

Boot camp for women roll call March 20

No matter what your fitness level, boot camp for people of all abilities

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If you're a woman looking to invigorate your life by going through obstacle courses and tossing medicine balls around in the pre-dawn gloom at Fraser River Heritage Park, you're in luck.

Women will have the chance to show their right stuff now that Mari-Ann Drevvatne, owner of B.C. Adventure Boot Camp, is expanding her operations to Mission.

Starting March 20, trainer Elisabeth Chamberlain will lead her charges through an hour-long workout that changes from day to day.

The camp starts every day at 5:45 a.m., five days a week, for a month. For those disinclined to wake for *Reveille*, there is also a 6 p.m. session.

Either way, don't expect to walk into the remake of Private Benjamin.

"We are not drill sergeants," said Drevvatne, who has an unnerving never-ending smile and, not surprisingly, a very firm handshake.

"We don't wear camouflage. We don't yell at anyone, but we will challenge you. We are Certified Outdoor Fitness Experts committed to safely and effectively improving fitness for all. It's lots of fun and people love the camaraderie."

Along with exercise, there is also nutrition education and personal empowerment building. Alcohol and certain foods are verboten during the month-long camp.

The boot camp is for people of all abilities, from those just moving off

the couch to Ironman competitors, said Chamberlain, an experienced trainer and a certified yoga instructor.

"We don't leave anyone behind," she said.

Despite the vigours of working out daily outdoors, Drevvatne said half to 80 per cent of their clients come back.

"They just have such a good time and they feel so much better," she said.

But why so early?

"It's proven that the basal metabolism really gets going when you work out in the morning," she said.

That means you lose weight faster. And, many people like to time for themselves before they head out for their commute or before their kids get up.

B.C. Adventure Boot Camp is the only certified in the Fraser Valley, just one of three in B.C. and one of eight in Canada. Dravvatne runs several camps for men and women in Pitt Meadows, including a three-day option, all of them out in the fresh, year round.

She said she's found that the outdoor workouts can help those suffering from Seasonal Affective Disorder.

Drevvatne started her boot camps three years ago, based on the camps started in California by fitness guru, Dr. John Spencer Ellis

The cost is \$299 for the month-long camp, \$199 if you bring a friend, or if you a return customer.

If you want to learn more about the B.C. Adventure Boot Camp, go to www.bcbootcamp.com.



Professional trainers Elisabeth Chamberlain, left, and Mari-Ann Drevvatne are eager to start a women's boot camp at Fraser River Heritage Park on March 20. The daily sessions run at 5:45 a.m. or at 6 p.m. Dravvatne owns and operates B.C. Adventure Boot Camp in Pitt Meadows and is expanding to Mission and Maple Ridge. —CHRISTINA TOTH/TIMES