

GET FIT IN IBIZA (NOT FROM DANCING)

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Get fit... in Ibiza?

Generally, when we go to Ibiza we return about a stone lighter already, but if you fancy the same effect without the associated cold sweats, Ibiza flu and soul-eroding week-long comedown, here's an idea.

The No 1 boot camp Ibiza is a fitness program - based in the luxurious 5 star Atzaro villa in the Ibizan hills - which promises "to teach you an all-round balance in health, lifestyle, nutrition and fitness to maintain a healthy lifestyle... for life!". A typical day involves walking, boxercise, yoga, beach games and healthy meals, while after a nutritionally balanced dinner you are free to chill in the villa (or ruin all your good work by exploring the nightlife). Check out the healthy side to Ibiza at www.no1bootcamp.com.

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