

TRUE LOVE

All a woman needs

West Africa

OCTOBER
NO 53
N700
GHC6.5

Sex goes
GREEN

7 WAYS TO GET
ECO-FRIENDLY

WHY DATING
A DIVORCÉ
MAKES GOOD
SENSE

'I SURVIVED BREAST
CANCER - TWICE'

Mandi Osoba-
Onakomaiya's
inspiring story

IN ALL HER
GLORY

Nigeria's Most
Beautiful Girl on
fame, family &
favouritism

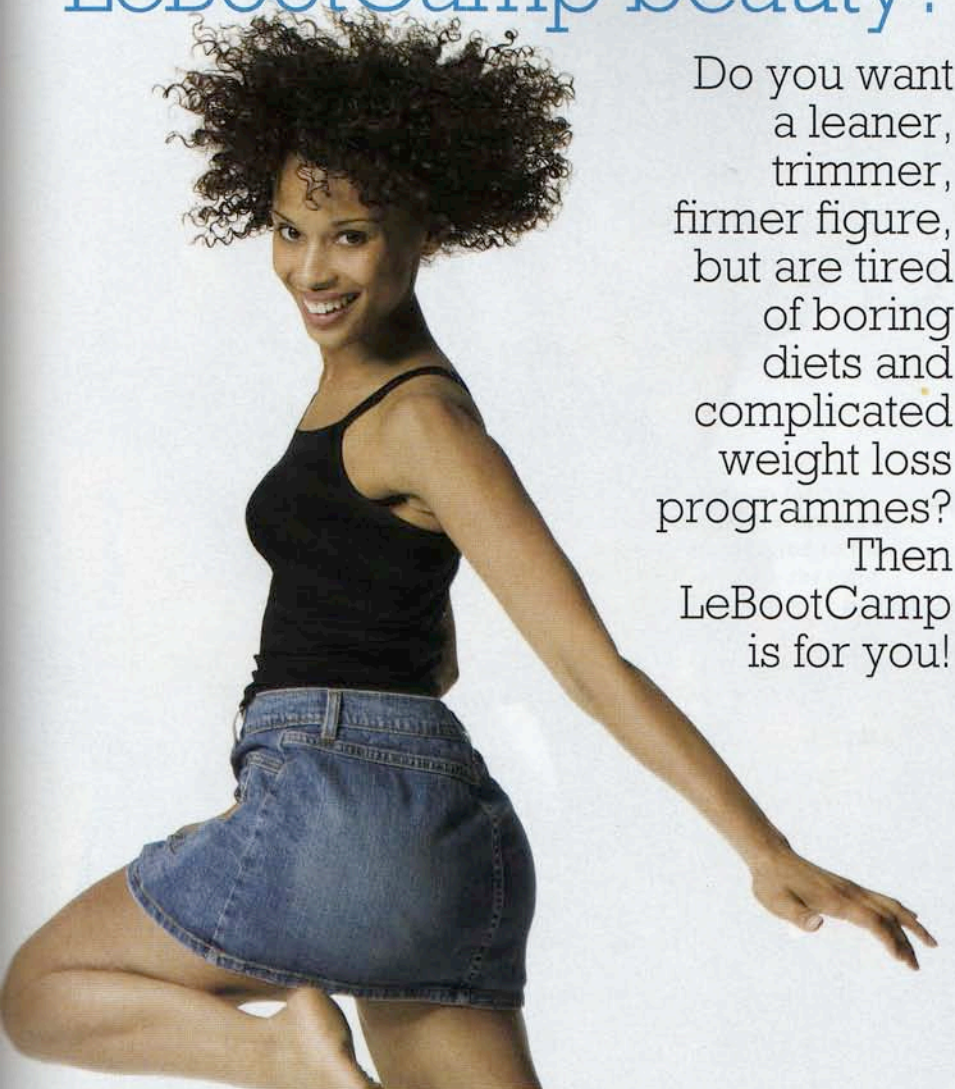
Conquer

- YOUR FEARS OF CHILDREN'S TRICKY QUESTIONS
- YOUR WORRIES ABOUT FINANCES
- YOUR CONCERNS ABOUT GENDER EQUALITY (two remarkable women are fighting on your behalf)



PROMOTION

Are you a LeBootCamp beauty?



Do you want a leaner, trimmer, firmer figure, but are tired of boring diets and complicated weight loss programmes? Then LeBootCamp is for you!



WHO'S BEHIND LEBOOTCAMP?

Valerie Orsoni, the creator of LeBootCamp, is a celebrity coach, author, the expert for the wellbeing section of Closer Magazine, and the editor of the health and fitness section of the French magazine L'Entreprise.

Valerie beat brain cancer to become one of the world's most inspirational coaches. A few years ago, she created MyPrivateCoach, a renowned American and European coaching business in which 125 coaches from all walks of life and from all over the world offer various coaching services, including one on weight loss. The MyPrivateCoach organisation is very successful, but affordable only for the select few. So Valerie created the more affordable LeBootCamp to bring her weight loss programme to a wider group of people.

She won the Enterprising Woman Award in 2007 (USA) and the Artemis Award in 2008 (Greece). She has been nominated for the Prix Trofemina 2009 in France.

LeBootCamp is an online weight loss coaching concept with three pillars: nutrition, fitness and motivation. The result is a very serious and fun programme with a large professional team behind it. They guarantee the quality of content without making it too medical. These are some of the things you can look forward to when you join LeBootCamp:

- Unlimited support
- Fitness programmes for all levels
- Palatable recipes with an in-house chef
- Celebrity secrets
- Reduced saturated fat

- Correct body pH balance
- Stress management for better management of cortisol levels
- Knowledge transfer towards members. LeBootCamp doesn't preach or teach. They share and empower
- Blood sugar management
- An active online community
- Smart balance nutrition, fitness and motivation
- Myth-busting of several concepts
- No miraculous diet pills, potions or drinks
- No extreme nutritional approach
- No concept of forbidden foods

HOW TO ENROL
Log on to truelove.lebootcamp.com

COST
OPEN PLAN – \$29 per month (you can cancel anytime)

SMART PLAN – \$19 per month (3 months minimum)
SAVER PLAN – \$15 a month (6 months minimum)

SPECIAL OFFER FOR TRUE LOVE READERS!

- TRUE LOVE readers will receive a \$5 reduction on the first month of any option they buy into.
- Discount voucher/coupon TRUELOVE5

THE FULL PROGRAMME RUNS FOR UP TO 1 YEAR

Once you have enrolled, you will receive an e-mail each day with a video, a motivational introduction to the day, a fitness tip, a nutrition tip, a bonus and a recipe. Each week, you will receive a menu and an exercise plan.

- You will have access to Valerie's

- team of experts who will accompany you on your journey to weightloss and wellbeing. They are there to answer all your questions, help you personalise your program and adapt it to your own lifestyle. You will have unlimited access to their support during the entire duration of your membership.
- You will have your private space on the website where you can keep your online diet and exercise diary, record how you feel as well as log your weight progress and see your weight curve.
- You will also have access to the forum where you can share your experiences, find buddies, discuss various topics, share recipes ...

Enrol in LeBootCamp today, and start working on the new you!