



KATE STAPLES

Director and trainer of Adventure Boot Camp, Kate is an inspirational sporting figure, whose achievements in athletics include breaking 42 British records, 12 Commonwealth records and achieving a ranking of 8th in the world for indoor athletics in 1996. A former Gladiator, Kate is no stranger to media spotlight and her character Zodiac was a well-loved part of the show from 1992 to 1997.

In 1997, Kate's career took a dramatic turn when she broke her neck in two places and underwent eight hours of surgery, which forced early retirement from both Gladiators and British Athletics. Having made full recovery, her experiences prompted her to further her efforts to inspire others to live a fit and healthy life.

A mother of three small children, Kate pursued her passion for educating others to live a healthy lifestyle when she created the government-backed Fitness for Life programme in conjunction with Mark UK. She became director of a nationwide schools programme to promote health and fitness among children.

Kate trained with Premier Training, one of the leading personal training bodies in the UK, and started training a select group of celebrity clients in London. In 2003 Kate gained the only qualification in the world to run Adventure Boot Camp, following an intense training programme in California and was the first person to bring the programme to the UK. Kate is currently training with Chi Yoga, for a world-class international yoga qualification which she will integrate into the programmes on her fitness camps and retreats.

This programme was launched in 2003 in the UK and recreates the camaraderie that Kate felt when training on track. Clients are seeing amazing results on their fitness levels as well as their general wellbeing.