

Omaha Personal Trainer Looks to Set New Guinness World Record for Largest Fitness Boot Camp Charity

Travis Stoetzel and his Omaha Fitness Boot Camp was selected as one of the top fitness boot camp programs in the world and will be a remote site for the first ever Workout Worldwide on Saturday, January 9th, 2010 at 10 am US CST.

Dec. 6, 2009 - [PRLog](#) -- Travis Stoetzel is a Omaha personal trainer. His boot camp was recently selected as one of the top boot camps in the world and will serve as a remote site for the first ever Workout Worldwide at Nebraska All Stars Tiger Cheer on Saturday, January 9th, 2010 at 10 am US CST. The event looks to set the guinness world record for the “largest international simultaneous fitness boot camp workout” with all net proceeds going to the American Heart Association (international participants will donate to their local heart association).

January is the time of year when people tend to find the most motivation to start engaging in intensive exercise programs to improve their overall health, performance, and body composition Stoetzel claims “It’s pretty common for someone to gain five to 10 pounds from Thanksgiving to the New Year due to a daily 500-1,000 calorie surplus. This stems from a lack of exercise and/or an increase in food intake due to the stresses and celebrations of the Holiday season.”

Workout Worldwide seeks to help those who fell off the wagon during the holidays get back on track in 2010. The workout will feature a time and space-efficient total body weight loss workout to provide a jump-start to one’s New Year fitness resolutions- a fitness program catering to busy professionals that can easily be continued in days, weeks, and months to come. The event is sponsored by Workout Muse, a fitness music and media production company. Workout Muse will be providing custom interval workout music that will instruct when to start and stop each exercise so the on-site trainers can safely and effectively motivate and supervise the large number of attendees. The music is also clinically proven to improve exercise motivation and performance.

In order to set the world record for largest international simultaneous fitness boot camp workout, the following criteria must be met:

- 1) The event must be simultaneous and start promptly at 10CST.
- 2) The host site and all remote sites must have at least 2 impartial witnesses on hand during the event. Anyone will do, pillars of the community like the mayor of the city or a prominent business leader are preferred.
- 3) The event must be filmed and photographed for visual proof.
- 4) All attendees must sign in and the attendance logs from each site must be provided to Guinness for an official final tally for all locations.
- 5) Media exposure helps ensure a world record is made official.

Stoetzel says “Besides having the opportunity to be a part of a world record event, there are lots of other cool prizes that will be provided to attendees including trial memberships to local fitness boot camps, downloadable home fitness programs, and discounts for various fitness equipment and nutritional supplements. If you love fitness, you’d be crazy not to attend!”

Travis Stoetzel, CSCS is a Omaha fitness expert and has been selected as one of top 50 fitness boot camp programs in the world as a remote site for Workout Worldwide in the Omaha area. Local businesses who make a \$500 donation will earn their employees free access to the event in their area and will also receive a complimentary fitness lunch and learn and be put into a raffle to win free corporate fitness boot camp training sessions on-site at their facility. To pre-register and learn more about this event, please visit www.WorkoutWorldwide.org to find a remote site in your area.

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Travis Stoetzel, a certified Strength and Conditioning coach and Certified Personal Trainer through The National Academy of Sports Medicine, is the owner of Omaha Fit Body Boot Camp in Omaha NE. He helps busy men and women lose weight, tone up, and get 10x's stronger and healthier through his specialized, high energy, group based training system. He can be contact by email at omahafitbody@gmail.com or phone at 402-984-0791.

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Source	Omaha Fit Body Boot Camp
City/Town	Omaha
State/Province	Nebraska
Zip	68116
Country	United States
Industry	Charity event
Tags	Omaha Personal Trainer , Largest International Simultaneous Fitness Boot Camp Workout , Workout Worldwide , am
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