

ORANGE TEAM

Wow! And Wow again! That is all I can say. The last and final boot camp was the best and hardest, if that makes any sense? The best in that we were pushed to the limit and did not falter.....completely! The hardest in that our workouts were divided into 3 straight minutes of intense workout per Activity/Station , followed by 2 minutes of another, and then 1 minute at another – with no repetition of exercises! We continued the 3,2,1 pace, all of which was done back to back for an hour! Wow.....And wow again! I am still not sure how I made it but, I did.....We all did!



I am simply amazed and astounded at how far we have all come during this 12 week journey. I am proud of everyone! Especially my Soul mate: Helene. I truly believe I could not have done this without her courage, support, and participation. Thank you Honey!

We all deserve a huge pat on the back and I want to send a big thank you to all participants! You are all such wonderful and fun people. I hope we all stay in touch once this is all said and done.

I also want to thank all of the sponsors: (Big Bears Gym – Penny, Here's the Scoop – Lois, SFL – Zach, Extreme Pita – Jen & Staff); There are far too many to mention but, you all know who you are. You have truly made this an experience worth every ounce of energy, sweat, and tears! Again, Thank you!

Well, enough with the Sappy stuff.

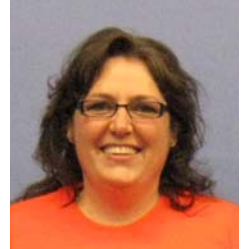
One of my biggest learning experiences has been on the nutrition end. I do not think I have ever read as many labels on food, as I have over the last 3 months. It is amazing what you notice, and how easy it becomes to stay away from the BAD foods! That does not take away the temptation but, makes your choice easier based on informed decisions.

Well, that's all I have for now.

Chris

As the journey of the past 12 weeks comes to a close it is with anticipation, excitement and a whole new outlook on life that the next leg of the journey begins.

Penny didn't let us down when it came to our final boot camp. It gave us a real run for our money and challenged me to dig deep and put all the hard work, training and sweat of the past 12 weeks to good use. I have worked hard to master the challenge of doing a proper squat and I think by the feel of my quads & glutes (Butt) today that I may have finally got it right. Penny I am grateful for your patience with me and for teaching me techniques that will continue to help me reach my full potential while exercising.



Learning about healthy nutrition and proper eating habits that fit my lifestyle has been a blessing. I have learned that by making simple and deliberate changes to what and when I eat foods makes all the difference in how my body and metabolism will break things down. Each week Zach talked to us about nutrition and healthy choices and encouraged us to try new things. It is amazing what a few shaves of ginger and a little bit of red pepper will do to a recipe. I have thoroughly enjoyed the menus and the support from the SFL staff.

Extreme Pita as mentioned before in my blogs was my saving grace for at least one night a week throughout the challenge. It was a wonderful treat to know that I could pop over there and have a yummy and healthy meal made up just as I like it. It was always a good chuckle trying to stump the staff when Chris and I would both use out special coupons at the same time. It is nice that everyone took things in stride.

Finally to Lois and Here's the Scoop ; I thank you for patiently waiting week after week as I remembered at the last minute to get the weekly blog done. You always did a great job of getting our stories in print and sharing your thoughts with the captions on the weekly photos.

As you can see I could go on and on however I better quit...or Lois will just cut it off .

To my fellow challenge members I wish you continued success and lifelong health. You are all wonderful and inspiring individuals.

Lastly to Chris; I couldn't have done this without you by my side, your encouragement and support kept me grounded and focused. This has been a wonderful experience and as I journey onto the next phase in life I am very honoured and proud to say and know that you will continue to be right there with me.

Best to all: *Helene*

ORANGE TEAM CONTINUED :)

Well the Orange team got a little wordy on me for the last blog. I loved how Helene said I'd cut it off. I just couldn't because hearing about the experience is why we do this yearly challenge. However there were some pictures of team orange that needs to get out there so Congratulations :)



Get a room



**Elbow to knee !
in 2009 The yellow team
referred to these as
turtles !! Good times**



**If you are still smiling
during Cathy's bootcamp
You are a wonderful individual**



**Up, down, back forth
This is where Lois blanked out
and can't remember the exercise**