

new!
you

Battle of the

BOOT CAMPS!

There are loads of get-fit-quick breaks, but which is right for you? **new!** investigates...

Boot camps are the new fitness craze that everyone is talking about. Have you noticed that your wine-loving, fast food-munching friend has suddenly lost ½st and is looking very smug? Well, the chances are they may have sneaked off to a so-called boot camp - where, for a week or so, you are put on a strict exercise and diet regime.

Coronation Street star Michelle Keegan, 22, is just one of a number of celebrities who are fans of this high-intensity approach. The actress recently spent a weekend at the GI Jane Bootcamp in Kent, where she took part in circuit training and weight-lifting sessions.

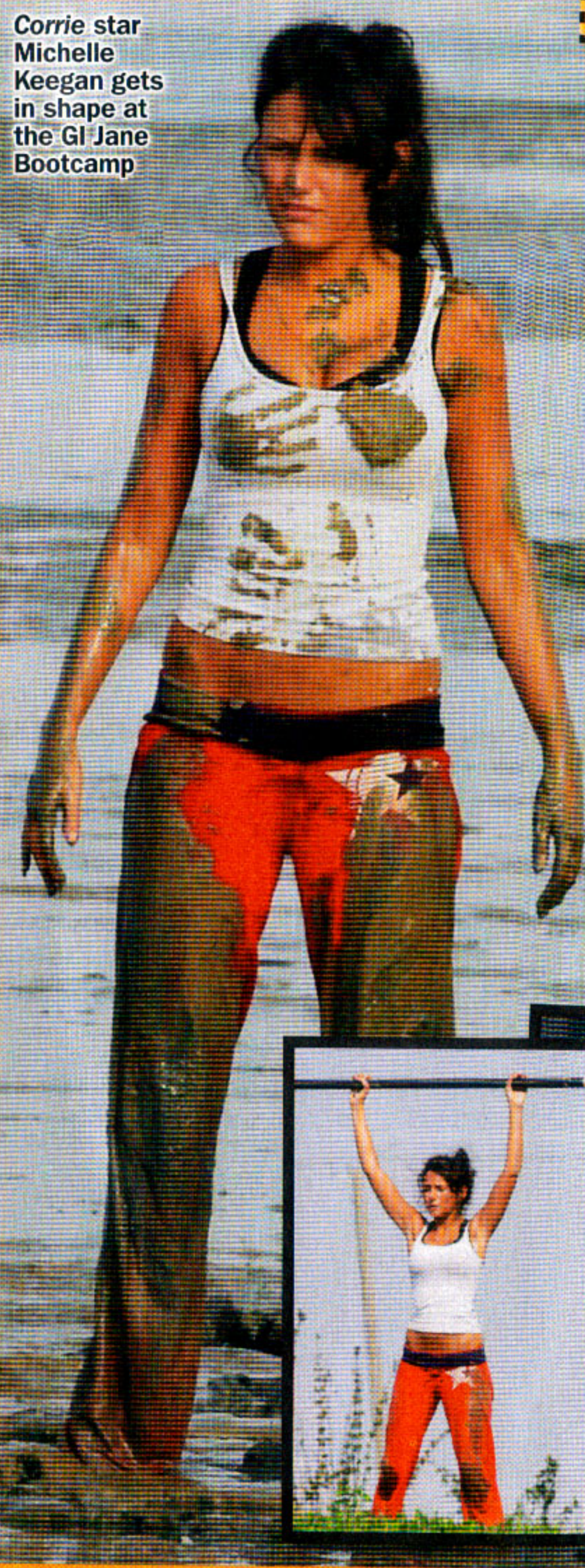
"Thankfully, they didn't have us up too early, but it was really tough," she told **new!** last week. "They really put us through our paces and we stopped only to eat, but the results were brilliant. I did it to tone up and I felt amazing afterwards. It gave me a real buzz."

