

“BOOTCAMP”



Chiropractic Clinic Loses 189 kg!

Over 200 people recently celebrated the success of **Waverley Central Chiropractic Clinic's 2004 Bootcamp Program!**

The Bootcamp party was a fantastic day with a celebratory BBQ and drinks held at Glen Waverley South Primary School. Celebrity appearances and speeches from Peter Daicos, Dermott Breerton, Scott Cummings and Terry Daniher made the day a particularly special and memorable one for all. Awards were also presented to Bootcamp finalists.



The highly successful Bootcamp program was established just two months ago. It substantially changed the shape and attitude of over 65 patients of the practice. All the participants from the program who wanted to lose weight did so. The total weight loss for all participants was a massive 189kg!

Others who did not enroll in the program for weight loss have toned up and increased fitness levels. They are now feeling great for Summer and are keen to return to the new program starting in February!

Dr George Skandalellis (the clinic owner and chiropractor) decided to set up a fitness program for his patients. As a result of the 10 week program, tremendous results were achieved by all.

George had conducted Pilates and Swiss Ball classes at the clinic for many years, but market research had told him that his patients wanted something more demanding and rigorous. This is how Bootcamp began!

Bootcamp is not just about attending a class every so often, and then going home and falling into the same old routine of poor diet and lack of exercise. Bootcamp is a total lifestyle change. It is a personal training program of determination, commitment and discipline. The program encourages regular exercise patterns and lifestyle changes.

The classes were held on Monday and Wednesday evenings, and Wednesdays and Saturdays during the day. They are run by personal trainers Bronwyn Williams and Stratis Demetriou.

The classes consist of one hour sessions once a week. So for those busy with work, children and the normal day-to-day stresses, one hour a week is very easily attainable.

Dr Skandalellis conducted a full assessment on each patient before they commenced the program and the two trainers met with the chiropractor each week to make sure the right exercises and programs were devised for each individual's spine.

The type of class was determined by individual fitness levels to ensure that everyone was at a similar level and working together throughout the program. All fitness levels, such as beginners, intermediate and advanced, are catered for.

The classes incorporate; cardiovascular, core strength stability, Pilates, Swiss ball work, circuit, flexibility and weight resistance. The program also closely examines people's dietary habits and offers advice on correct eating such as how to be wise with food labels, ordering at restaurants and low GI foods. The key focus is on how to look after your body and get into (and maintain) a healthy exercise regime!

Bootcamp programs consist of 10 week blocks. The sessions are booked in advance and you are with the same team, which can include family and friends, throughout your journey to better health. With this approach everyone progresses at the same level in a friendly and encouraging atmosphere.

If you would like to join the next **Waverley Central Chiropractic** Bootcamp Program or if you would like to know more about one-on-one training sessions phone **(03) 9545 0278** or email info@myfamilychiropractor.com.au.