

Fit or Fat Camp?

Boot Camps and Fit Camps are becoming ever more popular.

The right camp can offer to improve your fitness, provide nutritional advice and a wonderful, challenging and maybe even life-changing break often in a beautiful environment.

Would you pay hundreds of pounds to be deprived of food and comfort? Do you need to be yelled at and pushed to the brink to improve yourself? Or would you prefer to be gently encouraged from your bed with a healthy breakfast and walk by the lake? ultra-FIT does the rounds and comes up with six of the best to wet your appetite!

Fitness Camp



Gladiator legend and commonwealth pole vault record holder Kate Staples saw the potential in Boot Camps many years ago and back in 2003 went to California to take part in 'Adventure Boot Camp training', which she then brought over to the UK. She has now joined forces with another exceptional athlete – double Olympic decathlon champion Daley Thompson and together they run Fitcamp.co.uk.



I asked Kate about her philosophy, "We are all about transforming lives. We want fitness to be an enjoyable process without deprivation! We work on getting results in a safe and fun environment".

In the UK, there are currently 30 camps, we want people to sign up for a month

and in return we will give them results. Every day you will exercise for an hour – that might be short distance running, hill running, obstacle climbing or core work. You get daily e-mail support and nutritional advice. Our instructors are all highly qualified – many of them with a world class sports and fitness background and they really bring out the best in people. Fitness Camps say, "Adventure Bootcamp is designed for results, for life. Pre-and post-evaluation will help you monitor your progress, nutritional counselling will put your body on track while exercise motivation and inspiration



in a women's only team environment for an hour a day will help you reach your fitness goals and experience dramatic improvements in physical well-being along the way. Oh and did we mention new friends, fun and enjoyment outdoors with some of the best trainers around? "

If you are looking for something away from home with everything mapped out for you, then Kate and Daley have 4 day retreats coming up in La Manga, Spain which will cover all of your nutrition, a fitness programme with two boot camp classes per day, plus Tai Chi, yoga and spa activities.

For more information go to:
www.fitnesscamps.co.uk

Champney's Fit Camp

Champney's have the luxury end of the market covered. Womens' fitness editor Caroline Sandry was lucky enough to sample their week long Fit Camp and was impressed with the package (see August edition). "This Fit Camp is definitely not a military style 'drop on the floor and give me 10' type of camp, but it is definitely a very enjoyable, healthy and varied experience," said Caroline adding, "We enjoyed everything from water polo and Ultimate Frisbee to circuits in a thalassotherapy pool! (a mineral rich pool which eases muscle aches and pains and helps detoxify the body). If you want to exercise for around six hours of the day, to eat delicious food and enjoy an element of pampering, then this is the camp for you."

For more information go to:
www.champneys.com

BoxYoda



things out," explained Downer. BoxYoda provides all the benefits of a Bootcamp compacted into one convenient weekend: each guest will receive personalised nutrition advice from an expert nutritionist

BoxYoda runs Bootcamp, pamper and nutrition weekends at luxury hotels and exclusive country houses throughout the UK. They are the brain child of former international athlete Brian Downer. Their aim is to help guests de-stress, get fit, kick-start a healthier lifestyle and learn about good nutrition. "You will be encouraged to push your body to new limits, but in the comfort of a beautiful setting with some pampering to balance

and 4 weeks of follow-up consultation post retreat to ensure you stay on track and achieve your health and fitness goals.

Pauline from London attended a BoxYoda weekend and said, "Good quality of trainers and hosts. The event was excellently managed. The sessions for boxing and yoga were the right length. The nutrition talk was fascinating, especially the advice on wheat and milk. I'll give it a go"

BoxYoda is suitable for all fitness levels and both men and women. Watch out for upcoming elite camps and women only camps.

For more information go to:
www.boxyoda.com



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Wild Fitness

Wildfitness holidays were created by outdoor enthusiast Tara Woods, who wanted to encourage people back to their natural state. The holidays take place in Kenya and Greece and are designed to provide all the stimuli you need to regain vigour and vitality in a beautiful chilled out and natural habitat, expert coaching and ideal nutrition.

“The power of our holidays is in creating the perfect healing conditions, 24 hours a day, for the length of your stay - you will be amazed at the results you will achieve. People have changed shape, cut running times in half, enjoyed exercising for the first time ever and had long term injuries or digestive problems clear up,” explained Woods.

