



Commitment

to carry into action

Accountable

to give an explanation

Motivation

something that causes
a person to act

Partner

one who plays on the
same team with another

21 Studies have shown that
it requires 21 consecutive
days to form positive
habits in your lifestyle.

Your body is your life.

Feed it.

Water it.

Move it.

Rest it.

Love it.



To speak with a Personal
Accountability Coach or
for more information about
forming Positive Health
Fitness Habits for Life,
contact us at **407-399-8324**. • • •

Healthy Habits for Life



Habit - *def.* - a behavior pattern
acquired by frequent repetition

Visit us at
camp21healthfitness.com

Health Fitness
CAMP21[™]
Positively Habit Forming

CAMP21 Health Fitness unlocks the door to live a healthier and more productive life.

The program is designed to help you form healthy habits by combining a unique blend of physical activity, healthy lifestyle management and a Personal Accountability Coach to guide you along the way. Your Accountability Coach will partner with you to set your personal goals, develop your personalized plan, and support you with daily phone calls to help you achieve your desired results.

CAMP21 Health Fitness:

- Combines proven health principles, simple and effective exercise and a motivating Personal Accountability Coach.
- Customized to fit your personal schedule.
- Requires no special food or exercise equipment.
- Motivates you to form Positive Health Fitness Habits for Life.



Success Stories

“My cholesterol went from 212 to 166 and my triglycerides went from 240 to 115. My doctor thought he had put me on cholesterol medication, but after CAMP21 it wasn’t necessary. My energy level has increased while my waistline has decreased. CAMP21 works!”

Carianna

Seventh Grade Teacher

“My health and well-being have improved because I have developed new habits that seem natural and effortless into my life. I now exercise an hour each day, not because I feel obligated, because it has become a habit.”

Paul

Environmental Engineer

“I am a member of a fitness club, but found out that I needed more individualized attention to keep me focused on my goals. My Accountability Coach called me everyday, listened to my concerns, answered my questions and encouraged me to keep going. I am a true believer in CAMP21!”

Janet

Mother of two, Teacher

“It’s the best money I’ve ever spent.”

Kelly

Mother of four, Accountant

- Feel better about yourself.
- Exercise & live with more energy.
- Create health habits for life.

