

Drop a dress size at GI Jane Bootcamp



'My Diary'
Michelle Chandler-Campbell
talks us through her experiences

DAY 1: ARRIVAL
"I arrived at the secret GI Jane location along with the rest of the group, relieved to find we were all shapes and sizes. First off, the nutritionist discussed the food diaries we had brought with us, and explained how she would change our eating habits for the better. We also met our fitness instructors – ex-marines we had to call "staff", who were not going to take any nonsense! After fajitas for dinner, we relaxed in front of the TV, before retiring for any early night in preparation for the action-packed week ahead..."

● Follow Michelle's GI Jane Bootcamp Diary in upcoming issues of Top Santé

Save
10%
PLUS get a free
makeover!

Want to shape up and feel great? GI Jane is a fitness camp where women can build confidence as well as achieve fitness and weight-loss goals – and you're guaranteed to drop a dress size in a week*! By teaching you about your body, and how it is affected by lifestyle and food habits, GI Jane will give you the tools to maintain your positive results for life.

Alongside a healthy, balanced diet, an intensive training schedule has been carefully designed by a team of military physical trainers. Activities include: boxing, running, power walking, bike riding, obstacle courses and core training. For more details, see www.gijanebootcamp.co.uk

WHAT'S INCLUDED?

- First-class accommodation
- Calorie-controlled meals
- Fitness training, instructed by qualified military personnel
- A one-to-one with a health and nutrition expert
- Meditation sessions



AVAILABLE DATES

- 31 October – 7 November 2009
- 14 November – 21 November 2009
- 27 November – 4 December 2009
- 12 December – 19 December 2009
- 9 January – 16 January 2010
- 23 January – 30 January 2010
- 6 February – 13 February 2010



BOOK NOW: With this exclusive **10% discount**, *Top Santé* readers can book a week for just **£1,035** (shared occupancy) or **£1,485** (single occupancy) – simply call **020 8301 4353**, quoting **GIJTOPSANTE**. Plus, you'll also receive a **FREE makeover**** at the end of the course!

Terms and conditions: *Weight loss will vary from person to person. **Makeover involves a hair and make-up session on the final day of your stay. This offer ends 31 August 2010