

Get Fit CELEBS JOIN THE WORKOUT ARMY

Give flab the Boot

★ **KERRY** Katona, who is rumoured to be going into Channel 5's *Celeb Big Brother* house, has been shaping up at one of the top new bootcamps.

★ **GI Jane Bootcamp** boss Sharon Smith told the *Daily Star*: "Kerry absolutely loves the regime. This was her sixth time here."

★ The 30-year-old telly favourite is not the only famous face flocking to sign up for a military-style body fix.

★ Other stars getting down and dirty include *The Only Way Is Essex*'s Lauren Goodger and Lucy Mecklenburgh, who lost 7lb at the No1 Boot Camp as she

limbered up for the new *Big Bro* series.

★ The tough programmes these places offer are not for wimps. Here **JAMES MOORE** reveals the workouts the stars are put through, as well as exactly what they eat and drink as they attempt to hone their figures in just a few days.



Where: Wales, Cornwall, Suffolk and Portugal.

Celeb fans: Actress Abi Titmuss, 35, and *Celeb Big Brother*'s Michelle Heaton, 31.

Abi says: "I wanted to lose fat, rev up my routine and get excited about exercise again, and the results were great because I got an instant boost from all the training. My body feels really tight and toned."

Workout regime: Ten hours of combat-style exercises like leopard crawling and scramble net obstacle courses, along with log runs, barrel-rolling, body pump, boxing, canoeing and abseiling.

Food and drink: Clients follow a wheat, dairy and sugar-free diet up to 1,500 calories a day and burn off around the same amount. Average weight loss is 8-10lb. A typical day's menu starts with granola with fruit and oats milk. A morning snack might be oatcakes and pesto hummus.

Lunch is Spanish potato-less frittata and Mediterranean salad. An afternoon snack is wheat-free toast with banana and peanut butter while dinner could be baked peppers stuffed with butternut squash and feta followed by salmon and sweet potato wedges with watercress, tomato and onion salad. **Cost:** From £985 a week. See newyoubootcamp.com

FITNESS REGIME:
Kerry Katona



GI JANE BOOTCAMP
NEW YORK BRANCH

Where: Kent and Sussex.

Celeb fans: *Big Brother*'s Kerry Katona, 30, *Corrie* star Michelle Keegan, 24 and *Celeb Big Brother* star Amy Childs, 21.

Kerry says: "I thought I would never be able to cope with such hardcore punishment."

Workout regime: Day starts at 5.30am followed by an army-style parade. Ten hours of activities follow, including sprinting with ammunition boxes, bum and tum exercises, a netball game, an assault course and the ultimate end-of-day challenge – a soak in a barrel of freezing water to ease tired muscles.

Food and drink: Bootcampers burn off 3,000-4,000 calories with the exercise regime and take in up to 1,500 a day. Breakfast is porridge with nuts with a mid-morning snack of yoghurt and fresh blueberries. Lunch is jacket potato and chilli with a green salad, while dinner is typically chicken wrapped in Parma ham with vegetables. Alcohol is banned. Average weight loss is 7lb.

Cost: £1,150 a week. See gijanebootcamp.co.uk

PRESIGE BOOT CAMP
WWW.PRESIGEBOOTCAMP.COM

Where: Devon, Spain and The Cotswolds.

Celeb fans: Strictly Come Dancing's Ali Bastian, 29 and *Dancing On Ice*'s Laura Hamilton, also 29.

Ali says: "I had a fab couple of days. My skin is better than ever, my nails feel strong and I've lost over three pounds!"

Workout regime: A typical day on a seven-day course starts at 7am.

There's around 10 hours of exercise a day. The tough regime includes boxing, strength and cardio circuits, mountain biking and assault courses.

Food and drink: Women are fed around 1,200-1,500 calories a day, men 1,500-1,800

calories. A typical breakfast is muesli or scrambled eggs and salmon. Lunch is a chicken salad or sweet potatoes and tuna. Dinner is a healthy curry or Bolognese. Snack on cereal bars and drink water or smoothies. Alcohol banned. Average weight loss 8-12lb. **Cost:** From £1,100 a week. See prestigebootcamp.com



Where: Ibiza and Norfolk.

Celeb fans: TOWIE's Lucy Mecklenburgh, 19, Maria Fowler, 24 left, and Lauren Goodger, 24, as well as *Celeb Big Brother* star Chantelle Houghton, 27.

Lucy says: "I have lost half a stone and two inches from my waist and hips!"

Maria says: "For the first time ever I feel confident in a dress. I'm so happy I went to bootcamp!"

Workout regime: At the new Ibiza site bootcampers start the day at 6am and go for a run to the beach before breakfast. Circuits on the beach are followed by a boxing class and team games like tag rugby and a 2-3 hour hike through the hills. Massage or hypnotherapy follows dinner.

Food and drink: Breakfast is porridge or egg on toast. Lunch is a ham salad with roasted

peaches while dinner is a baked fish with veg. Average weight loss is 10lb. **Cost:** Ibiza bootcamp starts from £1,250 a week. See no1bootcamp.com



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