



Transcript from June 8, 2010 to June 9, 2010

All times are Pacific Time

June 8, 2010

- 1:26 pm fitcityindy: Questions about how to stay active this summer? Join us & @indybootcamp 2night @ 7 ET for #indyfitchat. Bonus: \$25 off 6/14 classes! Pls RT
- 1:59 pm lisavielee: RT @fitcityindy: Questions about how to stay active this summer? Join us & @indybootcamp 2night @ 7 ET for #indyfitchat. Bonus: \$25 off 6/14 classes! Pls RT
- 3:24 pm OnTrackFitness: Tonight at 7 @indybootcamp takes the fear out of boot camp on #indyfitchat. Join in & get \$25 off boot camp class starting 6/14.
- 3:45 pm CMV420: Questions about how to stay active this summer? Join @fitcityindy & @indybootcamp 2nite @ 7 ET for #indyfitchat. Bonus: \$25 off 6/14 classes
- 10:16 pm eternallizdom: RT @fitcityindy Tonight at 7 @indybootcamp takes fear out of boot camp on #indyfitchat. Join in & get \$25 off boot camp class starting 6/14.
- 10:20 pm eternallizdom: Tonight at 7 @indybootcamp aka Tod Esquivel takes fear out of boot camp on #indyfitchat. Join in & get \$25 off boot... <http://bit.ly/9GZNqW>
- 10:40 pm fitcityindy: #indyfitchat with @indybootcamp will begin in 20 minutes. Join us with your questions on how to get in the boot frame of mind this summer
- 10:54 pm eternallizdom: Looking forward to the chat with @indybootcamp and @fitcityindy in a few minutes! #indyfitchat
- 11:01 pm eternallizdom: Want to participate but don't know how? Here's help! <http://eternallizdom.blogspot.com/2010/06/twitter-chat-how-to.html> #indyfitchat
- 11:02 pm fitcityindy: It's time to start our #indyfitchat with Tod at @indybootcamps! Welcome Tod and everybody to our chat about the boot camp approach.
- 11:03 pm eternallizdom: Hi Tod! I'm totally pumped for our chat!! #indyfitchat
- 11:04 pm fitcityindy: Remember, be sure to introduce yourself to the group and add #indyfitchat to your comments so we can all see your questions & comments
- 11:04 pm indybootcamps: hello everybody #indyfitchat
- 11:06 pm fitcityindy: We can?t wait for @indybootcamps ' simple tips on how to get in our 60 minutes a day, boot camp style. Everybody ready? #indyfitchat
- 11:06 pm eternallizdom: I'm Liz and I'm a Fit City Mom Blogger. #indyfitchat
- 11:06 pm fitcityindy: Q1: Let?s start with the basics @indybootcamps. What exactly is a boot camp workout? #indyfitchat
- 11:08 pm indybootcamps: it is a 60 minute class with a short 5 minute warm up followed by the workout #indyfitchat
- 11:09 pm indybootcamps: we do a lot of interval training with compound exercises! #indyfitchat
- 11:09 pm indybootcamps: it is a full body workout each class! #indyfitchat

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11:09 eternallizdom: I attend a modified Boot Camp- 30 mins- on my lunch hour 2x a week. :) #indyfitchat

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11:10 fitcityindy: @indybootcamps - what is a compound exercise? #indyfitchat

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11:11 fitcityindy: Good for you Liz! RT @eternallizdom: I attend a modified Boot Camp- 30 mins- on my lunch hour 2x a week. :) #indyfitchat

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11:11 JenStringer10: Hi @indybootcamps and #indyfitchat. What's interval training and compound exercises?

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11:11 indybootcamps: a compound exercise is where you work more then one muslce group like your core and legs in one simple exercise! #indyfitchat

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11:12 indybootcamps: so you are getting a 2 for 1 benefit! who doesn't love that! #indyfitchat

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11:13 OnTrackFitness: RT @indybootcamps a compound exercise is where you work more then 1 muslce group like ur core & legs in one simple exercise! #indyfitchat

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11:13 indybootcamps: interval training is where the boot camper does 20 secs of hard work followed by 10 secs of rest #indyfitchat

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11:13 eternallizdom: Compound would be- squats with a dumbell curl? #indyfitchat

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11:14 indybootcamps: and we do this for 8 rounds for a total of 4 minutes! boot campers don't like Tod with intervals! #indyfitchat

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11:14 indybootcamps: exactly eternallizdom #indyfitchat

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11:16 indybootcamps: intervals are the way to go guys to see faster fitness results! #indyfitchat

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11:16 lisavielee: I do 2 min run on treadmill followed by 1 min walk. Same thing? RT @indybootcamps: interval =20 of work, then 10 of rest #indyfitchat

