

5 places to **Shape** up for **Summer**

Does the thought of baring your body in a bikini fill you with complete and utter dread? Fear not! These hardcore holidays will have you honed and toned in no time...

Step to it in Scotland

The Camp is a week-long residential course run by ex-Special Forces instructors with a mission to help you drop a dress size in a week and turn you into a regular GI Jane in the process. Based in a secret location in Dumfries and Galloway, this intensive retreat is based on military fitness and motivational techniques. You rise at 6am and only 'stand down' at 10pm after a programme of constant low-intensity physical training including yoga, mountain biking, self-defence and orienteering. And don't expect any post-prandial respite – even information sessions which take place after meals to allow for digestion are conducted on fit balls. Says course leader Sam Costello: "In circumstances where you eat healthily but are extremely busy with physical activities it is easy to lose weight. If you are engaged and stimulated mentally this process works really well."

In addition, clinical nutritionist Helena Oades has devised a diet constructed, not only for the course, but also for long-term sustainable weight management. "The right diet is key to any weight loss programme," she says. "Our dietary programme is tailored to provide the correct balance of calories and nutrients to stimulate fat-burning and weight loss."

The cost of a seven day stay is £1,495 and includes accommodation, meals, and all activities. For details call 0870 033 2375 or go to thecamp.co.uk

“ If you want to walk down the beach without your bottom wobbling like a blancmange, a fitness holiday makes perfect sense ”