Michelle is a self-confessed fitness freak and runs at least three times a week to maintain her size 8 figure. And her hard work paid off after she was recently snapped during a holiday in Spain (left).

"I love fast food, so I have to make sure I do enough exercise to burn it off," she said. "I am happy with my body, but no one likes being photographed in their bikini. If I had known, I would have put a better one on."

Here, we look at a selection of boot camps which will help you achieve a body like Michelle's.

Corrie star Michelle Keegan gets in shape at the GI Jane Bootcamp



THE OVERHAUL CAMP

Name: GI Jane Bootcamp
Where: Kent
Cost: £1,150
How long? One week
Celeb clients: Michelle Keegan

What you'll do: Your training schedule will be action-packed in hour-long blocks to ensure that you never get bored. Activities include boxing, running, power walking, skipping, bike riding, volleyball, netball, obstacle courses, war games, core training and water activities. At the end, you even get life coaching and massages, as well as having your hair and make-up done!

The result: GI Jane says, "You will return home with less weight and having lost more inches than you would have thought possible. Your eating habits will change due to the diet and the nutritional advice you will have received during your week stay." GI Jane says you will drop a dress size in one week, and feel healthy, fit and toned with changed eating habits for life.

For more information: Visit www.gijanebootcamp.co.uk or call 020 8301 4353.



Name: Total Bootcamp
Where: The Peak District
Cost: £925
How long? One week
Celeb clients: Gemma Atkinson and Fearnie Cotton
What you'll do: Getting dirty is part of the fun and there is certainly no slacking, as there are even punishments for late line-ups! It includes army-style training such as leopard crawls, battle relays, assault courses, tug of wars and log exercises, as well as yoga, walking, rafting, rock climbing and mountain biking.

THE ACTION WOMAN CAMP



Gemma loves to keep in shape by hill walking

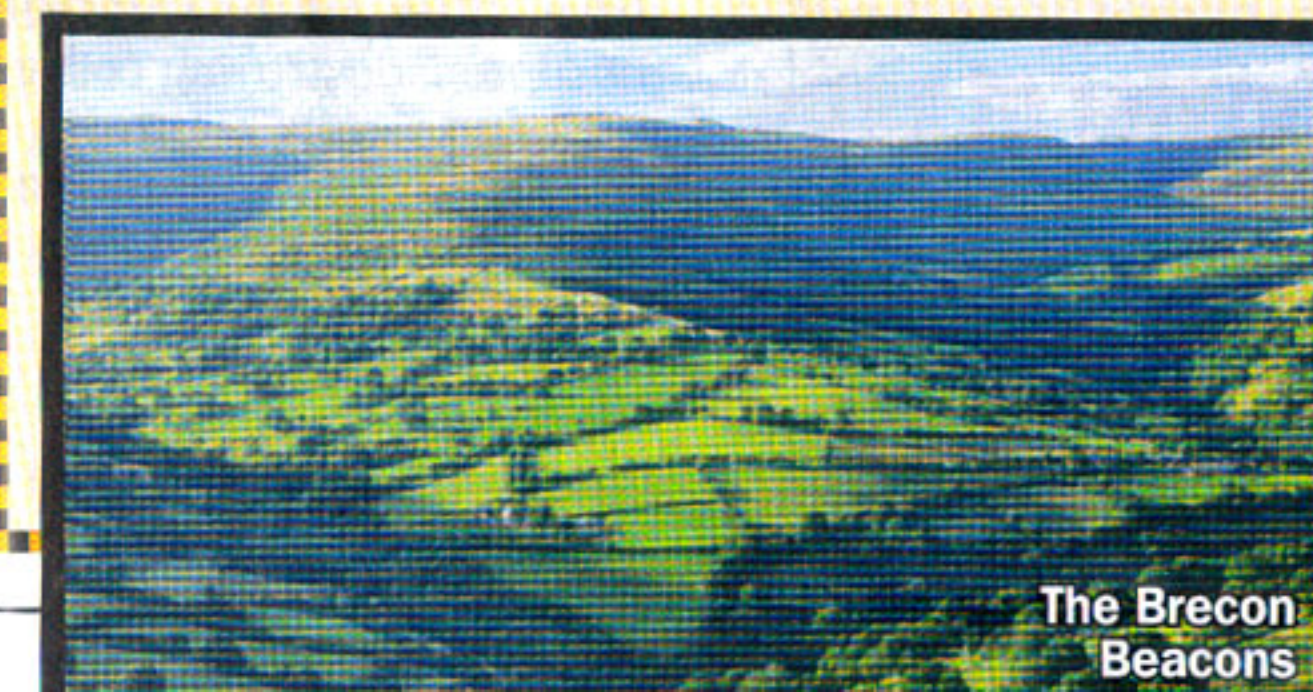
The result: Lose one or two dress sizes in seven days, boost your metabolism and increase your fitness levels. The camp says it is a leading weight-loss and fitness boot camp in the UK. "We have a solid reputation and proven results. Our team of health experts and physical trainers help you achieve your weight loss and fitness goals," says a spokesperson.