Our locations are chosen because they have a special combination of factors – stunning wild environments, original boutique accommodation, a friendly attitude to the earth’s natural resources and fresh delicious organic food, cooked with love!

Sarah took part in this year’s 9 day ‘kick start’ - “I am leaving feeling confident and fitter after some punishing work-outs in idyllic locations – having arrived feeling as if I were a ‘worn out old wildebeest’ I am leaving feeling more like a ‘young springbok’.”

To find out more about Wildfitness check out our feature on page 98 For more Information go to:

www.wildfitness.com





Ultimate Boot Camp

Susan Cass ventured down to Devon to see if the 'Ultimate Boot Camp' lives up to its name.

Ultimate Boot Camp claims to be the premier choice for health and fitness training. UBC says it's for everyone and is headed up by Royal Marine Physical Training Instructors (PTI's). Was it going to be a 'get down and give me 20' style boot camp or a get down and have a nice rest one?

The Experience

I arrive at a small train station in Exmouth, three hours from London. 'The minibus will pick you up at 1pm', is all the documents say. This secretive and almost undercover approach adds to my intrigue and anticipation for the next three days, when I'll be at UBC. At exactly 13:00 hours the van rolls up, out step two PTI's, in their military style fatigues – they load us into the van, for a 10-minute drive to the venue. Still no actual clues as to where we are going...

Then the venue comes into view, it's an old barn conversion in the rolling hills of Honiton - beautiful and picturesque - the calm before the 'exercise storm' perhaps. There are 12 women all of ages, weight and build. We sit in rows in a room at the top of the barn. It's that awkward moment, getting to know your new comrades. The trainers explain that as much as it will be a physical challenge, our minds are also going to be tested. We are told that at some point over the weekend, we will actually do more than we believe we can do. We leave with the philosophy that the camp will be as nourishing for our motivation and confidence levels as it will be for the tone of our muscles.

We're introduced to Sam Watts and Rachel Davies, co-founders of UBC. We are told to dress in sports clothes and meet in the main lounge and await further instructions. Puzzled, nervous, apprehensive thoughts infiltrate the room. We're weighed, measured and then put into groups of three and then given a brief fitness test - step-ups, push-ups, sit-ups, blood pressure and so on...

Then it's onto the first fitness circuit. I think I'm fit, so am I going to get the same benefit as everyone else? It would seem that weight loss is high on the agenda with pretty much everyone here.

I'm off - steaming ahead on the runs - so Jon the head PTI makes me and a couple of the others run a little further up the hills whilst the less fit complete less distance, so that we all get a tough workout. This also means that no one gets demoralised. Games, agility moves and stretches follow for another hour. We're told to shower and be ready within 15 minutes for dinner. Sports clothes on again. But what for? Who knows? As a person who likes to know the agenda I'm finding the whole mystery thing a tad frustrating. The food has been carefully planned out by a nutritionist and it's a little bland. It provides about 1200-1400 calories a day. I wonder if I might start gnawing at my pillow in my sleep – that's not enough calories I think. The calories are supposedly designed to teach a valuable lesson about portion control and re-educate our taste buds.

After dinner a short ride in the van takes us to the start point of our 2.5 hour hike. The most breathtaking views of the Exmouth coastline with the sun setting makes the team forget about tired, aching muscles and the hills yet to come. I've only been at UBC for a few hours - it feels a lot longer, but what a way to finish the day.

Saturday Day 2 (The first full day)

06:10 - 07:15	Morning Run
07:15 - 08:00	Breakfast
08:00 - 10:00	Van to beach Ultimate beach circuit
10:00 - 13:15	Snack break Exmouth to Budleigh Hike
13:15 - 14:00	Lunch
14:00 - 14:30	Talk: health related goal setting & explanation of basal Metabolic Rate
14:30 - 15:30	Ultimate circuit
15:30 - 15:45	Snack break
15:45 - 16:00	Talk: How to use resistance bands
16:00 - 21:15	Van to climb centre for abseiling/climbing/rope work
21:15 - 21:30	Dinner
21:30	De-brief Bed

Day 2 follows a similar pattern - with a mixture of intense and mild activities. The most memorable being the intense military endurance course that left us chest high in a muddy bog! This mixed with softer activities such as, knot tying and building survival shelters in the woods, diverted our thoughts from hunger and aching muscles. The PTI's were supportive but impervious to the moans of tiredness and blistered feet. Oh and yes, our mental muscles are being flexed to the max, but we all keep going.

