

Phoenix Health and Wellness

**Car Accident
Know-How**
page 8

**Gluten-Free Holiday
Dessert**
page 30

**5 Things you're Not
Supposed to Know
about Chiropractors**
page 34



Dentists That Do More

In This issue: New Research, Important News, and Interesting Facts About Your Mouth. Plus Dr. Michael Margolis Explains a Unique Approach to Dentistry. **page 22**

DAWN FRANKLIN ADVENTURE BOOT CAMP

COMBINES FITNESS AND FUN.

An assortment of fitness and weight loss programs are springing up countrywide. Boot camps are amongst the most popular. Many find it a great jump-start to their fitness program and an overall confidence booster.

Dawn Franklin Adventure Boot Camp is one of the 200+ independent locations of Adventure Boot Camp, which was founded by Dr. John Spencer Ellis. A pioneer in outdoor exercise and boot camp workouts, Ellis set standards that outdoor fitness programs use as a benchmark for safety, education and qualifications for instructors.

Exclusively for women, this Camp is extremely well structured and adaptable to all sizes, ages, and fitness levels. The 4 week program includes a pre and post fitness assessment.

The boot camp maintains the highest standards for training, education and safety. We are the only fitness boot camp that is backed by an international educational and certifying body in the fitness industry. The National Exercise and Sports Trainers Association (NESTA) endorses and approves Adventure Boot Camp.

Many women are seeing great results with the Ahwatukee based camp. While fitness program's generally don't guarantee outcomes. Franklin's camp has some very well established expected results.

UPON COMPLETING THE CAMP, FRANKLIN'S PARTICIPANTS REPORTEDLY SEE...

- 3-5% reduction in body fat
- 5-12 pounds weight loss
- 25% improvement in strength
- 100% Gain in self confidence
- 1-3 inch decrease in the midsection
- 25% improvement in endurance
- Greatly improved posture
- Better relaxation

The 4 week program is structured with a pre and post fitness assessments, nutritional guidance, and motivational help. In exchange they ask for 1 hour every day. It's not so much the 1 hour workout but which hour ... 5:30am. Early risers and motivated newcomers find getting the day started right appears to be helpful in making a lifestyle change.



Franklin feels that one of the most important things is to keep workouts fun and different. They do an entirely different workout each day. On Halloween they were bench pressing pumpkins! She also hosts a blog on the camp's webpage to help keep everyone on track and motivated!

A new approach to exercise can be a fun adventure with fun people and according to its captain is "packed with fun and energizing activities designed to help you reach your fitness goals".

Dawn Franklin Adventure Boot Camp caters to all shapes, sizes and abilities! According to Franklin, "If you are at a level 1 or at a 10, you will get a workout to accommodate your goals!"



Dawn Franklin Adventure Boot Camp

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