

Denville Personal Trainer Launches an Outdoor Summer Fitness Boot Camp

By Carey Yang

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Personal Trainer Carey Yang of Denville, New Jersey, has launched an outdoor summer fitness boot camp designed for helping people adopt a healthy lifestyle, lose weight, get fit, and stay in great shape.

Carey Yang, a personal trainer and fitness coach based in Denville, New Jersey, has launched a fitness and weight-loss boot camp. "I have organized this fitness boot camp with the intention of helping more people in adopting an active, healthy lifestyle, lose weight, and get fit in a group setting," says Yang, known as "Your Dream Body WorkoutXpert."

Fitness boot camp is one of the best ways of training many people at the same time. The participants get motivation, inspiration, and support from the group members. They exercise together in a team environment under the supervision of an expert personal trainer and boot camp instructor.

"Fitness or weight-loss boot camp has been getting popular ever since the Biggest Loser reality show has been on TV," Yang says. "When you exercise with a group of like-minded people, the energy is positive and contagious. You tend to do more and work harder. There's always a little competition going on."

Yang's fitness boot camp integrates group exercise, nutrition system, health education, and lifestyle coaching. These are equally important elements to achieve a healthy and fit body and mind.

Far too many people, even smart people, make mistakes, get confused, or buy into quick-fix myths about losing weight," Yang says. "Simply put, your weight equals food quantity and your health equals food quality," You can eat pizza all day and still lose weight if you can burn off more calories than you take in, but it may not be healthy or balanced nutrition. On the other hand, you can eat healthy fruits and salads but still gain weight if you eat more than you need.

Yang's fitness boot camp currently meets every Wednesday night 7:00 P.M. in a local park. Each class has a feature topic covering the areas of health, wellness, lifestyle, fitness training, and nutrition. The group members share their experiences, challenges, solutions, and strategies. The members then exercise together as a group. The exercise program focuses on total-body workout using bodyweight, dumbbells, exercise bands, and natural landscape in the park.

Outdoor fitness boot camp is a great alternative fitness program for people who want to jump-start their fitness program, exercise in a group, get out of gym rut, or try something new, fun, and different. It's also more affordable than one-on-one private personal training.

For more information about Yang's fitness boot camp, visit <http://weightloss.meetup.com/1591/>.

About C. Carey Yang

C. Carey Yang, Your Dream Body WorkoutXpert™, is a fitness coach and personal trainer based in Denville, New Jersey. He provides in-home personal fitness training, backyard boot camp, wellness and lifestyle coaching, and fitness and weight-management seminar. He specializes in helping busy, working professionals, business owners and parents who want safe, effective workouts with maximum results in minimum time. Yang is the creator of the 6-Step Dream Body Blueprint™ Body Transformation System.

To learn more about lifestyle and wellness coaching, personal fitness training and nutritional counseling and to sign up for a free monthly e-zine, receive free fitness and fat loss e-books, and schedule a complimentary consultation, visit <http://www.CareyForFitness.com>.

He is also available for media interviews, providing a list of tips and articles, and presenting wellness and fitness seminar. Call 973-303-2424 or email Carey@CareyForFitness.com.

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