

ST THIS WEEK'S MUST-HAVE

Better shape up at boot camp



Simon Dainton with the latest recruits to his women-only boot camp.

by **Lauren Margrave**

AFTER a hard day's work, it is no wonder a large number of people retreat to the sofa.

Yet aside from the obvious comfort factor, a sofa's attributes do not extend much further.

It would be great if it did, but the sad fact is sitting around will not provide us ladies with the toned physique we crave in time for summer.

Losing weight, toning up and eating the right foods are

thoughts that flit through most women's heads on a regular basis but putting these thoughts into practice is harder than it seems.

Yo-yo dieting is never a good idea and going to the gym can be daunting for someone who does not feel comfortable exposing their wobbly bits to a room full of bodybuilding males.

Fear not – help has arrived for the women of Guildford, in the form of an all-female boot camp.

It is not as scary as it sounds – there is no army style assault course or a sergeant barking

orders – just words of encouragement from trainer Simon Dainton, whose camp welcomes ladies of all shapes and sizes.

Each four-week camp is run from Stoke Park three times a week for 45 minutes and has been designed to effectively re-introduce exercise into busy lifestyles.

Simon said: "Women of all levels of fitness are welcome to boot camp to work within their limits and enjoy the fun competitive edge created when everyone pushes themselves a little bit further than they would do on their own."

"The results participants can expect to see include a slimmer, firmer physique, a flatter stomach, strong back and, most importantly, improved fitness levels."

As well as team games like rounders, the women will also benefit from simple exercises such as jogging and will be taught how to use equipment including kettle bells and medicine balls.

Each camp, which costs £99 per person, is restricted to between 15 and 20 people, in order to make the sessions exclusive and highly focused.

Alisa Wood attended the very first boot camp that began in April. She said: "Boot camp is definitely beneficial on all fronts – fitness, stress relief, toning and interacting with team mates."

"Each session is different and exciting. You exercise according to your ability and pace so you don't need to worry about looking silly."

"As the weeks went on I felt less aches and pains. I also feel I have more energy and it helps me unwind at the end of a hard working day, which is great."

When fellow camper Carol Ann Randle arrived at the first session, she was suffering with severe back pain, which she insists has improved dramatically.

"It made a difference from the first session as my usual back-ache disappeared that night, rarely to reappear," she said. "I have also achieved one of my goals already – to be able to walk to the local village without getting fatigued, achy and out of puff."

For more information on the Fitstreet Boot Camp visit www.fitstreet.co.uk/bootcamp