

By Hilary Boddie



GET THE BOOT!

IT'S NO PAIN, NO GAIN WITH THE LATEST FITNESS CRAZE...

Want to get in shape fast this summer and get your body bikini-ready for the beach in record-breaking time? The hottest trend right now is to book yourself into boot camp. Stars such as Renée Zellweger, Gwyneth Paltrow, Jessica Biel, Cindy Crawford, Cat Deeley and Patsy Kensit are all said to have reaped the benefits of an intense health and fitness blitz. It's hard work and not for the fainthearted, but such a focused fitness regime can certainly boost body and soul.



Kerry Katona lost a stone at boot camp last year, thanks to the intense workout she was put through

A BOOT CAMP DIARY

As this exercise craze sweeps the nation, OK! decided to give it a try and despatched art director David Graham to the rugged coastline of Norfolk's No1 Boot Camp!

'This is serious military-style training. Forget your friendly personal trainer and hi-tech gym, this is about mud, sweat, even tears! My personal week-long experience was a crash course in fitness and weight loss. Each member of the group was weighed and given a short fitness test consisting of basic exercises. Then it was straight into a three-mile jog to the neighbouring beach before we'd even unpacked! Once back, it was time to settle in for the evening.'



Above: Marin David and Ben put OK! art director David through his paces

Wakey wakey!

'At 6.30am the next day, everyone was woken by blasting rock music. Time for our first activity - a three-mile run to the beach! This was followed by a basic breakfast, then on to the next exercise session - circuit training. The food throughout the week was calculatingly healthy - few carbs, no alcohol and very little sugar and caffeine - but delicious. By day three ('Toxic Tuesday') the vigorous regime of boxing circuits, beep tests, weightlifting and long hikes had started to take its toll, with several people reduced to tears. The upshot, however, was a sense of solidarity - we started really pulling together as a team.'

Losing it!

'We were paired off at various times and I was lucky enough to get inspiration from my training partner, a girl from Scotland named Frankie who went on to lose an incredible 11lb. The trainers were always mindful of everyone's needs and capabilities (even our special celebrity guest boot-campers Lucy and Lydia from TOWIE) which made us all feel in very safe hands. No1 Boot Camp was an incredible experience and I developed a new-found grit and determination I never thought I had - I also lost 9lb into the bargain! We all learnt valuable lessons in teamwork and willpower, which will last far longer than any suntan!'

FOR MORE DETAILS, VISIT WWW.NO1BOOTCAMP.COM

The gang, including TOWIE girls Lydia (centre) and Lucy (third from right), and David's partner

FEEL THE BENEFITS

Boot camp workouts, developed from army training exercises, are one of the hottest fitness trends of the year, ideal for busy people who want to maximise their workout time. They help enhance aerobic capacity, cardiovascular strength, endurance and flexibility, leaving you more energised, fitter, stronger and more flexible. They are also great fatburners - using up around 400 calories per 40-minute session.



Left: model Sophie Anderson and Renée Zellweger (above) are both boot camp fans

BOOST YOUR MOOD

Alongside your physical fitness, a boot camp can help boost mental fitness, too. Research has shown that strenuous physical exercise can enhance mood and improve wellbeing and your ability to cope with stress. Such full-on exercise can help ease depression and anxiety and improve concentration. There is also a great sense of achievement when you have pushed yourself to the limit.

TAKE YOUR PICK

There are many residential week-long courses if you really want a fitness blast or, alternatively, many gyms and leisure centres now offer boot camp classes for just hour-long sessions. For best results pick a well-balanced programme which offers both aerobic and calisthenic (squats, thrusts, jumping jacks, push-ups, lunges) exercise.

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BOOT CAMPERS

Hollywood's most celebrated boot camp is the Ashram, in the foothills of California's Santa Monica mountains. A typical day starts with an hour's yoga at 6am followed by a five-mile hike. Apparently, it's here Gwyneth Paltrow once came to get herself ready for the Oscars. Catherine Zeta Jones reportedly paid a visit after the birth of baby Dylan, and Cindy Crawford is a regular: 'Once a year, I go to the Ashram and eat raw food, take four-hour, 15-mile hikes every day,' says Cindy (right). 'I like to see where my mood takes me. I may sing, or feel sad, and think about that. I enjoy the luxury of spending time just with myself.'



