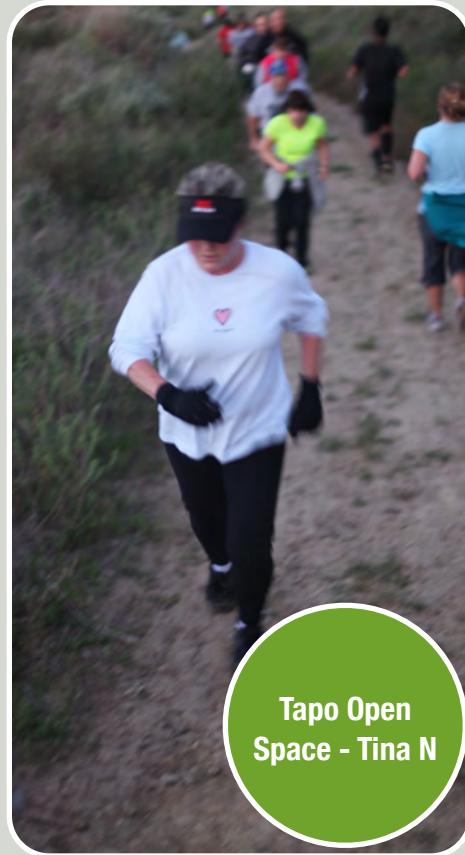
A PINK BOX on the Attendance means you were marked as "late". Make sure you manage your life so that you are not late!

We don't know what you need to do...but we do know that you are

missing out (and taking away from your campers' workouts too) when you show up late.

Once in a blue moon is understandable, beyond that is unacceptable.

Don't gyp yourself or your new BFF's: BE ON TIME.





LOVE THOSE CRAB WALKS!

GARBOZO BEAN SALAD

from Ray Chun
 1 can of Garbonzo Beans, chopped green onions, Corn, chopped cucumber, Cut up firm tofu small squares, cherry tomatoes, pinch of garlic salt, 1/2 freshed squeezed lemon.



VITAMIN D - UNRAVEL THE MYSTERY! Is it a Vitamin or a Hormone!?

Julieanna Hever, Registered Dietician, wrote an awesome book entitled The Complete Idiot's Guide to Plant-Based Nutrition. She solves the mystery by writing, "It's both! Because it's obtained from the diet and required for survival, vitamin D is like a vitamin. By definition, however, a vitamin can't be created by the body. A hormone, on the other hand, is a chemical substance formed in one organ and carried via the blood to another organ where it exerts functional effects.

**BIG HAPPY THOUGHT:
Eat Salmon**

When the sun's ultraviolet B (UVB) rays hit the skin, they kick off a chain reaction that ultimately generates the active form of vitamin D. That reaction implies that vitamin D is also a hormone. But because it's found naturally in foods, the name "vitamin D" is the accepted term for this important hormone.

The Mayo Clinic reports, "The major biologic function of vitamin D is to *See Vitamin D p...*

HURRY HURRY! STEP RIGHT UP!	DAIRY & FARM	CEREALS	FISH	JUICE
	1 cup of milk is up to 120iu, the whole egg is 44iu	Fortified cereals: Oatmeal, Raisin Bran, Kix, Total, Wheaties	Salmon is #1 3 1/2 ounces of salmon will get you 360 iu, 3oz tuna is 200 iu	Orange Juice! You can get it fortified with Vitamin D. Buy that brand if you can!

Vitamin D Continued...

maintain normal blood levels of calcium and phosphorus. Vitamin D aids in the absorption of calcium, helping to form and maintain strong bones. It is used, alone or in combination with calcium, to increase bone mineral density and decrease fractures. Recently, research also suggests that vitamin D may provide protection from osteoporosis, hypertension (high blood pressure), cancer, and several autoimmune diseases."

The recommended daily dose (from food or supplements) is 400 i.u. for most individuals. According to a NY Times article that level is being reviewed by the Institute of Medicine and is expected to be increased. (read the whole story [here](http://www.nytimes.com/2010/02/02/health/02well.html))

<http://www.nytimes.com/2010/02/02/health/02well.html>

Nutritionally you can get this vitamin from fish and dairy products. If you do not eat these, you can eat fortified breakfast cereals (like Raisin

Bran, Kix, Oatmeal, Total, Wheatus or Multigrain Cheerios).

