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BODY



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CONFIDENCE

**WITH THIS
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Meet the shrinking brides

THE
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EAT RIGHT,
CHANGE YOUR
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- AND KEPT IT OFF'**

*The secret of
Kelly's hot bod*

22
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FIXES

**GET A GASTRIC
BAND FOR
YOUR BRAIN**



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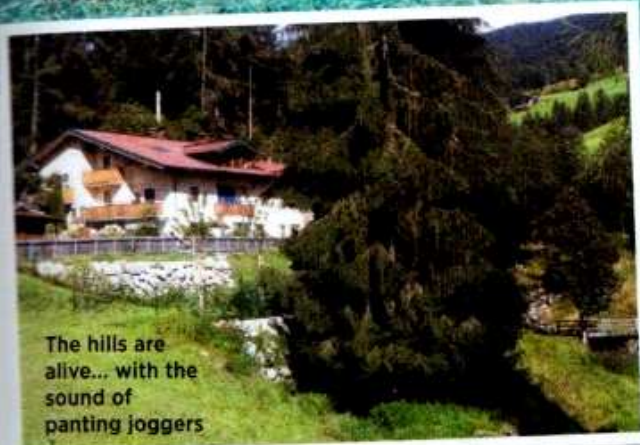


THE NEW YOU

New You Boot Camp, UK and Europe-wide



Make a splash with your new, fit bod...



The hills are alive... with the sound of panting joggers



"Honestly, it was *this* big!"

WHERE? New You Boot Camp, Somerset, Suffolk, and Austria, Portugal and Spain (01202 559336; newyoubootcamp.com).

WHY? The first UK boot camp, New You has now expanded to offer weight-loss solutions in five locations across the UK and the Continent. Each camp involves military-style activities to help you drop pounds and tone up – fast. From hiking and cycling to weights and Zumba, ex-military instructors will put you through your paces. You can book a ladies-only camp or bring the boy on a "co-ed" one.

WE LOVE: The way New You caters to all fitness levels and goals with a variety of different courses, from one-day fitness boosts to seven-night weightloss retreats.

SIGNATURE SESSION: Even the classic camps focus on mental wellbeing and offer a menu of treatments that includes yoga, meditation and relaxing massage.

COST: Classic seven-day boot camps from £833 per person.

READER OFFER Save 10% on Spain, Portugal and Alpine Austria 2013 boot camps booked before 31 March 2013 (subject to availability). To reserve your spot, visit newyoubootcamp.com and enter "Cosmo0313" at the checkout.

THE BEACH BLITZ No1 Boot Camp, Ibiza

WHERE? No1 Boot Camp, Ibiza (020 8524 3430; no1bootcamp.com).

WHY? For a holiday *and* a life cleanse all rolled into one, No1 Boot Camp is the place to be. A five-star villa, overlooking the beautiful Balearic coast? Yes please. But from hikes with sea views to the delicious menu, this week-long camp is about getting a brain and body overhaul as well as relaxation. Whether you're hoping to drop a dress size or just fancy getting away and getting healthy, the camp will teach you how to feel great all year round, with or

without sun. Oh, and you might spot the occasional celeb getting in shape, too.

WE LOVE: The total body approach. You'll leave with a toned tum and a clear mind.

SIGNATURE SESSION: Frolicking on the sand in a beach game? Bring it on!

COST: From £1,350 for seven nights, not including flights and transfers.

READER OFFER For 15% off all 2013 boot camps booked before 31 March 2013 (subject to availability), call 020 8524 3430 or visit no1bootcamp.com and quote "Cosmo Body Offer".



No glove, no love!