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EMILY BOLL WINS BACK-TO-BACK TRIATHALONS
Boot Camp Hawaii owner proves hard work pays off

Honolulu, Hawaii (April 2011) – Emily Boll, owner of Boot Camp Hawaii (BCH), has just won her second consecutive triathlon on April 17 by winning the Lanikai Triathlon for her age division Females 30-34. One month prior, Boll and team Boot Camp Hawaii members Alyssa Hozack and Christina Carran came in first place at the Waterfront at Pu‘uloa Sprint Triathlon Team Challenge. Boll is the owner and expert fitness trainer for BCH, a personal and group fitness training company.

Boll’s goal is to conquer the Honu Half Ironman Triathlon that takes place in Kona, Hawaii on Saturday, June 4, 2011. This triathlon involves a 1.2 mile swim, 56 mile bike ride, and 13.1 mile run in Kona’s extreme conditions. The Honu is a qualifying event for the Iron Championship in October.

Asked about how her fitness routines are related to her fitness classes.

Boll says, “My fitness routines are similar to the classes that I teach. To see results for my students I bring a positive attitude, help them develop healthy eating habits and continually challenge each of them during workouts.”

BCH holds daily workouts for individuals, groups and corporate clients. The original fitness program was created around the popularity of boot camp fitness, but now includes a variety of classes and activities for its students. Those interested should go to www.bootcamp-hawaii.com for all fitness programs and events.

Schedule of BCH events April through June:

- **April:** Boot Camp Hawaii Swim Series (Members Only)
- **April 25 and 27:** University of Hawaii Camp in Dance Studio from 12-12:45pm @ Dance Studio #2
- **May 1:** Mediterranean Cooking Class with Chef Scott Sakaguchi at the Contemporary Museum Café from 10am-11:30am.
- **May 17:** GroupOn.com Special \$5 intro level classes sign up.
- **June:** Over Drive Live on OC16 special BCH 2-Year Anniversary Special 2 for 1 for new clients.
- **Ongoing: Boot Camp training, Yoga, Swimming (Starting Summer), TRX, Endurance Training, Workshops and Consulting. Plus Corporate packages available for businesses.**

Fees begin at \$20/class and \$25/workshops. Memberships, Corporate Membership rates, and Annual discounted specials are available.

Visit: www.bootcamp-hawaii.com for more details.

About Boot Camp Hawaii:

Boot Camp Hawaii is a service business that provides outdoor and indoor Boot Camp format exercise classes, personal training, and small group training. In addition, BCH offers lifestyle and weight-management and nutrition consultations. We promote physical fitness for any age and ability, encourage a life-long commitment to living a healthy lifestyle, and commit to helping people improve their quality of life. For more information visit: www.bootcamp-hawaii.com.

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