The article advises you expose yourself to 10 to 15 minutes of sunlight per day.

In 2010 Children's Hospital Boston showed that 1 in 5 teenage boys and 1 in 4 teenage girls DO NOT get enough vitamin D.

There is so much to pay attention to in order to achieve a better and healthier state. You just take one thing at a time, starting with understanding what we eat will result in SOMETHING... either good or bad!

Why not start checking out how much Vitamin D you get every day as a next step.

YOUR CORE: KNOW IT, LOVE IT, BUILD IT!

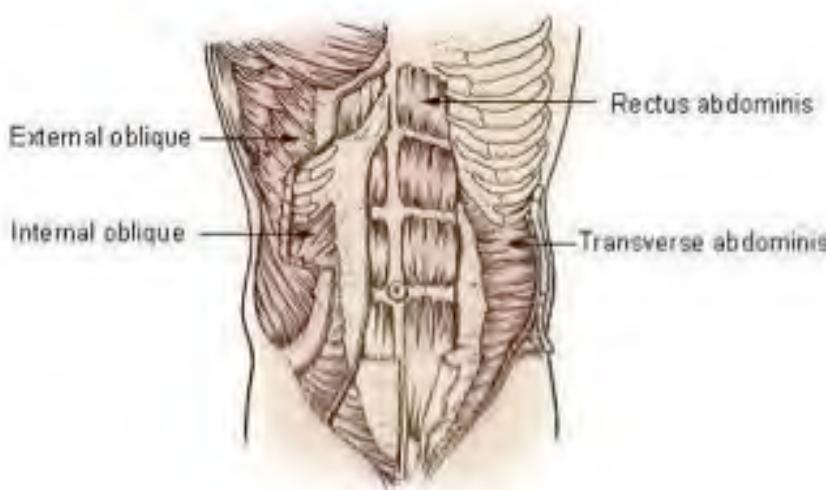
You core runs the show to the rest of your muscles.

The stronger your core, the stronger you can make the rest of your body! We consider your CORE to be the muscles between your shoulders and your hips.

This includes your ABDOMINAL AREA.

When you are exercising it is good to visualize the muscles you are working. First you have to know them, right?

Please welcome.... Your Rectus Abdominus (six-pack area), External Oblique, Internal Oblique and Transverse Abdominus.



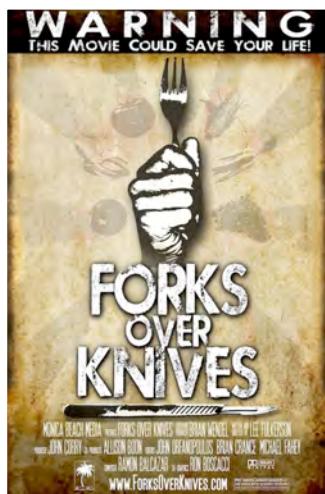
OVERSIZED CLOTHES

ALERT: While on our program your body will be shrinking... this means your apparel will be way too big to wear to workout in.

So please find apparel that fits you better so you are still comfortable but also safe. Oversize clothing can cause lots of problems.

And GREAT JOB on having this problem, by the way.

FORKS OVER KNIVES



This TOTALLY SCARES ME... so I am getting as much information as possible to understand if, how and why this might be in my future.

I WANT YOU TO AS WELL...

There are SO MANY people that can help you but you have to start by helping yourself!

Learn and keep learning and understanding what you learn.

CAMPER BONUS

If you are enrolled in our program we are offering you ONE CAMP CREDIT to watch this movie and get 100% on the test we created.

Just write to Sarita asap to get a copy of the test!

You can take this test "open movie" and with your whole family helping you answer the questions!

We've had TWO A+'s already. Great job Karen and Duane K.

For most of us, one of these diseases will be part of our lives - either personally or through a family member or friend.

Did you know that 1500 people DIE from cancer every single day?

40% of Americans are obese.

What about our beautiful children?

