

Bootcamper of the Month – Anthony Lauretti

1. How long have you been coming to PhysicallyFit?

I've been going to PF for about 7 years!!

2. What were your goals when you started?

I wanted something different, I needed more structured work-outs and to push myself further than what I was getting from my normal fitness routine. Maintaining a healthy lifestyle and keeping up with my fit fam were my main goals.

3. What results have you seen in yourself? What have others seen?

I feel stronger and am more confident in myself inside and outside of the gym. The biggest result is the drive to keep going and wanting to do more.

4. What is your biggest motivator?

My family & friends, and of course my PF fam. Everyone here is so encouraging and supportive of each other.

5. What accomplishments have you achieved inside and outside of bootcamp? (i.e., Bootcamp workout schedule, exercises you couldn't do before, outside exercise habits or activities, nutrition habits, races, etc.)

Since joining bootcamp I've participated in several challenges, completed 2 half marathons, and countless 5k's (Some more challenging than others).

6. What are your goals going forward?

Going forward I plan to keep up with my gym schedule, and introduce more healthier eating habits into my day-to-day life. Shedding more pounds is also on my vision board.

7. What does being nominated for Bootcamper of the Month mean to you?

It's an honor to be nominated, I appreciate the acknowledgment and support that I continue receive every day from Jodi, Chris & the whole PF fam.