

## **Boot Camp: The "Bay Bay" Way**

*Source: Bay Bay's Kids & All Sports Foundation*

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### *Free Family Event Promotes Health And Fitness*

SAN ANTONIO – As an athlete and as a trainer, “Bay Bay” McClinton (aka “The Punisher”) knows the importance of physical health and fitness; as the founder of Bay Bay’s Kids & All Sports Foundation, he has always dedicated himself to the mission of improving the health and fitness of San Antonio’s youth. Now, McClinton has found a unique way to continue that mission.

“As a trainer, you can tell people what they need to do,” says McClinton, “but that’s not enough. When they can see you doing it, they start to think, ‘Hey, I can do that too,’ so the message is that much stronger.” To bring that message home, McClinton has invited local fitness professionals and special celebrity guests to participate in Boot Camp: The Fitness Challenge, on Saturday, September 13, from 8AM to 12 noon, at the Don Strange Ranch (103 Waring Welfare Rd., Boerne, Texas 78006).

For Boot Camp, teams will compete in a series of events designed to test their strength, endurance, and fitness; participants will include independent trainers, as well as representatives of area gyms. “We’re not going to make this easy for the trainers,” promises McClinton. “It’s going to take everything they’ve got. They’ll have to check their egos at the door, get out on the field, and do it.”

McClinton will serve as a celebrity coach and color commentator at the event, along with Drill Sgt. Harvey Walden, IV [Ret.], star of VH-1’s hit reality series "Celebrity Fit Club". McClinton says, “You always know what you’re going to get from Harvey. I can’t think of anyone who can motivate people to get out of their chairs and get moving the way he can. It’s an honor to be working with him, and more than that, it’s going to be a lot of fun just watching him in action. If you’ve only seen him on TV, I think you’re in for a real treat.”

Walden will also be the keynote speaker for the H-E-B Health and Fitness Fair that will take place that same day, from 1PM to 5PM, at H-E-B Plus (6818 S. Zazamora, 78224); during the event, Walden will take the stage to answer questions and sign copies of his book, "Harvey Walden's No Excuses! Fitness Workout". The health fair will also feature healthy snacks, an inflatable obstacle course and bungee run for the kids, and performances by dancers and fitness professionals. A free shuttle service, with buses leaving at 7:15AM, will be available to transport attendees between H-E-B Plus and Don Strange Ranch, giving everyone a chance to attend both events and still save on gas.

Both events will be free and open to the public.

For more information on Boot Camp: The Fitness Challenge, please visit [www.allsportfitness.net](http://www.allsportfitness.net) or [www.myspace.com/baybayskids](http://www.myspace.com/baybayskids).

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About Bay Bay's Kids & All Sports Foundation:

Bay Bay’s Kids & All Sports Foundation was founded in 2007 by Bremond “Bay Bay” McClinton (aka “The Punisher”), a former professional football player, a fitness trainer (for such athletes as NFL star Priest Holmes and the San Antonio Spurs), and the President of All Sports Speed and Conditioning, LLC. Bay Bay’s Kids & All Sports is dedicated to improving the health and fitness of young people and their families,

by providing sports camps and clinics, with scholarships, for area youth; refurbishing and providing athletic equipment for area middle and high schools; providing funding for college scholarships for inner-city students; and providing nutrition and weight-loss programs for parents and children.

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