

Boot Camp Sports Academy

Bowie, MD, 20715

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Overview 70% of desired fitness goals are achieved by diet and nutrition with only 30% coming from exercise activity. Some may argue that those numbers are a little off, however they cannot argue that foods you eat will truly change the way you look at the majority of foods you feed yourself and loved ones for the rest of your life. Desire, weight-lifting and stress relievers can be a huge factor in getting or staying fit. If you combine these elements in your every day routine then only 40 -

50% of d

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