

Transform your body – and life – AT N°1 BOOT CAMP



You can save 10 per cent off a stay at Britain's premier weight-loss and fitness retreat with this fantastic offer for *Healthy* readers. Working out has never been so luxurious

A visit to N°1 Boot Camp is the fun way to achieve real weight-loss and fitness results. Its aim is to transform its guests on every level – body, mind and spirit. The camp is based in a stylish period farmhouse on the scenic north Norfolk coast and guests enjoy tasty, healthy meals created by the camp's expert nutritionists and top chefs. Noted military trainers will help you tone up and lose the pounds to get the body you've always dreamt of – from runs on the beach to team games, country hikes and circuit training, you'll soon feel and be fitter.

Get fit for less

Healthy has teamed up with N°1 Boot Camp to give readers the chance to receive 10 per

cent off a stay in Norfolk. Prices start at £995 for a week in a shared room or from £1250 for a private room. This specially priced deal includes:

Overnight accommodation in the camp's period farmhouse.
All meals, created by a top team of nutritionists and chefs.
Six days' fitness and weight-loss training from world-renowned military instructors.

Star quality

N°1 Boot Camp is the choice of celebrities wanting to shed weight, too. Binky Felstead, of the hit TV show *Made In*



Chelsea, lost an impressive two dress sizes during her week's stay at the camp earlier this year. The 'before' and 'after' photos of her (left) show what a difference her participation made. Binky said: 'It was amazing. The trainers were brilliant and the food insanely good.'

How to book

Call 0208 524 3430 and use the code **HEALTHY10** or go to www.no1bootcamp.com, using the same code at the check out, to claim your discount.

Binky, before and after boot camp

TERMS AND CONDITIONS 1 Standard Ts and Cs for the giveaways and offers that appear in *Healthy* can be found on page 11. 2 Closing date is 20 December 2013. 3 Offer is subject to availability. 4 The offer price starts from £995, because of seasonal variations in pricing.