

# FORDE'S HOL ABOUT FITNESS

## Leo's pill cost bid

HEALTH Minister Leo Varadkar feels prescription charges are still too high – and wants a new scheme to cut costs.

The Fine Gael TD told MacGill Summer School he is looking to introduce free GP care for under 18s, and refunded doctor and dentist visits.

And Varadkar said negotiations have begun on a new contract to buy medicines, which could allow him to drop the amount households pay under the Drugs Payment Scheme.

He said: "It's €144 per month per household and that is very iniquitous, particularly on single-person households where the €144 has to be borne by that one person."

**IRISH Sun BINGO!**

30 34

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65 58

78 23

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## SVP's kid care plea

THE Saint Vincent de Paul has called on the Government to invest more in care for children.

Ireland spends 0.2 per cent of GDP on care for preschool kids – a quarter of the OECD average.

But the SVP's Social Justice and Policy Officer Audry Deane said this shortfall is causing problems for working parents.

She said: "Disadvantaged children benefit the most from good quality early years and after school care.

"Our members tell us the disheartening stories of lone parents having to give up training or work as they cannot get access to, or afford the cost of care for their school age children."



Nov '14

Curvy...  
Nadia last  
winter

Today

Slimline...  
at Ibiza boot  
camp

# Shapely Nad puts the boot (camp) in

By AOIFE BANNON

**NADIA Forde is looking super fit after toning herself up at a celebrity boot camp.**

The model, 25, is currently in Ibiza at the renowned Nol Boot Camp, which celebrities including Spencer Matthews and Stevi Ritchie have attended in recent months.

And Nadia – who finishes her seven-day slog with the fitness experts today – has already been showing off the impressive results.

She posted a bikini selfie on Instagram – wowing fans with her svelte curves in her gold swimsuit.

The bootcamp has celebs working out five times a day for the entire week – rising each morning at 7 and kickstarting the day with a 45-minute cardio class.

Some circuit training and a second exercise class takes bootcampers to lunch, followed by a hike and yoga before dinner.

Most people claim to lose around half a stone throughout the week – with actress Susie Amy claiming she lost 6.6lbs and now follows a healthy eating regime.

And there's a reason Nadia looks a million dollars... the bootcamp doesn't come cheap – costing around €2,800 for a week in a double room in the villa, not including flights to and from the Balearic island.

@IrishSunOnline

## A TYPICAL CAMP DAY

7.00am Rise  
and shine7.30am 45  
minutes of

cardio exercises

8.30am Breakfast

9.15am 1st circuit

10.30am Break

10.45am Second  
class12.30pm Lunch  
at the Villa

1.30pm Hike

3.30pm Break

4.30pm Strength

/ conditioning

stretches or Yoga

7pm Dinner