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11:16 indybootcamps: Dancing with the Stars is great example of the interval training they do! #indyfitchat

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11:17 eternallizdom: I do interval training for running to increase distance and also speed. #indyfitchat

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11:17 fitcityindy: RT @indybootcamps: intervals are the way to go guys to see faster fitness results! #indyfitchat

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11:18 indybootcamps: the Dancing Celebs do a lot of stop and go training with the professional dancers. #indyfitchat

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11:18 plattonian: @indybootcamps For those of us who go to a regular gym, which machines/routines resemble a boot camp workout? #indyfitchat

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11:18 indybootcamps: maybe Tod should try dancing! LOL! #indyfitchat

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11:19 eternallizdom: Why do intervals give better results than just a 60 min constant cardio burn? #indyfitchat

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11:19 fitcityindy: @plattonian Great question! #indyfitchat

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11:20 indybootcamps: great job eternallizdom doing intervals! #indyfitchat

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11:21 indybootcamps: plattonian jumping on the treadmill and onto free weights like squats/lunges will rock it out!

pm #indyfitchat

11:22 eternallizdom: @plattonian At my gym, we do most boot camp workouts with just dumbbells and maybe a step.
pm #indyfitchat

11:22 fitcityindy: RT @indybootcamps: @plattonian jumping on the treadmill and onto free weights like
pm squats/lunges will rock it out! #indyfitchat

11:23 indybootcamps: eternallizdom you are maxing out your heart rate compared to talking exercises like walking for an
pm hour singing to yourself #indyfitchat

11:24 indybootcamps: eternallizdom plus interval training will burn more calories 9 times more then doing an hour of just
pm cardio! #indyfitchat

11:25 fitcityindy: RT @indybootcamps: interval training will burn more calories 9 times more then doing an hour of
pm just cardio! #indyfitchat

11:25 indybootcamps: eternallizdom it also shows that your metabolism will stay raised up to 36 hrs compared to just that
pm hr of walking #indyfitchat

11:26 fitcityindy: RT @indybootcamps: Intervals raise metabolism for up to 36 hrs compared to just that hr of walking
pm #indyfitchat

11:27 indybootcamps: sprinters are another great example of interval training! #indyfitchat
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11:28 fitcityindy: If someone can't afford the boot camp, what are some things they can do to create their own boot-
pm camp style workout at home? #indyfitchat

11:29 JenStringer10: RT @fitcityindy RT @indybootcamps: interval training will burn more calories 9 times more then
pm doing an hour of just cardio! #indyfitchat

11:29 eternallizdom: Wow! The increased metabolism is inspiring! #indyfitchat
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11:30 indybootcamps: most intervals are 20 sec hard/10 sec rest but you can really create any combo of hard/easy time
pm slots! #indyfitchat

11:31 plattonian: @indybootcamps I just read the Indy Star article. You mentioned doing exercise "most days." Do
pm you mean 5-6 days a week? #indyfitchat

11:32 indybootcamps: so grab your watch with a timer and set it to your desired work/rest time and start cranking out your
pm own boot camp exercises! #indyfitchat

11:32 plattonian: @indybootcamps Some people have told me we should only work out every other day bc we need
pm to allow our muscles to take a break #indyfitchat

11:33 indybootcamps: you can also add do this with the "buddy system" by one person doing the hard part and the other
pm person encouraging them on! #indyfitchat

11:33 indybootcamps: and then you switch it! #indyfitchat
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11:36 indybootcamps: you can workout everyday! you just can't go hard everyday! 3 hard days a week is the most you
pm want. #indyfitchat

11:36 eternallizdom: My workout yesterday was: some running, lunge circuit, push up circuit, squat circuit, wall sit circuit,
pm resistance bands. #indyfitchat

11:37 indybootcamps: the other days you are not braking world records! just flushing the toxins out of your body/mentally
pm recovering! #indyfitchat

11:37 fitcityindy: Check out @indybootcamps video for examples of the buddy system at work. <http://bit.ly/amk62G>
pm #indyfitchat

11:38 fitcityindy: RT @indybootcamps: you can workout everyday! you just can't go hard everyday! 3 hard days a
pm week is the most you want. #indyfitchat

11:38 indybootcamps: which if you are doing boot camp, you will appreciate the easy days! LOL! #indyfitchat

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11:39 fitcityindy: Anyone else want to share their workout? RT @eternallizdom: Some running, lunge circuit, push up, squat, wall sit, bands. #indyfitchat

11:40 plattonian: @indybootcamps That's what I thought. Using a treadmill or the elliptical machine everyday does not hurt! #indyfitchat

11:40 JenStringer10: RT @fitcityindy Check out @indybootcamps video for examples of the buddy system at work. <http://bit.ly/amk62G> #indyfitchat

