

Local Women's Fitness Boot Camp Fights Obesity by Educating Community Through Free Supermarket Tours

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These tours through local supermarkets in the area are designed to educate consumers and fight deceptive food labels. Misinformation and loopholes in the FDA food labeling laws are all deceiving the masses and contributing to our nation's obesity epidemic.

"These people are dying and looking for answers. We don't want to be just another rep-counting personal training company. Our goal is to educate and empower people to take control of the way their body looks and feels," explains Tony & Molli Rathstone, who have been operating the Women Only Boot Camp since May 2004. "Our tours which are free for a limited time cover the following key areas:

1. Hidden fats. Loopholes in the food labeling laws allow the food industry to label a product which is entirely made up of fat as "fat-free". People need to know how to spot hidden fats.
2. Hidden sugar. The food industry also deceives consumers by replacing fat with sugar and labeling it "fat-free". Sugar can also be hidden in our food because it is called many different names which can be confusing to consumers. People also need to know the difference between "sugar-free" and "no sugar added".
3. Supportive nutrition. A supportive meal is one which supports the speeding of your metabolism. It provides material from which we can build and maintain cells, one which allows us to maintain a balance of hormone production allowing for on-going fat release, as well as one which provides adequate "highly thermic" fuel for energy production. People need to know the components of a supportive meal and not be duped into the latest diet craze.
4. Identifying quality food selections. Supermarkets are usually laid out in the same format. Generally, there are good sections and bad sections. We educate people on how to locate these quality sections for their food choices."

Boot Camp Supermarket Tours are held at different locations throughout the Inland Empire area and last approximately 1 hour. You are encouraged to reserve your spot for a free supermarket tour by calling 909-556-9024 or logging onto <http://www.inlandempirebootcamp.com> and filling out the contact form.

<http://www.inlandempirebootcamp.com> want to make a difference and help combat misinformation from both the food and fitness industries. "The fitness industry is the only industry in the world where almost as a rule, people fail to get what they pay for, and they blame themselves! We give people the real answers that they need to make positive improvements in their health," says Tony & Molli Rathstone.

For More Information Contact: www.InlandEmpireBootCamp.com for more insights into this topic. Direct line: (909) 556-9024 Email: e-mail protected from spam bots Other helpful information regarding the this product or service can be found at: www.InlandEmpireBootCamp.com

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