My thoughts

The intensity levels were very high and there were no real gaps in the day to collect your thoughts or relax in the actually delightful rooms. I didn't even turn the first page of the book that I'd brought with me to read. Although it was an intense weekend there was no way I or anyone else could have sustained this vast level of activity and on such little food for anymore than a long weekend. Injuries did start to creep in, but so also did a new fighting spirit and determination in us all – we formed team bonds and went from strength to strength which seriously impressed me. Some of the women confessed to have not done any real physical activity in over two years and attended UBC to get rid of the extra weight they'd gained.

Who's it for?

The name describes exactly what it is. I'd be shocked if any attendees didn't get results both physically and mentally. The women varied in age from 23 - 55. The activities were adjusted to suit the various fitness levels and ages, which impressed me, considering the diversity of the group.

I would recommend UBC for the general public and for those wanting to kick start their fitness, break current routines and find new ways to physically

challenge themselves. For me personally, I worked really hard and was challenged physically by the tasks such as, the climbing (which I have continued since returning) and tyre pulling on the beach. I saw improvements in my fitness, but also was amazed at the dramatic improvement in my body composition in just a few days. As noted I could never sustain that amount of exercise at home, but I found UBC inspiring and was itching to try out some of the things I had learnt when I got home.

Susan Cass changes in body composition whilst at UBC

Body Composition Results

Waist – Loss of 2¼ inches

Thighs – Loss of 1 inch

Weight – Loss of 5lbs

Ultimate Boot Camp offer weeklong and weekend breaks for both men and women in Exmouth.

Visit www.ultimatebootcamp.co.uk

for more information or call:

0845 680 1621 or email

enquiries@ultimatebootcamp.co.uk

fitscape

fitscape is a new fitness holiday brand, launched by The Healthy Holiday Company, which created the well-known 'in:spa' brand and has been running healthy holidays successfully for the last 6 years.

fitscape is aimed at men and women of all ages and all levels of fitness and offers many different choices of training sessions and activities such as hiking, cycling, running, boxercise, circuit classes, one on one personal training, strength training and cardio boosting sessions.

The schedule is expertly designed by fitscape's personal trainers, so that each guest will make great improvements in their individual fitness levels, whether it be to kick start an exercise programme or move on to a more advanced level of training. Fitscape holidays are all-inclusive and set in beautiful locations abroad – such as Kasbah Bab-Ourika in Marrakesh, which offers stunning natural scenery and spectacular panoramic views of the snow capped Atlas Mountains. The Kasbah is the perfect location for outdoor training followed by relaxation by the pool,

combined with comfortable stylish accommodation.

Current dates: 27 Sept – 4 Oct;

15 – 22 Oct; 12 – 19 Nov 2009

For more information go to:

www.fitscape.co.uk or

call: **0845 458 0723**

The ultra-FIT verdict

We advise doing a little homework before parting with your £'s to ensure you get exactly what suits you and your fitness.

Firstly, decide whether you want to go overseas, or stay in the UK. This automatically restricts your choice. Then decide how long you would like to go for. From there, the choice is very individual, and we recommend speaking to the organisers and asking about the expected fitness level of your Bootcamp 'comrades' to ensure you will get training appropriate to your fitness. All of our listed bootcamps have qualified trainers, but if you find an alternate camp – check out their qualifications first. Some camps will tailor their approach to a certain number of people, i.e. increase the intensity or lower it. So if a group of ultra-FITers wants to attend one, they may be able to test you to that bit more. It's also a good idea to ask what type of training gear you will need. You don't want to get there and find that you're in the pool in your underwear. Oh, and you'll need a lot of kit or on-site laundering. Ask also about diet and nutrition, tell the organisers if you have any specific needs and also try to explain to them how fit you are and what your calorific needs are. You should not under eat if you are fit and healthy.



ultra-FIT - Fit or Fat Camp review summary

	Massage included	UK or overseas	Military style	Pampering	Week long	weekend
Fitcamp.co.uk		UK & OS		X	X	X
Champneys Fit Camp	X	UK		X	X	
Ultimate Bootcamp	X	UK	X			X
BoxYoda	X	UK		X		X
Wildfitness		UK & OS			X	
Fitscape	X	OS		X	X	