



During the months of February and March 2011, the management staff of the Hampton Inn and Holiday Inn Express & Suites participated in a Busy Body Boot Camp led by Tonya Ransom.

We found it to be a great team building experience. Not only did we build camaraderie, we learned helpful nutritional tips and exercises that can be done on a self-guided basis.

Tonya was always upbeat, informative and motivational in her techniques.

We experienced several triumphs. Each team member had different successes, such as weight loss, reduced inches, lower blood pressure, lower blood sugar and cholesterol.

Terry Ammons
General Manager
Hampton Inn

Robin Stascheit
General Manager
Holiday Inn Express

Kim Oliver
Sales Manager
O'Springs

