

Conquer Food Weight Loss and Food Addiction Boot Camp Records Proven Results

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Nottingham UK -- Positive Retreats Ltd and Paula Williams are pleased to announce that they provide effective extreme weight loss services. The methods are implemented in a 12-week residential program which beats food addiction and sugar addiction. The proven program is both powerful and cost-effective, especially when compared to drastic weight loss surgery. The programs are structured to help groups of people, limited to twenty at a time to take part in the three-dimensional program. Courses run four times per year.

Participants who are part of the program are carefully selected in order that the program administrators can be assured that they are serious about completing the program. During the three months of the program, clients typically lose eight to eleven pounds per week. Improved mobility is achieved with less pain involved in performing the exercises. The regimen features reduced impact training and active recovery days.

Every session is designed to help clients break through their limits. Constant progress and emphasis on wins throughout will improve motivation to stay with the program. Success encourages the participants to move on to new successes.

The instructors are the top trainers in the UK. Each trainer has a history of service with the British Forces. In addition, they have completed the highest level fitness training. Specialist coaching ensures that they relate in a compassionate yet empathetic way toward clients.

Lodging is designed for comfort and rest optimization. Some of the features of the lodging at the secluded facility include Wi-Fi internet access, an orthopedic mattress, hypo-allergenic pillows and blackout blinds. Participants are able to stroll the lounges and gardens in peace.

The strength of the Conquer Food rehabilitation program lies in changing both the mind and body to think, eat and move better. The support lasts throughout the program and beyond. The commitment to start and complete the program comes from the client, but the results are a joint effort between clients and trainers.

Additional details are available at the following link: <http://conquerfood.org>.

Contact Information

Contact Person Name: Paula Williams

Company: Positive Retreats Ltd

Address: C/O/Heydour House, Grantham, Lincolnshire, Nottingham UK NG323NG

Contact Telephone Number: +44 (0) 1529 455 181

Email: paula@team-bootcamp.com

Website: <http://conquerfood.org>

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For more information about Conquerfood, contact the company here:[Conquerfood](#)

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