

## news

# Drevvatne's Adventure Boot Camp ready to open next week at Walnut Beach Resort

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After the Sept. 11, 2001 terrorist attacks on New York City, the cruise line industry went into a severe depression and she quit the cruise line she was working for and started her own personal training business, which she has continued for more than a decade.

As a youngster, she took up archery and was a national junior team member in Norway for two years in the late 1980s. She also started weight training at age 16 and has been hooked ever since.

She married a Canadian man and ended up moving to Vancouver in the early 1990s and has called British Columbia

home for 20 years.

Her dedication to fitness and a healthy lifestyle played a vital role in her being able to recover from a serious car accident in 1996, she said.

"I was very badly banged up and suffered from chronic pain for a couple of years," she said. "The injuries to my lower back were so serious doctors told me my days as a personal trainer and competitive athlete were pretty much over, but I didn't like that answer."

Her road to recovery included acupuncture, physiotherapy "and incorporating a lot of preventative medicine" into her daily life.

It worked as she got in to the best shape of her life and finished fourth in the

world at the International Natural Bodybuilding Association Championships in Greece in the fall of 2007.

"That was one of my proudest achievements," she said. "It was a long road back after the car accident and I still had herniated discs in my back, but I managed to get in the best shape of my life and accomplished a goal to be one of the best natural bodybuilders in the world."

Drevvatne said she has trained "everyone from beginners who are in very poor shape to world-class triathletes" and she's looking forward to building a large and loyal client base for her new business.

She sees no reason Osoyoos can't become a

tourist destination mecca year-round for fitness fanatics.

"We have the facilities, we have the nutritional supplement stores, we have the great weather," she said. "Many people come here to play golf,

check out the wineries or go horseback riding, but after a couple of days, they're bored.

"I have a passion for helping change lives. I wake up every morning and consider myself blessed to be able to help

people. There's nothing I'd rather be doing with my life."

To sign up for the Nordic Warrior Goddess boot camp, call Drevvatne at 604-787-7738 or visit her website at [thnordicgoddess.com](http://thnordicgoddess.com).



Photo supplied

Mari-Ann Drevvatne, also known as the Nordic Warrior Goddess, will be starting her first Adventure Boot Camp at the Walnut Beach Resort starting Monday, April 23. Drevvatne believes Osoyoos can become the health and fitness mecca of Canada.