We need them to live longer than us but at the current rate statistics are projecting they will die before us.

KNOWLEDGE REALLY IS **POWER!**

*Introduction to
Healthy Food Preparation Class with Chef AJ
Saturday, June 16th, 2012*

10:00am- 1:00pm



RSVP TODAY!
Her events sell out!

Learn how to incorporate more fresh fruits and vegetables in your diet in ways that are easy, delicious and fun!!!

Chef AJ is the author of **"UNPROCESSED - How to achieve vibrant health and your ideal weight"** and was the Executive Vegan Pastry Chef at Sante La Brea.

She has been a culinary instructor for the last 12 years and has provided healthy meals for several television shows and celebrities.

- It's Easy Being Green Smoothie
- Nutrient Rich Chocolate Smoothie
- Fresh Almond Milk
- 6 minute Split Pea Soup
- Hail to the Kale Salad
- Quick 6 Fat-free Salad Dressing
- Nutrient Rich Smoky Black Bean Soup
- Chocolate FUNdue
- Peanut Butter Fudge Truffles and
- Fresh Homemade Banana Ice Cream

All 10 recipes are made from Nutrient Rich, plant based **WHOLE FOOD** ingredients.

Absolutely NO PROCESSED or REFINED ingredients are used.

All recipes are sugar free, dairy free, cholesterol free, wheat free, Gluten-free, oil free and salt free.

In this fun, informative 3 hour class you will samples all of these delicious dishes and receive the recipes.

Whether you want to lose weight or just feel great, learn how eating a NUTRIENT RICH diet will help you prevent and reverse disease.

To
REGISTER
Investment In Your Health:
\$75 but only \$49 if paid one week in advance.

Questions?

e-mail chefaj@att.net or

call (818)430-3436

Menu subject to change and improvement.

MAKE A WISH LIST

There are a few items that will help you on your nutritional choices – correct portion sizes, easier salads and smarter snacks for yourself and your family.

Cutting board

Salad spinner



10 oz glass pyrex dishes



A giant beautiful salad bowl with nice tongs.



A giant fruit display dish

A blender (we have a BlendTec and use it every single day...2 years).

A veggie chopper.



Having these “tools” will make it easy to dish out a “serving” of a snack (the 10oz dishes) and put together a salad FAST.

Fruit on display will make it accessible to everyone and help make snacking SMART!

The blender can make raw healthy soups, shakes and juices in MINUTES that everyone will love.



CAMPER AWARDS!

This tour we're going to have CAMPER AWARDS!

It is just SUPER FUN. Nomination will be needed in the following categories:

- Best Hair
- Nicest Camper
- Most Inspirational
- Most Encouraging
- Loudest Camper
- Most Improved
- Cheeriest
- Favorite Trail
- Social Butterfly
- Biggest Smile
- Best Counter
- Best Dressed
- Best Food Journal-er
- Neatest
- Most Punctual

This only works and is really the most fun ever IF YOU PARTICIPATE.

By now you know each other by name AND face! YAY!

Do you see someone trying EXTRA HARD? Did someone give you a bit of encouragement that helped you a lot?

We'll take nominations in writing or via email (info@805BootCamp.com). Please give us as much detail as you can recollect. Normally you know people by first name only and we'll help you identify them.

The final tally will be prepared as a full blown action movie and released at our Graduation Potluck Party on Saturday May 26th at our house.