For more information: Call 0151 342 1951 or visit www.totalbootcamp.co.uk.

THE CELEBRITY CHOICE

Name: New You Boot Camp
Where: Secret locations in the Brecon Beacons, Devon, Somerset, Dorset and Portugal. You'll be met at a nearby train station and taken to the location.
Cost: From £950 for a back-to-basics deal to luxury packages between £1,275 and £1,650
How long? One week
Celeb clients: Brooke Kinsella, Abi Titmuss and Michelle Heaton
What you'll do: Sunrise treks, nutrition lessons, circuits, bike riding, core training, body confidence lessons, boxing, abseiling, tribal dancing, yoga and

night walks. You won't be on a harsh eating regime. Instead, you will have a healthy balanced diet designed by top nutritionist to the stars Marisa Peer, from ITV's *Celebrity Fit Club*.
The result: Drop a dress size. A spokesperson said, "We get the best results - usually 8lbs and 8in after a week. We still support our clients once they leave the boot camp and give them a programme to follow."
For more information: Call 0871 223 0066 or visit www.newyoubootcamp.com.



The Brecon Beacons

THE CHILL-OUT ZONE

Name: The Ultimate Detox & Revive Break
Where: Stoke Park, Buckinghamshire
Cost: £830
How long? Three nights
Celeb clients: Tamzin Outhwaite and Geri Halliwell are reported to be fans.

What you'll do: Fitness classes, personal training sessions and circuit training, dance, spinning and Power Plate classes, as well as detoxifying scrubs, wraps and reflexology. You will also enjoy use of the health and racquet pavilion.

The result: The boot camp promises that you will leave refreshed. This detox retreat is designed to purify the body. Healthy eating and fruit juices will support the weight-loss process. It says, "The Ultimate experience will leave you feeling full of energy. There is also the potential for weight loss."

For more information: Call 01753 717171 or visit www.stokeparkclub.com.



Stoke Park offers luxury treatments



Geri prefers pampering to intensive exercise

THE MIND FIELD



The campers shake off the inches with some "boxercise"

Name: Prestige Boot Camp
Where: Devon, set in 52 acres of woodland
Cost: £945 and upwards
How long? One week
What you'll do: More than a weight loss or fitness camp, this one is about looking after your mind, body and soul and altering your lifestyle. Situated in luxury surroundings, the camp offers a nutritional programme, an exercise schedule delivered by military physical training instructors and workshops to build strength of mind, motivation, confidence

and increase self-esteem.
The result: A full lifestyle improvement and great results in weight and inch loss, with what you learn enabling you to lose more once you leave. They say, "You will feel psychologically improved with a positive mindset. It is not a quick fix - it is a lifestyle change - but you're likely to lose 8-12lbs and drop one or two dress sizes."
For more information: Call 0117 973 1213 or visit www.prestigebootcamp.com.



Generously fruity. Deliciously creamy.

