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April 2011

## GI JANE BOOTCAMP

I don't mind admitting to you that a few weeks ago I could barely manage half an hour of exercise finding the time seemed the impossible. Looking for a chance to really work on my body and fitness and inspired by some of my favourite celebs, I went looking for a bootcamp and stumbled across GI Jane. Close to London, beautiful surroundings, reasonably priced and highly recommended, the package seemed perfect and a few easy steps later I was whisking myself off down the motorway, gearing myself up for a tough challenge.



I was struck upon my arrival at how comfortable the accommodation was. I was expecting bunk beds and army quarters, instead we shared with one other person and had separate bathrooms which immediately made you feel relaxed and at home. The team were equally as welcoming. The wonderful Laura acted as a surrogate mummy for us girls, making sure our every need was taken care of and helping us to settle in.



SEARCH



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Though the regime was a bit of a shock to the system it was so brilliant coordinated by ex Royal navy trainer Steve Penberthy (AKA Staff P as we all had to call him) and Ian Robinson (Staff R) Armed forces physical trainer that you could feel the effects right away. Meal times and exercise were perfectly combined so that you were never over tired or over hungry and this spurred me on to achieve things I never thought were possible, eleven hours of exercise a day is no mean feat! We were helped through in no small part by the trainers who really were the loveliest, most supportive men. They were so understanding and motivational, pushing us to be the very best we could and never once making us feel embarrassed.



The other support network existed amongst us women at the camp. What a group of inspiring people. I forged such fantastic bonds and each victory for every woman felt like a victory for us all. Sharon, the camp owner, is a consummate professional, running an exceptionally tight ship and ensuring you always receive the highest level of service. It is her unique approach that makes GI Jane so special.



I realised GI Jane bootcamp wasn't about the way I looked, the ethos behind it was changing my mindset towards food and exercise and helping me approach it in a healthy way, making lasting changes to the way I approached these aspects of my life. I came away not only having lost 5lbs and 4 inches in 5 days, but understanding that I need never go to the gym again; you can do exercise wherever you are, whatever your schedule is. I have kept up my regime and am walking everyday and doing my circuit training and I feel better than ever. I now completely understand the meaning of healthy body, healthy mind!

Visit GI Jane [www.gijanebootcamp.co.uk](http://www.gijanebootcamp.co.uk)



Tags: [Travel](#)

3 Responses to "GI Jane Bootcamp"

**sarah says:**

April 28, 2011 at 1:22 pm

I defiantly want to go , im going to look them up now



**laura says:**

April 28, 2011 at 1:31 pm

Looks fantastic , I want go need to lose some weight



**jodie morris says:**

May 4, 2011 at 1:42 pm

i really want to go now. love the idea . Need to lose weight for my holiday



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