



ESSEX BOOT CAMP are sending out a message to the people of Chelmsford and beyond: put the World Cup behind you, get up off the sofa and work off those beer bellies in the great outdoors!

The tournament in South Africa was sponsored by Coca Cola, McDonalds and Budweiser, and the Medical Research Council warned that watching the World Cup on television - with all the beer and snacks involved - would definitely increase the risk of heart disease (why wouldn't it?).

Exercise is one of the most important ways to boost your health. A few hours each week cuts the risk of developing heart disease by up to 50%, so it stands to reason that the instructors at Essex Boot Camp want you up off your backsides and joining in the fun (yes, fitness *can* be fun too, you know).

Essex Boot Camp was dreamt up by 'Essex Boy' Glynn Roberts (*last man standing, above*) who spent five years in the Marines - the world's fittest and most effective fighting force. He battled against the Taliban in Afghanistan and militants in Iraq before deciding that was all a bit too tame, so promptly returned to his beloved Essex and set up the most gruelling exercise programme known to man (hey, it's not *that bad* really, and it sure as hell beats yet another boring session at the gym). Fact is, it's really up to you just how far and hard you push yourselves, but be warned, the instructors are forever looking for that extra 10%.

Swap your Mars bars for power bars, your warm beer for cool, clear mineral water, get out, get some fresh air into your lungs and exercise that body back into shape! There's plenty of sessions to choose from, including Beaulieu Park, Hylands Park, Admiral's Park and Bell Meadow Park, plus plenty more throughout Essex.

Furthermore, Edge readers are always more than welcome to attend - **FIRST SESSION FREE!**

One lady who recently took Glynn up on his offer to whip her butt into shape was Hollie Laidlaw, a trainee paramedic, who has lost five stone in just five months. In March of this year, Hollie weighed 17st 12lbs and often found herself breathless after walking up stairs to attend casualties. Yet after becoming an Essex Boot Camp regular, she now freely admits that her life has been totally transformed.

Says Hollie: "I looked up Essex Boot Camp on their website and decided to give it a go. At first, I couldn't even finish the warm-up lap. But they pushed, cajoled and encouraged me, worked me out a diet plan, and that's how I've managed to lose a stone every month for the past five months. OK, so it requires dedication and is really hard work, but the guys still manage to keep the fun element in their sessions, which is absolutely great.

"I was also introduced to another member, Rob Seymour, whose lost half his bodyweight since regularly attending Essex Boot Camp sessions. So with my new 'anything's possible' outlook on life and three sessions every week, my weight's still decreasing."

Hollie is 5'9" tall and is now down to just over 12st 7lbs. Her fitness has improved immensely to the extent that she's now even entering triathlons - races where contestants have to run, swim and cycle several miles. In mid-July, Hollie even finished eleventh in an event and made a point of thanking Essex Boot Camp for all their help. She also now finds her role with the East of England Ambulance Service an awful lot easier and all the instructors at Essex Boot Camp are very proud of her indeed.

**TAKE THE
STRESS
OUT OF YOUR
DIVORCE**

Getting divorced or separating is stressful. At Essex Mediation we have over 10 years experience in easing the strain.

We'll help you escape mounting solicitor fees and in most cases avoid going to court.

To see if we can help you ease the stress call us now on 01245 492 200 for your **FREE** no obligation appointment. www.essexmediation.co.uk

**CALL US NOW FOR YOUR
FREE APPOINTMENT
01245 492 200
www.essexmediation.co.uk**



**Could you drag this
across a field?**
Roll with the fitness
Get out! Get fit! Get to Essex Boot Camp!

The County's leading outdoor Boot Camp offering over 180 sessions per month.

- ✦ Outdoor training with ex-military fully qualified staff
- ✦ 1 hour of enjoyable & motivating exercise
- ✦ All fitness levels welcome
- ✦ Located at popular parks all across Essex

Learn more, visit essexbootcamp.co.uk

