

**THE BOOT CAMP**

**FITNESS12 RETREATS, SPAIN**

Charlotte Sinclair samples a fitness break created by Steve Halsall (the personal trainer dubbed 'the Body Whisperer' for his ability to transform women's bodies) for La Manga Club.

**DAY ONE** 6.45am: the sun is rising over a deserted beach. Sprint training in deep sand – exhausting. 3pm: afternoon by the pool.

**DAY TWO** 7.30am: I go for an hour's run with Steve in the hills. It's increasingly excruciating as the temperature soars, but I return feeling smug. 3pm: after a healthy, protein-based lunch, the afternoon is spent at the gym. I reward myself with a caviar facial and sports massage at La Manga Club's spa.

**DAY THREE** 6.45am: a punishing 45-minute run up and down the beach soaks my trainers.

**DAY FOUR** 6.45am: the dreaded sprint training again – but the sight of my noticeably flatter stomach spurs me on. 3pm: Steve sets me a programme that I can follow at home, as well as giving me diet advice and recipes. 7pm: fly home. The quality of training and advice has been outstanding; I leave feeling inspired and invigorated – and, best of all, a few pounds lighter.

*Fitness 12 Retreats (020 7788 4087) from £1700 a person a week, excluding flights.*

**FITNESS HOLIDAYS**

**IN:SPA, EUROPE AND NORTH AFRICA**

A week at an In:spa retreat, in luxurious venues around the world, including Spain, Morocco and Ibiza, is the ideal MOT kick-start. Nutritionists, masseurs, trainers, yoga teachers and chefs assess your health and fitness levels and then tailor a programme to suit your goals, whether they include weight loss, improved fitness or stress relief.

*Seven nights all-inclusive, from £1,850 a person. For more details, ring 0845 458 0723, or visit [www.inspa-retreats.com](http://www.inspa-retreats.com).*

**WILD FITNESS, KENYA**

If you're serious about getting fit, Wild Fitness may be perfect. Based in a beautiful beach house in Kenya (and in Portugal, from September) a team of experts will tailor make

a personal programme for you – expect to be jumping off boats, hanging off branches, or doing yoga on the beach.

*Nine-day Kick Start programme, from £1,920 a person full board, based on two people sharing, excluding flights. For more details, ring 020 7372 3323, or visit [www.wildfitness.com](http://www.wildfitness.com).*

**PERSONAL-TRAINING HOLIDAYS**

**VILLA NOVA, BARBADOS**

Set in an elegant plantation house, Villa Nova's Boot Camps combine tough exercise with total luxury. Led by champion kick-boxer Cengiz Dervis, the week-long programmes get results: a typical day might include circuits through the 15-acre plantation, kick-boxing and Elemis treatments. Yoga, Pilates and detox retreat programmes are set to be added to the menu of activities later this year.

*Six nights and five-day Boot Camp, from £1,847 a person B&B, based on two people sharing. For more details, ring +1 246 433 1524, or visit [www.villanovabarbados.com](http://www.villanovabarbados.com).*

**THE ONE&ONLY LE TOUESSROK, MAURITIUS**

Seven-day fitness programmes based on one-to-one client sessions, including an analysis, personal-training sessions, swimming or aquatic exercise, and stretching.

*Seven nights, from £2,800 a person half board based on two people sharing, including fitness programme and flights, with Elegant Resorts (01244 897522; [www.elegantresorts.co.uk](http://www.elegantresorts.co.uk)).*

**YOGA RETREATS**

**THE COMPLETE RETREAT, ANDALUSIA, SPAIN**

This week-long retreat combines daily sivananda yoga with a detox eating plan. It's the only place outside the US to offer the gourmet raw-food programme devised by the Hippocrates Health Institute in West Palm Beach. It's tough, but the yoga, massage and kinesiology sessions help you through. *From £1,050 a person a week full board. For more details, ring 020 7689 0030, or visit [www.thecompleteretreat.com](http://www.thecompleteretreat.com).*

**YOGAHIKES, LA TRASIERRA, SEVILLE, SPAIN**

Expect two hours of yoga before breakfast, followed by a hike into the hills. Afternoon hikes are optional – but compensation for all your hard work comes in the form of massages and delicious food.

*From £950 a person a week full board, including yoga, hikes, two massages, flights and*

*transfers. For more details, ring 020 7287 3974, or visit [www.yogahikes.com](http://www.yogahikes.com).*

**YOGOLOJI, BARBADOS**

Set in a private villa fully staffed with chefs and a butler, this programme offers you the on-site services of a yoga/meditation instructor, an activity instructor and a therapist. The idea is that you create a holiday with as much or as little activity as you want. Either book the entire villa, or join in with other groups who are there at the same time.

*Ten days, from £2,300 a person, not including flights. Book with the Retreat Company (0116 259 9211; [www.theretreatcompany.com](http://www.theretreatcompany.com)).*

**UK FITNESS PROGRAMMES**

**METHOD PUTKISTO**

Marja Putkisto's precise method of deep stretching, strengthening and breathing achieves real changes in the way your body looks, making it longer, leaner and trimmer. For details of classes in Richmond or at Champneys Forest Mere, ring 020 8878 7384, or visit [www.methodputkisto.com](http://www.methodputkisto.com).

**CHAMPNEYS HEALTH RESORTS**

All four Champneys health spas in central and southern England have recently revamped their fitness programmes to offer new activities such as Nordic Pole Walking (two days, £325) and pre-London Marathon training (28–30 January, £289.95). For more details, ring 0870 330 0300, or visit [www.champneys.com](http://www.champneys.com).

**ABSOLUTE FITNESS**

Started by Kathryn Freeland in 1997, Absolute Fitness is now recognised as one of the best personal-training companies in London. Whatever form of exercise you are interested in (from yoga to kick-boxing) and whatever your eventual goals (from a svelte figure for your wedding to post-baby fitness), the team of qualified trainers and masseurs will be able to create a programme for you. From £57.50 an hour. Absolute Fitness (020 7834 0000; [www.absolutefitness.co.uk](http://www.absolutefitness.co.uk)).

**THE HEALTH DEPT**

Think of the Health Dept as a doctor's clinic and gym rolled into one, with rigorous pre-training health checks. The nutritional and motivational advice is brilliant – the on-site psychologist can assess the type of training you will respond to best. Training, from £80 an hour; initial two-hour assessment, £250. The Health Dept (020 7486 3386).

**Steve Halsall's top tip:**

**'For super-quick results, try exercising**

**twice a day for four days. Do cardio in**

**the morning and weights in the evening'**

(020 7009 4000), ROLLERBLADERS: FROM A SELECTION: CHANEL (020 7236 6631), STYLISTS ASSISTANT: SARAH HORWICH, MODEL: MELODY BLACKLOCK AT ISS