



For the third year running, Lawrence introduces his “fitCamp.” Become a presenter or just teach like one. Join Lawrence in Puerto Rico by the beach for 3 days (5 days total with 2 travel days) of intensive, customized, individual mentoring. Practice getting what YOU need in fitness from someone who is very connected in the industry who will put his talent and connections to work JUST FOR CAMP ATTENDEES during this week. This truly will be a “teachers’ teacher’s camp.”

Before reading more of this info, please click here/copy and paste this in your browser for first-hand testimonials about what fitCamp does:

<https://www.facebook.com/photo.php?v=10153299846500074>

You will:

- practice teaching what you teach now and get immediate feedback from Lawrence on how to better your presenting skills
- outline a career path for you with future assistance and support from Lawrence including teaching at more clubs, teaching different types of classes, opening your mind to “think outside of the box,” gain an understanding of what it takes to be a presenter, and learn how to make money doing fitness writing and mentoring to others
- practice time to better your verbal, visual, and kinesthetic teaching skills
- get a youtube channel if you don’t have one!
- get lots of included resources like books, dvds, and free music of your choice....

If presenting is your goal, get Lawrence’s assistance as you learn to write course descriptions, apply to conventions, and hone your craft. Get connected to dozens of Lawrence’s fitness contacts in your fields of expertise. Format is individualized based on your needs, but we will spend time working between air conditioning inside during the heat of the day and beach time in private alcoves during morning and afternoon. You will be videotaped and critiqued w/immediate feedback, and video either destroyed immediately upon request or burned to DVD for you as a souvenir. You will leave a better instructor or personal trainer than you arrived with a clearer path on a fitness future or your money completely refunded.

Camp Tuition includes all healthy meals, private or semi-private accommodations with shower and airconditioning, wireless internet, .20 ACE/20 AFAA Continuing Education Credits (and other organizations) and transportation to/from the airport to Lawrence’s house, our “camp” for the week. Not included is airfare except for special circumstances. Day One is Monday (arrival day) and departure day is Day Five (Friday). Email [Lawrence@findLawrence.com](mailto:Lawrence@findLawrence.com) for more information on camp fees and to check availability.

Please be sure we are Facebook friends to facilitate our interaction.

# findLawrence.com

What I usually email to those who send me an initial inquiry asking for more information about fitCamp is the following, and then I request a phone number so I can call you to discuss it in person to be sure that fitCamp fits YOUR needs.

*Dear Fitness Friend,*

*Thanks for your fitcamp inquiry. I'm doing different dates from Dec through March based on attendees: aqua, mind-body, presenters-to-be, and more. Check out airfares arriving Mondays and departing Fridays from your airport to SJU/airport code for San Juan, Puerto Rico.*

*After that, the only expense is the tuition, which depending on week and what we'll do w/you ranges from \$900-1700. Rarely has budget ever been a reason for not attending as we work w/different budgets. Definitely you'd gain some career insights practical skills to return a completely different teacher than you are when you arrive, plus all the contacts I bring to you from my years of experience in the industry.*

*I currently still have some availability for January and February.*

*Please check out airfares and then email me possible dates and also what you teach and what you're looking for so I can find the best possible fit for you and your group (mind-body, aqua, traditional fitness, becoming a presenter, career growth for current presenters, etc).*

*I'm excited to hear from you!*

How do you Inspire the World to Fitness?

“I try to inspire the world by...

...applying my 'wellness without walls'  
personal mission statement  
and IDEA's core values of  
education, inspiration and research  
on a global scale...

...giving back to the community  
and creating fitness scholarships...

...telling my story

of being a physically unfit, clumsy child  
from a family with heart disease,  
and believing that small steps  
can reap big rewards  
toward wellness.”

**Lawrence Biscontini**

*International Spa Consultant,  
Movement Specialist, Author  
and Recipient of the 2004  
IDEA Instructor of the Year Award  
MYKONOS, GREECE, AND  
FAJARDO, PUERTO RICO, USA*

IDEA Member since 1985



[www.ideafit.com](http://www.ideafit.com)

Inspire the World to Fitness®