

Herb House

Welly Boot Camp Questionnaire

As you have been one of the lucky few to take part in our first ever Boot Camp we would kindly ask that you fill out the questionnaire below and let us know your feedback! Be it positive or negative we would love to know your thoughts so please feel free to express your true feelings below!

If you have any extra comments within each section or something extra you would like to mention please feel free to add at the end.

Thank you!

Please rate the following on a scale of 1 to 10. 1 being awful and 10 being excellent!

- Length of classes
8 (would be a 10 but the early morning interval run felt like a life time!)
- Food
9 – I never felt hungry during the day a steady supply of delicious & healthy foods. Perhaps snacks before a dinner, as I was suddenly starving at this point i.e. olives or nuts/seeds as you are getting ready for dinner?
- Selection of classes
10 – I think I had the easier day, however I very much enjoyed the yoga which I haven't done for years followed by Aqua aerobics to wake you up a little before lunch.
- Fitness Instructor
10 – Spencer was great – wouldn't let me quit or walk when I wasn't meant to!!! Even managed to get me to run up the drive!
- Treatments
7 – We used the mud house; we pressed the button too late so it felt like we waited a long time for anything to happen. But skin felt great afterwards!
- Amount of relaxation time
9 – Perfect timings to let food go down although a little afternoon snooze before the obstacle course would have been just perfect!
- Overall experience
9 – Amazing day – great to get out into the forest. The day was adapted around mixed ability and although we were sticking to a schedule it was done in a relaxed manner.

Please answer the following questions

- How would you describe your overall experience in 3 words?

Exhausting

Motivating

Indulgent (taking the time to look after yourself)

- Which moment stood out to you the most?

When I managed to run (jog???) up the drive after doing the obstacle course (I didn't make it up the drive earlier in the day)

- If a friend of yours wanted to detox and lose weight would you recommend this Boot Camp to them?

Yes

- How did you feel at the end of the day?

Exhausted, but with a great sense of achievement!

- Do you think this is value for money?

You are fed, watered and looked after all day, so there is no extra costs you need to look out for, unless you are planning to pamper yourself a little more with extra treatments!

Please feel free to write a little extra.....

I certainly felt privileged to be on the first Herb House boot camp. It was a great day from the morning juice with the spicy kick start, to the obstacle course (I don't think I was saying that at the time) to ending the day in the hydro pool bubbles! Even the morning after following the tips given by Spencer I wasn't too achy! Amazing!!!