

Big Brother and Essex celebrity **Chantelle Houghton** spent two weeks at No1 Boot Camp, Classic Weight loss & fitness Boot Camp in Norfolk in a bid to lose weight before her appearance in last year's TV Reality Show.

After the two gruelling weeks at the boot camp, Chantelle lost over a stone. Here she tells us about her experience as a bootcamper....

Chantelle goes to BOOT CAMP

What made you want to go to the Boot Camp and what did you hope to achieve?

I've followed several diets in the past and nothing has worked long term. No 1 Bootcamp was recommended to me and I liked the idea of following a full-on exercise regime alongside a healthy diet. It was something new and exciting that I'd never tried before. Fad diets just don't work but this does. It's all about changing your mentality to exercise and diet.

Are you someone who exercises regularly and eats healthily?

Yes I am now. No 1 Bootcamp changed that for me. I exercise three to four times a week and follow a healthy diet. I do have days off though, where I treat myself to a bit of chocolate or a glass of wine. You can't deny yourself things or it just won't last.

What sort of training were you put through?

Everything! We went running every day at 6am. There is lots of cardio, which makes you drop weight. We did press ups, sits up, sprinting, weight lifting and lots of jumping



GET SOME IN!
Chantelle is put through her paces



about. There were mega long walks too and by the end of the day you are so tired you sleep like a baby!

What was the hardest thing you had to do during your time there?

An 11 mile walk! I cried three times and thought it was never going to end.

Did you at any point think you wouldn't be able to make it through the two weeks?

Yes, but a good nights sleep helped and I was fine in the morning.

What kept you going?

It's not easy but it's not meant to be! But the results do pay off and what kept me going was seeing the results before my eyes. I also felt completely energised and relaxed. It's great to just go there and focus your mind.

What was the food like at Boot Camp?

It was absolutely delicious. I was thinking it would have been bland plain rice morning noon and night but honestly the food is amazing. They have a chef from a top London restaurant so he knows how to be created. We ate things like grilled tofu and steamed veg but made so well it just tasted delicious.

You lost weight while you were at the Camp - were you surprised by how much you lost?

Yes completely! I could see it was working when I looked in the mirror though and I sent my friend a picture of my flat toned tummy and she couldn't believe it! Everyone who goes there loses weight, you are bound to because you are training hard as well as eating sensibly.

What did you learn about yourself during and after your Boot Camp experience?

That if you focus your mind you can achieve anything and it's a lot easier than you think you just have to go for it. I've learned to be happy with my body and make the most of it and to follow a diet sensibly.

Would you do it all again?

Definitely. I haven't felt this good in my whole life. It's an honest regime and diet and it lasts. You don't suddenly pile on the pounds again. I follow my exercise DVD at least three times a week and that's like bringing bootcamp indoors, which is great for everyday lifestyles. But I'd definitely go to Bootcamp again; it's great for the body and the mind.

Do you think you'll always be an Essex girl?

Yes! It's where I grew up and I

love it. I feel completely at home there.

Where's your favourite place to shop?

I love Lakeside, it's got everything under one roof.

If you were going out for a daytrip, where would you go?

For Christmas, to Winter Wonderland in Hyde Park and then for hot chocolate and the cinema.

Do you have a favourite Essex restaurant?

Smiths in Ongar. It's one of those places where you can get properly dressed up, be properly looked after and the food is delicious.

Southend or Clacton?

Southend. I used to go there when I was little to the beach.

What are the best and worst things about where you live?

The best thing is it's near all my family and the worst thing is if you fancy a night out in London it's a bit of a trek!



Chantelle's Boot Camp Workout DVD is out now and is available at all major retailers



From Wickford in Essex, Chantelle was the only non-celebrity in the Big Brother house in Celebrity Big Brother in 2006. And yet she won! She was born in Basildon in February 1983 and before going into Celebrity Big Brother, she lived with her mum Vivian and her step-dad Dean. She left Bromfords School in Wickford when she was 16, and took an office job and then worked at a bank.

While Chantelle started to pursue a career in modelling, she also worked in The Duke, a pub in Wickford and had a part time job on a make-up counter in London's West End. Her modelling work included making the last twelve of Miss Greater London and being a Paris Hilton lookalike.

Chantelle met musician Preston of the Ordinary Boys on Big Brother and they married in August 2006. Later that year she published her autobiography, Living the Dream. The marriage lasted little more than a year, but Preston and Chantelle were reunited in last year's Ultimate Big Brother, and remain friends. Chantelle came third in the show.



No. 1 Bootcamp is a fun, healthy way to achieving exceptional weight loss results and get fit. The Classic Boot Camp experience is an action-packed boot camp in a great countryside location near the beach in Norfolk. Bootcampers typically lose 7-14lbs on these camps and military trainers work you hard to achieve your goals. The accommodation is comfortable and food consists of tasty, healthy menus prepared by an expert nutritionist and talented chef. Boot Camp challenges include morning circuits, weights, hikes through glorious landscapes (rain or shine!), beach exercises, tug of war and other team events like Jeep Pull. Camps are also held in Wales and Spain. Prices start from £850 per person per week. Other celebrity bootcampers have included model Sophie Anderson and actor Darren Day. For more details call 0208 502 1144 or go to www.no1bootcamp.com