



## GI JANE BOOT CAMP BY LINA DARTON



**WHAT WE DID:** A typical day began at 7am with an hour's warm-up and a 45-minute run after breakfast. The rest of the day included exercises to tone arms, abs and legs.

**WHAT WE LOVED:** There's a different training schedule each day so you won't get bored of the same routine. I left feeling a tad sore but proud we made it through.

**WHAT WE DIDN'T LOVE:** Although the food was tasty, the portion control took a while to get used to.

**WEIGHT LOSS:** I didn't lose weight as I was told I was healthy for my height but lost half an inch from each thigh and half an inch from the waist and hips.

**VERDICT:** This boot camp is ideal for women who are serious about making lifestyle changes.

VISIT [WWW.GIJANEBOOTCAMP.CO.UK](http://WWW.GIJANEBOOTCAMP.CO.UK)



**WHERE:** Kent.  
**COST:** £399 for three nights.  
**THE LOWDOWN:** This course of high-intensity training aims to kick-start a healthier lifestyle. Fans include Michelle Keegan, Jacqueline Jossa (above and above left) and Kerry Katona.  
**WHAT IT PROMISES:** With a mix of strength training, cardio and endurance exercises (left), GI Jane guarantees you'll drop a dress size if you stay a week.



## CHAMPNEYS BY ROWAN ERLAM

**WHERE:** Bedfordshire.  
**COST:** Prices start from £350 per person.  
**THE LOWDOWN:** This luxury boot camp (*The Voice UK* judge Kylie Minogue and actress Naomie Harris are among the celebrities who have visited Champneys) aims to motivate you to get in shape. It starts at 11am on a Friday and finishes at 4pm on Sunday, so despite being sold as a two-nighter, it felt like a full three days.  
**WHAT IT PROMISES:** Unlike some boot camps, this felt a lot more civilised and luxurious. However, don't be deceived – you still do over ten hours of exercise during the weekend.  
**WHAT WE DID:** There was a nice mix of hour-long indoor and outdoor activities (above) so nothing felt daunting – even if, like us, you exercise as regularly as there's an eclipse. The classes included Zumba, water netball, Pilates, and power walking in Champneys'



beautiful grounds. You're also given a blood pressure check, body composition analysis, diet and body talk and a 25-minute massage.

**WHAT WE LOVED:** It never got boring and, despite the calorie-controlled portions, the food was heavenly.

**WEIGHT LOSS:** 2lb.

**VERDICT:** I left feeling healthier and inspired to keep up the good work!



VISIT [WWW.CHAMPNEYS.COM/BOOT-CAMPS](http://WWW.CHAMPNEYS.COM/BOOT-CAMPS)

BY OK! ACTING HEALTH EDITOR BUSOLA EVANS. PHOTOGRAPHS BY GETTY IMAGES, SPLASH NEWS, TWITTER XPOSUREPHOTOS.COM

## WIN A TUB OF ZENBEV SLEEP AID!

Suffer from insomnia or have difficulty falling to sleep? OK! has teamed up with Zenbev to give away ten tubs to lucky readers. Zenbev is a new drink formula that promotes natural sleep. Containing a natural source of tryptophan derived from pumpkin seeds, just stir the powdered formula into your night-time drink. Buy from Revital, priced £24.95, or direct from [www.zenbev.com](http://www.zenbev.com). **For your chance to win one tub, just tell us what is the name of Kerry Katona's eldest daughter?**



To enter call 0901 154 2677 or text OK1COMP followed by your answer, name and address to 87080. Texts cost 50p plus your usual network rate. Calls cost 51p per call from BT landlines. Calls from mobiles and other networks may vary. You can also enter via post. Send your answer and details on a postcard to OK! Health Comp, PO Box 12581, Sutton Coldfield B73 9BX. Entrants must be 18 or over. Competition closes midnight March 10 2014 and three days later for postal entries. Winners will be selected at random from all correct entries received by March 14 2014. For full T&Cs, see [competitions.ok.co.uk](http://competitions.ok.co.uk). SP: Spoke Ltd, W1B 2AG. Helpline 0870 010 8656. The editor's decision is final. Maximum of 200 premium rate SMS promotion, per day. For SMS, you may receive other related promotional offers/services. To stop receiving, send NS NOINFO at the end of your message. Express Newspapers/Northern & Shell reserves the right to offer these promotions in its portfolio of titles. Prize is subject to availability. Images for representational use only.

## MICHELLE'S DIARY



OUR GIRL AND HER HUSBAND WELCOME THEIR 'AMAZING' BUNDLE OF JOY

Here's here – my little boy has arrived! Our bundle of joy was delivered on Friday morning last week at 8.49am. He's amazing! We're both recovering well, and I can't wait to introduce him to you, so look out for the pictures in OK! soon. I thought I had a sixth sense all the way through that he was going to come early, after Faith came early, but he didn't!

I spent all of last week preparing for the birth – I washed everything again: his blankets, clothes, and sheets for the



cot. I did a deep-clean of the house, so that when I got home from the hospital it was as spotless as it could be, so I could just rest. He was moving around a lot last week – between 8pm and 10, it was like he was having a football match! Every night I thought, oh my God, is he coming? I also tried to put all my focus on Faith last week, because she's going to be in shock now he's here. She's got him a teddy bear as a present – and when you press it, you can hear his heartbeat!



### KIM'S BABY JOY

Kimberley Walsh is pregnant! Massive congratulations! I was with her the other night at the *Big Reunion* concert, and she ordered a Diet Coke when we went to the bar! I didn't think – she announced it a day later. I'm so happy for her. Her and Justin [Scott, left] have been together for

many years and they're a great couple. She looked very slim in her top – I don't know where she's hiding it! The concert was really good: Damage [right] were amazing and I enjoyed 5th Story. Eternal sounded fabulous, but they looked like they didn't want to be there, which is a shame.



### ONE LAST SONG!

I missed Kerry Katona's baby shower unfortunately. But it was probably the right thing. After the gig on Friday I had to cancel everything on Saturday – I just felt tired and needed to stay at home and spend time with my family. I sent Kerry a good luck message, and I'm sure she was spoiled rotten!