

BEACH BOOT CAMP

Shaping Up with the Health Colonel

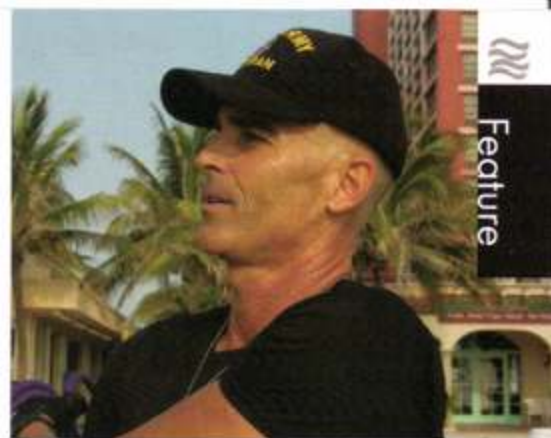
By Ashley Guistalisi

Six years ago, Lt. Col. Bob Weinstein, also known as "The Health Colonel," was 20 pounds overweight and suffered from high blood pressure. He knew that if he didn't change his eating habits and physical routine soon, he could end up with serious health problems in the future. So, he lost the weight, regulated his blood pressure and created a program to help others lead a happy and healthy lifestyle as well.

The retired Army Reservist started his Beach Boot Camp program five years ago with the intent of saving lives. His exercise regimen combines both strength and cardio training for a complete body workout that is designed for all ages and fitness levels. "All participants are to listen to and stay in touch with their bodies and do only what they can do. If they need to modify an exercise due to fatigue or simply to stop to catch their breath that is allowed," Weinstein said.

Beach Boot Camp group classes are conducted three times a week on Fort Lauderdale Beach, with one-on-one and couples training also available. Besides the unconventional scenery, it's his participative training methods that make this workout so unique. "I train with all my clients," Weinstein said. "This makes the training more fun and emphasizes the team effort," he said.

Don't be fooled by his tough exterior—Weinstein says that the key to success is the positive and encouraging atmosphere that he creates and that all clients are required to maintain. Weinstein spent 30 years in the Army Reserve, during half of which he served as military instructor for the Command and General Staff College. Aside from his physical qualifications, Weinstein is also a motivational speaker, certified by the American Council on Exercise and the National Speakers Association. He uses these credentials to add a certain amount



Lt. Col. Bob Weinstein

Feature


of humor and motivational life principles to his exercise routines.

Weinstein says that many people make the mistake of ignoring the long-term impact of their lifestyle. His "M.O.V.E." program is a four-month, fat busting program designed for those who want to kick-start serious lifestyle changes. "Fast forward your life movie to make sure that you are on track. Everything we do and do not do accumulate. We are either accumulating good health, or we are accumulating ill health and disease," he said.

He says that the biggest misconception that people often have about fitness is that the all-or-nothing principle needs to be applied (i.e. if you can't run at a certain pace, you should walk or stop). However, he says that it's all the little things that count. "Fitness, like all other areas of life, is cumulative. Whether it's 10, 15, 20 or 60 minutes at a time, it all adds up to a fitness and health benefit," Weinstein said.

Fort Lauderdale, as with many other cities, is known for its Downtown restaurants and happy hour scene. However, to be healthy you don't have to avoid these guilty pleasures altogether, just be sure to indulge in moderation. The Colonel says that treating yourself one day a week is all right, as long as it doesn't become a frequent habit.

If his thrice-weekly classes aren't in your schedule or budget, his DVD Beach Boot Camp Upper Body Blast is a great alternative. He also has two audio book CDs, *Six Keys to Permanent Weight Loss* and *Eight Ways to Get and Stay in Shape at Any Age*. All of these can be purchased at his Web site, www.thehealthcolonel.com.

"When it comes to getting and staying in shape, it's not about eating and exercise. It has everything to do with how we think," Weinstein said. "Change your way of thinking and you will change your lifestyle," he said. 

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