

20p AUGUST 2012

10 foods you can SCOFF ALL SUMMER

AUGUST 2012  
£3.60

# Zest

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WEIGHT**

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YOU REALLY NEED**



# OLYMPICS FEVER!

**FIT, STRONG & SEXY: MEET THE  
WOMEN INSPIRING OUR SUMMER**

**Plus ZEST'S EDIT: THE 10 EVENTS  
YOU WON'T WANT TO MISS**

**Exclusive** Team GB's  
Victoria Pendleton,  
Perri Shakes-Drayton  
& Kerri-Anne Payne

**20 best  
LUXE  
bootcamps**

**48HRS TO BIKINI CONFIDENT** >> **Fastest ever tone, trim and tan plan**



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Picture 2.png

# The 20 best boot glamping breaks

Who says you have to rough it on a bootcamp? These breaks promise serious results in luxe surroundings



Idyllic style, the peaceful side of Ibiza



## 1 IBIZA'S A-LIST HIDEAWAY

'Last time I tried a residential bootcamp, it was hardly glamorous - I spent it in a wet West Country field, covered in mud and sheep poo,' says Zest's

Elin Tough. 'This one, set in rural northern Ibiza, couldn't have been more different. But luxurious surroundings aside (think white-washed villa, gorgeous sun terrace and pool) there's a reason celebrities love No. 1 Bootcamp - its undeniable results. We'd start the day with a 7am 2km interval run, followed by a boxing class, mountain hike, CrossFit-style circuit on the beach, and a pool workout. Meals, although strictly portion-controlled, were delicious - salads, homemade meatballs,

salmon and frozen pineapple, which, in the absence of office biscuits, tasted like heaven.

The physical results of all this exercise were fantastic, but there

were mental benefits, too. In such an intense environment, where exhaustion, frustration and triumph are all standard emotions, you make really strong friendships with your fellow bootcampers - mine were a mix of lawyers, IT and media people. We lost 55lb between us, but gained a sense that anything is possible when you put your all in. It wasn't just our waistlines that changed during that week.'

**FROM** £1,395 for seven nights, [no1bootcamp.com](http://no1bootcamp.com)



## 10 GO VEGAN IN FRANCE

Camp Biche in France is all about having fun while losing weight; a house party at a pretty villa involving loads of outdoor exercise, healthy vegan food – and wine. During the week-long Kickstart programme, most people lose around 8% of their total body fat and boost their fitness. You'll start each day with an intensive abs class before a hike, with afternoons reserved for yoga, Pilates, circuits, or Zumba, and free massages in the evenings.

**FROM** £3,655 for seven nights, [campbiche.com](http://campbiche.com).

## 11 PILATES IN THE PYRENEES

Not only did I discover muscles I didn't know I had, but also a staggering number of ways of making them ache,' says Helen Pickles. 'What's more, I enjoyed it! Partly it was the setting of the Wild Training fitness retreat. Can Rigall is a converted medieval farmhouse high in the French Pyrenees. Partly it was the variety of activities. Forget circuit-training – this had us doing wiggle-hipped dances, screaming at the mountains, hiking to amazing views and swinging Indian clubs. We also had one-to-one training and relaxation sessions.

After a Tam smoothie, a typical day started with an hour's intensive class, followed by an al fresco breakfast of homegrown produce. Then a morning hike, a simple but satisfying lunch, and a full-on afternoon of mixed sessions, say, Zumba, Jukan (working with bands) and body-balancing (a mix of tai chi, yoga and Pilates). To make us feel even more virtuous, Can Rigall has great eco credentials: it runs on solar and wind power, has its own water supply, uses handmade cleaning products and produces its own honey. Add in the natural water pool to chill out by, long sociable suppers and rustic-chic rooms and I was booking my next session before I left.'

**FROM** £995 (12 to 16 October), [canrigall.com](http://canrigall.com). Ryanair ([ryanair.com](http://ryanair.com)) flies to Perpignan from Stansted. East Coast Trains ([eastcoast.co.uk](http://eastcoast.co.uk)) serve the airport. Stay at Stansted from £76 ([radissonblu.co.uk/hotel-stansted-airport](http://radissonblu.co.uk/hotel-stansted-airport)).



The fresh air of the Pyrenees



## 12 DETOX IN THAILAND

You'll be in the hands of world-class yoga teachers and therapists at Chiva-Som's week-long camp in Thailand. After an individual health and fitness assessment, follow a tailored programme of activities, such as Thai boxing, Pilates, yoga and TRX suspension training, and relax with a daily massage and a personal super-stretch session. You'll also get individual feedback and a nutrition consultation.

**FROM** £3,729, [healingholidays.co.uk](http://healingholidays.co.uk).

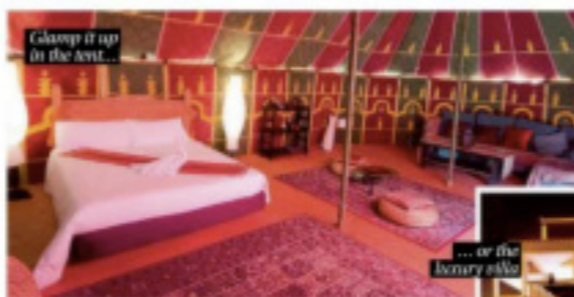


Beach-based bootcamp

## 13 GET A BEACH BODY IN MEXICO

This boho hotel at Tulum is where the supermodels come to get picture perfect. You'll do five hours exercise a day – power-walking, beach workouts, dance, yoga and snorkelling. Meals are low on fat and carbs, but you won't starve on the healthy menu of fish, salads, organic chicken and veg.

**FROM** £1,434 for six nights, [amansala.com](http://amansala.com).



Clamp it up in the tent...

...or the luxury villa



## 14 SURF'S UP, CANARY ISLANDS

The core strength developed in the daily Pilates and yoga sessions will stand you in good stead for surfing on this seven-day combination package that should hone you from top to toe. The Villa Azul on Fuerteventura offers different levels of accommodation to suit a range of budgets, from a bohemian but luxurious Sahara tent in the grounds, decked out with rugs and cushions, to a 5-star apartment.

**FROM** £470 shared apartment/£515 private room, [azulfit.com](http://azulfit.com).