11:40 eternallizdom: I work out almost every day. I do boot camp 2x a week, run 3x a week, abs & cardio 1x a week. #indyfitchat

11:41 eternallizdom: For me, boot camp is my cross training to aid my running. #indyfitchat

11:41 indybootcamps: why didn't you call me eternallizdom for that workout? i'm feeling sad now! #indyfitchat

11:42 fitcityindy: Try this link:<http://indybootcamps.com/video.html> : Check out @indybootcamps video for examples of the buddy system at work. #indyfitchat

11:42 eternallizdom: It's all timing for me. Lunch hour is my main time to get exercise without taking away from family time. #indyfitchat

11:43 eternallizdom: But I would LOVE to do a workout with you sometime and then blog about it on Fit City! #indyfitchat

11:43 fitcityindy: What are some realistic goals for someone who is considering joining a boot camp? #indyfitchat

11:43 plattonian: @fitcityindy I usually do 45 minutes of cardio (elliptical or recumbent bike) & 15-20 minutes of weightlifting #indyfitchat

11:44 indybootcamps: one more thing guys! don't forget that your body is your machine! #indyfitchat

11:45 fitcityindy: So keep it tuned up! :-) RT @indybootcamps: one more thing guys! don't forget that your body is your machine! #indyfitchat

11:46 indybootcamps: setting realistic goals comes down to your schedule/support system/age/lifestyle #indyfitchat

11:46 indybootcamps: and also any limitations like meds/past or current injuries #indyfitchat

11:46 eternallizdom: I try to thinko fmy body that way. It needs proper care and maintenance. Proper fueling, proper exercise! #indyfitchat

11:47 eternallizdom: I think Boot Camp can sound intimidating to some. They think they will get yelled at for an hour. But that isn't true! #indyfitchat

11:47 indybootcamps: boot campers all come in with different reasons they are there so once we pinpoint that #indyfitchat

11:47 indybootcamps: then start peeling back the layers! #indyfitchat

11:49 indybootcamps: the question that is commonly asked is how fast will "I" start seeing results # that comes down to pacing your goals too #indyfitchat

11:49 fitcityindy: What is your workout routine @fatlosstips4u? #indyfitchat

11:50 fitcityindy: We have about 10 minutes left in the #indyfitchat. Are there any other questions for @indybootcamps

11:52 eternallizdom: How much does a boot camp class cost? #indyfitchat

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11:52 eternallizdom: And where do you have them? #indyfitchat

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11:54 indybootcamps: it is a 4 week program with twelve 60 minute classes which we campers do weekly food journals/weigh ins/measurements for \$150 #indyfitchat

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11:54 indybootcamps: plus you get a free official t-shirt! #indyfitchat

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11:55 indybootcamps: locations in Castleton/Fishers/Geist Area and Eagle Creek Westside! #indyfitchat

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11:55 fitcityindy: Tell them about the special offer @indybootcamps for tonight's #indyfitchat participants!

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11:56 indybootcamps: the really cool thing is we have kids/families who do it together! which is such a great way to spend time together! #indyfitchat

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11:56 indybootcamps: and kids are only \$75 per month with mom/dad! #indyfitchat

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11:56 eternallizdom: What age do you recommend for kids? #indyfitchat

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11:58 indybootcamps: plus we have an exclusive special tonite for you fellow indyfitchat tweeters! \$25 bucks off boot camp starting for next week! #indyfitchat

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11:59 indybootcamps: we allow ages young as 5. #indyfitchat

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11:59 fitcityindy: Thanks @indybootcamps for pumping up our ideas about workouts on this #indyfitchat (& for the \$25 discount!)

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June 9, 2010

eternallizdom: Thank you @indybootcamps and @fitcityindy for another great chat! #indyfitchat

indybootcamps: my son is 6 and does boot camp, plus yells at the boot campers with daddy! #indyfitchat

12:02 fitcityindy: Our hour is up, believe it or not. Let @fitcityindy know if you take Tod up on his boot camp offer and what you think of it. #indyfitchat

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12:02 fitcityindy: Our next #indyfitchat is June 22 at 7 pm. We'll talk about how to decrease fatty food AND making healthy choices when eating out. Join us!

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12:03 eternallizdom: Thanks for the encouragement! I've made some major life changes in the past few months and you're right- I am a winner!! #indyfitchat

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12:03 eternallizdom: @fitcityindy Is there a guest host? #indyfitchat

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12:05 fitcityindy: Megan from Marion County Health Dept.'s Heart Alive will be our guest. RT @eternallizdom: @fitcityindy Is there a guest host? #indyfitchat

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12:07 eternallizdom: Great! See you then! Hope we get more folks to chat with us, too! #indyfitchat

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