

# Surviving Boot Camp

By Cathy Tyson

I had imagined camouflage pants and a bullhorn. In reality the instructor for my first day of class was wearing the latest in stretchy athletic gear and looking very fit. It wasn't long before I was panting and dripping with sweat, one recent morning at the Moraga Commons. It seemed like a good idea, sign up for Boot Camp, see what its really like, and write an article about the experience. For yours truly and every other "camper" I met, the unanimous feeling is that its definitely challenging, but in the end, very rewarding. Which is the whole point.

Instructors, Tim Hill, Liesbet Bickett and Martin Sadalski are great about encouraging one's best efforts and offering alternative moves, on the off chance it gets too difficult, say for a middle-aged reporter. They really know their physiology, so can offer informed advice and pre-workout stretching for injured or post-surgery classmates.

Kelly Price, one of my

partners in sweat says it best. "I wanted something that gave me a good jumpstart to lose the weight, feel stronger and have more energy. What I've realized is that when you begin to truly concentrate on yourself, take the hour to work hard and understand your goals, life becomes so much more authentic. Tim and Liesbet are so inspiring because they live each day exactly how they train and teach. Their energy, attitude, and work ethic are contagious!"

"When I spoke to Liesbet about my goals, she genuinely took the time to take me grocery shopping and show me healthier food alternatives. Those experiences have been priceless."

"You leave each workout feeling like you just conquered a mini-marathon. I have definitely lost weight and gained strength, but the best feeling is the pride you get deep down inside from staying committed to something that felt so hard to begin with."

Deb Witmer, a 55 year old

participant had signed up for five months worth of classes and recently bought a pass that allows her to take additional classes for the balance of the year. "I just feel terrific, I have so much energy all day." Although there were moments when it wasn't always so pleasant. "Golly, I'm sore – but only occasionally, usually after the interval training." She's lost 26 pounds.

"For me," says Julie Luckenbach, "boot camp is something healthy that I can do for myself in those precious moments we Mom's have between dropping the kids at school, unending chores and picking up the kids again."

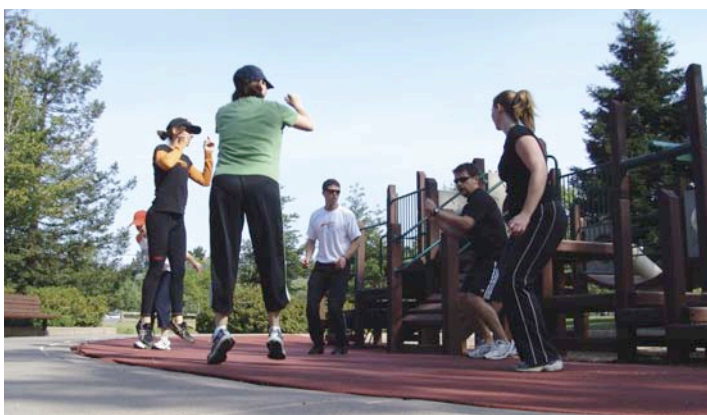
Independently owned and operated by Tim Hill and Liesbet Bickett, Contra Costa Adventure Boot Camps had their first class in June of 2006. Prior to starting the business, the couple, who met on Match.com, had extensive backgrounds in exercise and athletic competition. The camp itself is a four-week outdoor program of fitness instruction, nutritional coaching and motivational training. Participants can chose

from three to five days per week, starting at \$199. The next sessions are starting soon in Lafayette, Moraga, Walnut Creek and beyond.

"My idea was not to train people in the gym but to train them outside and show them that the natural gym is so much more fun, and that exercise was about loving and discovering the power of yourself, not putting in your hour at the gym because you have to," reflects Liesbet about her philosophy. Included in the program is a free nutritional seminar, also available for an additional fee are: the Clean Cupboard Makeover in your home, and The Clean Food Makeover by Cindy Gershen owner of Sunrise Café, and prepared healthy meals by Orto go.

At the moment, I don't have abs of steel, but I'm working on it.

For more information call (925) 457-4587, or [www.contacostabootcamp.com](http://www.contacostabootcamp.com)



Instructors Tim Hill in white T-shirt and Martin Sadalski in black T-shirt facing camera  
Photos by Andy Schreck

Pain is weakness leaving the body  
No bad weather, only bad clothing  
Mind over matter – if you don't mind, it doesn't matter  
Make life a mission, not an intermission  
I don't carry my weight, my weight carries me



Enjoying the obstacle course with fellow campers at the Moraga Commons.



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