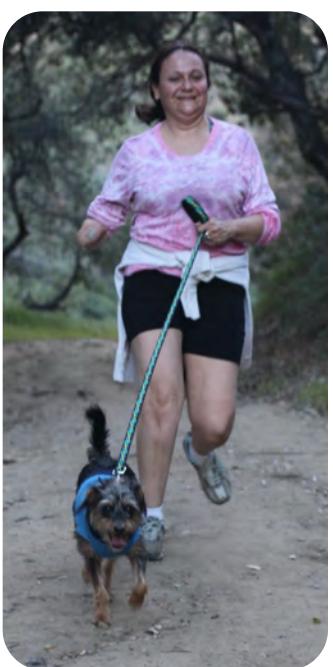
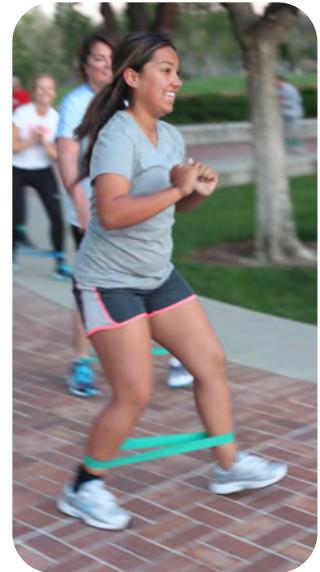
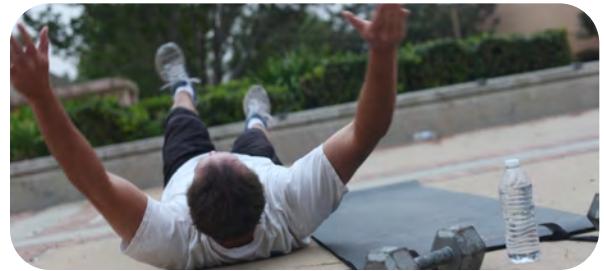
K-9 APPROVED!

805 Boot Campers bring the most amazing dogs to camp. This tour we've got some new fluffy faces to enjoy!



The BEST part of camp...

YOU





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Contact Sarita@805BootCamp.com. Spaces are limited to first come first serve. Product or Service cannot conflict with the 805 Boot Camp nutrition philosophies on exercise and nutrition.

PERFECT ATTENDANCE & BIGGEST WINNER

The 805 Boot Camp Program is not a "gym membership" or a "show up when it works for you" program.

We made you pay UP FRONT and we want to see your face EVERY SINGLE DAY getting your money's worth.

At the end of 6-weeks we want you to know with absolute certainty that you got what you paid for AND MORE.

Most people want to get a tough workout but need the accountability and structure that we create.

No matter what is happening in your life, we're going to be at the designated location ready to give you 60 minutes of an excellent workout!

And for those of you keeping the food journals, we want to see them every single day - not once a week, month or "when it is convenient".

That's how the two challenges

(Perfect Attendance and Biggest Winner) were created.

PERFECT ATTENDANCE

When you show up EVERY SINGLE CONSECUTIVE DAY of camp, never missing once, you earn the Perfect Attendance Status.

Everyone that accomplishes this gets an entry into a drawing for \$100 off their next full camp!

Not only will you get the amazing body that dedicating 6 straight weeks of camp will give you, you get a BONUS! Once you miss a day you are out of the challenge.

BIGGEST WINNER

At the start of the Tour we took starting stats on Weight, BMI and Body Fat %.

BW players must be on a camp food journal, and must bring it to be checked every day. You may not be on a reduced calorie diet, low-

PERFECT ATTENDANCE PEOPLE

Adrienne A	Kristi C
Angie L	Larry L
Ashli S	Livia
Bill J	Mark G
Brenda R	Mary N
Cari C	Mary P
Carolyn Ra	Natalie P
Dan C	Nisa S
Danielle D	Oscar V
Dawn H	Patti T
Debbie Bo	Rajeev
Dena M	Rick I
Deresa	Rudy G
Eric C	Sandi K
Janice L	Sandra M
Jenni H	Stephanie J
Jessica A	Steve S
Jo Ann G	Tammy
Julio P	Tauna B
Jymme-Lyn	Teresa V
Karen H	Tony L
Karlie B	Tracy C
Kelli R	Vicki A
Kevin M	

THE BIGGEST WINNER!



fat diet or anything other than COMMON SENSE NUTRITIONAL CHOICES.

Each paid \$20 to join this challenge and all of that money goes into a pot.

After the FINAL TESTING (which occurs on the same day for each person) the same stats are collected and the winner is the person with the highest average percentage of

improvement!

They win 75% of the pot and the remaining 25% goes to camp equipment!

BIGGEST WINNER CHALLENGERS

Carolyn
Deresa
Diane T
Jenni H
Jim B
Josh L
Nisa
Rod F
Tony L
Vicki A

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