

the play inside play outside why should our kids have all the fun lets get moving summer camp!

No kids, no skeeters, and you get to sleep in your own bed.

Recharge your healthy habits with this four-week program full of fitness, fun & know-how!

Build the habits you want for the rest of your life with:

1 your own fitness guru

Want to tote your toddler without backstrain? Or set a new PR in your next race?

You will, with fitness coaching tailored to your personal goals. Each camper is part of a 3-person fitness team coached by a certified personal trainer twice weekly at our Galleria studio. Each group sets its own schedule. Eight training sessions in all!

2 your personal nutrition coach

Hey, everything's easy in theory. It's the *doing* that's hard.

So each camper gets a personal nutrition coach. Enter what you eat in your confidential online Motivation profile. Then you and your coach talk by phone and email to spot patterns of success and ways to refine what you're doing. Private weigh-in helps track results.

3 fun for you and your family

The best part about camp? Fun with friends and family!

Each Saturday we host healthy adventures for all campers: a healthy cooking demo & BBQ, high-energy mix-it-up all-level fitness classes, and hands-on workshops like "Your Secret Weapon: The Fitness Noodle!"

Then bring your family to celebrate everyone's success at our family picnic and Closing Celebration!

4 straight talk & practical ideas

Dairy: good guy or bad guy? How to stick to a workout when your shift changes every two weeks?

Every week you get answers in a 30-minute online roundtable with our experts and your fellow campers. Learn which healthy habits matter most and why. Discuss practical tips to help healthy habits stick. Schedule conflict? No worries, we record these.

5 you're set up to succeed!

Consistent practice + instant gratification = new healthy habits.

Attend 100% of each week's activities and you'll have the chance to win our weekly 100% Rewards prize! No wimpy coupons - good stuff from Urban Retreat, Luke's Locker, True Meals, Bella Rinova Spa.

PLUS: Attend 90% or more of the activities during your entire camp and we'll award you a crisp new \$50 bill at the Closing Celebration to celebrate your new habits - **AND donate \$50 to your favorite charity!**

The 90% Club

Our money's on YOU!

90% of success is just showing up.

So: attend at least 90% of the activities in your 4-week camp and we'll award you a crisp new \$50 bill at your camp's Closing Celebration...

AND we'll award another \$50

Best value



we're easy to find!

Limited enrollment!
Call (713) 443-6922 today to enroll or get more info

Reserve your camp today:

Early Summer
Tues., June 1 thru
Sat., June 26, 2010

Save \$50 when you register by Mon., 5/17
Your price: \$449
After 5/17: \$499

Late Summer
Mon., July 12 thru
Sat., Aug. 7, 2010

Save \$50 when you register by Mon., 6/21
Your price: \$449
After 6/21: \$499

SPECIAL SAVINGS + FREE GIFT PACK!

Sign up for both camps by Mon., 5/17!

Save \$199 - that's 20% savings!

AND get a free XFactor FitKit worth \$40 jammed with good-for-you stuff: snacks, premium dark chocolate, hand-picked books, CDs, Klean Kanteen's high-tech stainless steel water bottle and plenty of other freebies!

Enroll with friends, family & coworkers!

You all get FREE Unlimited XFactorXtras!

Unlimited signups: Dreamwave massages in our Serenity Room, Virtual Reality bike rides (way fun!), Bose Brainwave Training, plus DVD, book & CD checkouts!

{ money-back guarantee }

Everyone loves camp! But just in case...Withdraw anytime prior to the 2nd week of camp and get a full no-questions-asked refund.

your funny serious highly trained fully certified dream team of experts



Matt Trudo & Carol Nave, X Factor owners. Degreed in nursing and exercise science, Matt holds famed Cooper Institute & National Academy of Sports personal trainer certifications. Carol combines Cooper Institute personal trainer certification with counseling and music degrees plus injury prevention expertise for performing artists.



Mike Frieri holds NASM & PFIT personal training & fitness certifications and competed in the Army's annual Best Sapper Competition, testing the fitness of top combat engineers.