BODY TALK

By Yasmine Gibson



BARE NECESSITIES

OK!'s running regime slacks off a bit when it's hot (unlike True Blood's Alexander Skarsgård (left)). Even so, the new tome by Barefoot Ken Bob Saxton, Barefoot Running Step by Step (Fair Winds Press; £14.99) made for great reading. Full of the sheer joy of unorthodox running, this how-to manual is a must read for keen joggers.

SNACK ATTACK

She's got a fabulous voice and impeccable dress sense, now we hear Rebecca Ferguson (right) likes the same snacks as us too! The stunning X Factor star adores the Sour Cream & Cracked Black Pepper Sunbites, which with 30 per cent less fat, are a healthy alternative to crisps. You could always eat them alongside some crudites for extra Brownie points! We hear that the sultry singer is also a fan of working those extra calories off at the Nuffield Gym in London's Covent Garden. Race you there!



BURKE'S REBOOT

Alexandra Burke did a boot camp as part of her training for the Inca Trail challenge she did for charity last year. She chose NuBeginnings boot camp down in Devon to put her through her paces. She commented: 'I'm determined to be in the best shape ever and wanted to kickstart my training. Shattered but fun and a lot of hard work.'



ENERGY BOOT

Chantelle Houghton shed over 14lb when she booked in for a two-week boot camp last year. She said at the time: 'It's been the hardest two weeks but the results are amazing. I have so much energy now.' She was so pleased with the fitness regime that the former Celebrity Big Brother star released her own fitness DVD - Chantelle's Boot Camp Workout.



Our own Kerry Katona (above) shed a stone while putting herself through boot camp last year. 'The day before I left I was crying my eyes out - I thought I would never be able to cope with such a hardcore regime, but I felt such a sense of achievement,' she said.

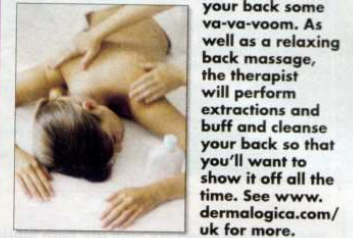
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SLIM PICKINGS

Despite reading her autobiography *Bassy pants*, we were still amazed to learn that 30 Rock actress and TV producer Tina Fey lost 35lb with WeightWatchers. She reveals: 'That's when I learned how to eat properly for the first time. Before, I used to be one of those people who wouldn't eat anything all day, then eat a piece of cake at 4pm, McDonald's at 10pm, and then go to bed.'

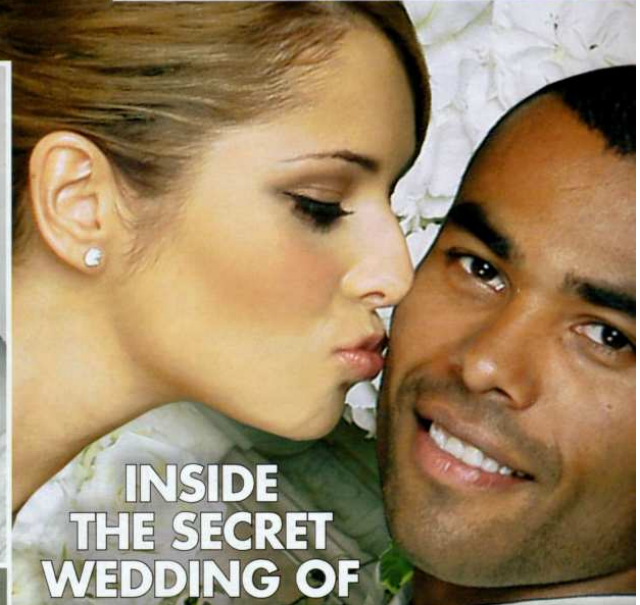


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