

# NEW YEAR, NEW YOU?



Strong is the new skinny, so jumpstart your resolutions as Hayley Leaver highlights the hottest health and fitness trends for 2015

## GO BACK TO BOOT CAMP

### What to expect:

If you're struggling to beat the bulge on your own, why not join the No 1 Boot Camp for a week of structured exercise set in the beautiful Norfolk countryside and beaches? With most of the trainers former Army, Navy or RAF physical training instructors, the schedule is designed to be fun but also to achieve a weight loss of 5-18

lbs in a week. Four to five hours of exercise is split across each day, with around 2,000 calories burned, and a healthy and nutritious menu of 1,200 calories provided. The professional trainers also help to tailor exercise to fit everyone's abilities, which is based on a fitness test at the beginning of the camp. It's not all about pushing tyres across the beach either – evenings are for relaxation and recovery with massages and beauty treatments available. The price for a week's stay in Norfolk starts from £995.

### What No 1. Boot Camp says:

Trainer Andy Morris says: "One of the big advantages of a boot camp over a gym is that it's an intensive week of fitness that can change your body shape quickly and effectively. There are no distractions, no temptations and the camaraderie in the camp makes people drive each other on, so that everyone gets the best results.

"We are only successful because our clients are successful in achieving their goals. They are always thrilled when it comes to the final weigh-in on Saturday and they can see how much weight they have lost. They come out healthier, fitter, looking great and with a

huge amount of confidence. It's an amazing transformation for so many."

### Celebrity fans:

Tamsin Outhwaite, Susie Amy, Jamie Lomas and Made in Chelsea stars Spencer Matthews and Binky Felstead.

### Where to go:

No 1 Boot Camp runs from Saturday to Saturday all-year-round near Kings Lynn in Norfolk. Recent expansion has also seen new camps open in Marrakech, Morocco and Ibiza. For more information call 020 8502 1144 or visit [www.no1bootcamp.com](http://www.no1bootcamp.com).



## BODY & SOULMATE

### What to expect:

Soulmatefood believes that quality of life depends on the quality of food that sustains it. It doesn't matter how many burpees you do, if you don't get it right in the kitchen. So what can you expect from their healthy food? Produce from the best local suppliers, hand created and tailor made for you, before being



delivered straight to your front door. Juice diets, soups, low carb food and their newly launched Paleo diet plans all help you achieve your goals – without compromising on taste. Simply pick your plan and let their tailored chefs prepare healthy menus for you. Food prices start from £25 a day.

### What Soulmatefood says:

"Eating healthily will not only promote longevity, but will have an effect on lifestyle too. That's why we pride ourselves on quality and consistently exceeding our clients' expectations. From sourcing the finest ingredients, to harnessing knowledge from world-renowned experts, we do all the hard work for you, with everything delivered, hassle-free to your door."

### Celebrity fans:

The Saturdays, Pippa Middleton, Michelle Keegan, Anthony Joshua MBE and Melanie C.

### Where to go:

Soulmatefood deliver to most places in mainland UK. Certain postcodes may carry an extra delivery surcharge however. For more information, visit [www.soulmatefood.com](http://www.soulmatefood.com).



## RAISE THE BARRE

### What to expect:

Move over Zumba, barre is our new favourite dance-based fitness class. Based on intelligent exercise, each 60-minute workout at barrecore's London and Alderley Edge studios integrates fat-burning interval training with classic ballet stretches to target major muscle groups and improve posture. With some of the best instructors in the UK, barrecore help to effectively and safely reshape your body through an array of classes featuring resistance bands, HIIT (high intensity interval training), dance-based conditioning and heart-pumping moves. Leg warmers not included! Prices start from £20 for your first class.

### What barrecore says:

Niki Rein, barrecore founder, says: "We focus on burning out as many muscle groups at one time to produce as much lactic acid as possible, as opposed to getting the best calorie burn. Yes, you burn a tonne of calories in a class, but we believe the effects come from the hormone reaction that happens over the course of the following four days. This lactic acid production creates the incredibly fast results of a leaner body and more visible muscle tone.

"New clients that come and commit to around three workouts a week start to inspire themselves, as they see results incredibly fast and feel like they are melting down to a fitter self. When this happens, it's completely transforming as the motivation comes from within as opposed to an external aspiration."

### Celebrity fans:

Suki Waterhouse, Eva Herzigova, Rita Ora, Jourdan Dunn and Sophie Anderton.

### Where to go:

barrecore has studios in Alderley Edge, Cheshire, as well as Chelsea, Mayfair, Wimbledon and Chiswick in London. Kensington will also open in late January 2015. For more information, visit [www.barrecore.co.uk](http://www.barrecore.co.uk).

