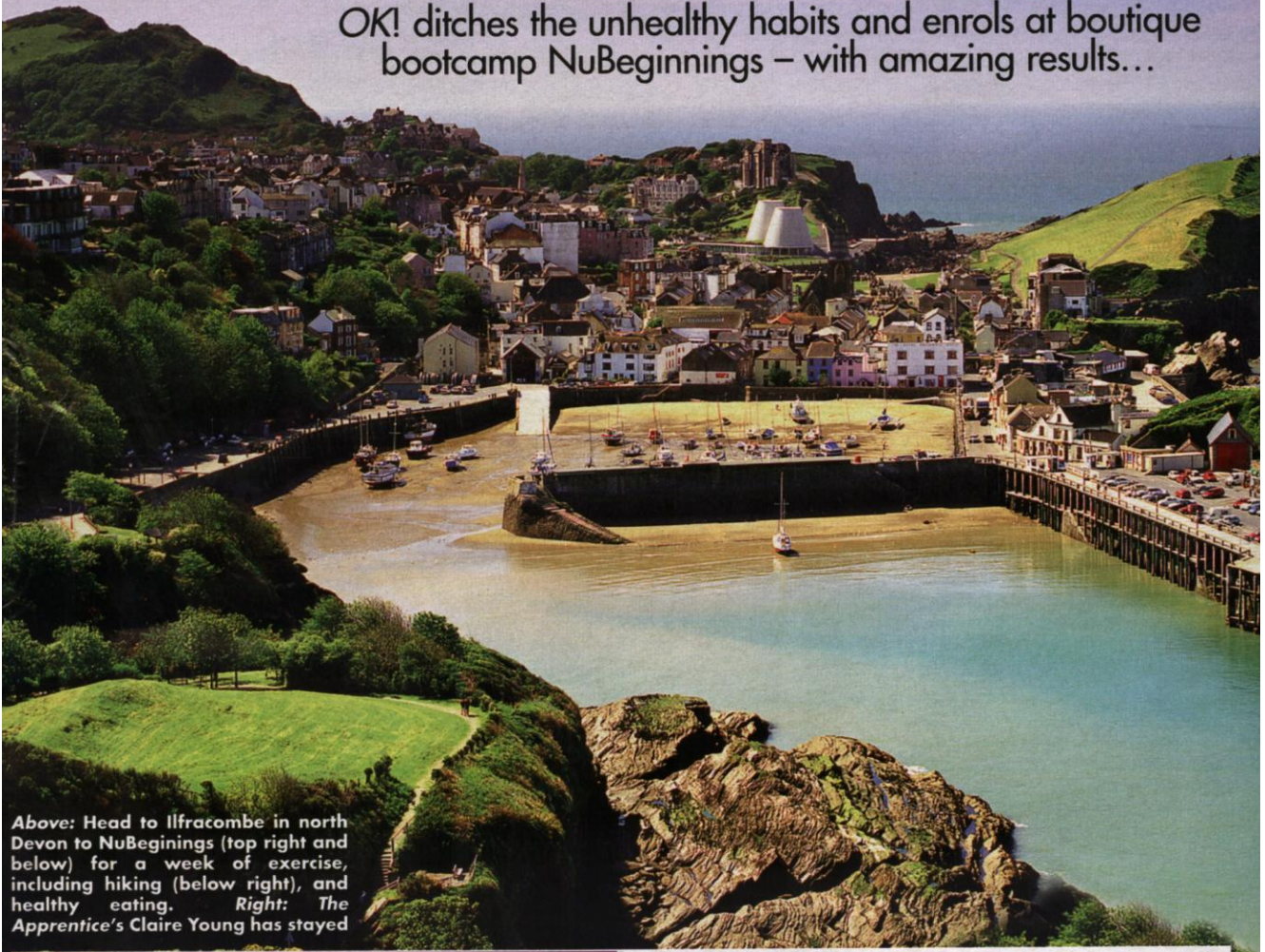


# Slim beside the seaside

OK! ditches the unhealthy habits and enrolls at boutique bootcamp NuBeginnings – with amazing results...



Above: Head to Ilfracombe in north Devon to NuBeginnings (top right and below) for a week of exercise, including hiking (below right), and healthy eating. Right: The Apprentice's Claire Young has stayed



When an invitation to spend a week at a fitness bootcamp arrived on Fashionista's desk, we were a little apprehensive – the word alone conjures up images of sergeant majors barking orders, 5am wake-up calls and a starvation diet. But NuBeginnings in Ilfracombe, north Devon, promises something different. So we sent along two willing volunteers from the OK! team, Nancy Brown and Stephanie Cunnison, to check out Britain's only boutique bootcamp. We think you'll agree, the results are pretty amazing...

## WHERE WILL I STAY?

Forget what you've previously heard about fitness bootcamps, there's no bunk sharing here – the emphasis is very much on luxury. Westwell Hall is the home of NuBeginnings and it's grand to say the least – expect chandeliers, a gorgeous winding staircase and a stately dining room where all eight residents eat together. In our twin room, the window seat had beautiful views over Ilfracombe, as well as its own shower room, Elemis toiletries and the most comfortable beds we've ever slept in – trust us, they come in handy after an eight-mile hike!



## WHAT EXERCISE WILL I DO?

Hard work is something you should expect at NuBeginnings. The classes range from low-impact exercises such as yoga and Pilates to more challenging boxercise and circuits. Don't be worried about your fitness levels, the team understand you're working to your own capability. Don't get us wrong, personal trainers Zoe and Louise take no slackers, but they will train you to understand how to get more from yourself than ever before. We loved our fitness session on the beach where Robbie Williams shot his *Angels* video, even if climbing the sand dune was a killer! Hiking is a big part of the week and walking around north Devon's beautiful countryside was a big highlight for us. Our fabulous guides Keith and Dave really made the experience enjoyable.

## WHAT WILL I EAT?

We honestly didn't feel hungry during our stay. We stuck to a low GL (glycaemic load) diet and consumed 1,500 calories a day. We ate three square meals prepared by head chef Craig Mason and enjoyed two snacks – the idea is that blood-sugar is regulated by eating often so you don't feel tempted to reach for something naughty. For breakfast we had scrambled egg and tomato on rye bread, broccoli and blue cheese soup for lunch and fresh bean chilli, roasted chicken with couscous and halloumi and feta cheese stuffed peppers for dinner. Dessert isn't served, but a nice herbal tea – caffeine is banned – helps with those sugar cravings.

## WHAT ELSE WILL I DO?

The team take a holistic approach to diet and exercise, so two hours each day are devoted to therapies. We had acupuncture, where we used creative visualisation to help rid us of our demons – crisps and salt! We also had two hypnotherapy sessions and three massages. Every night there's a lecture – OK! loved Jennie's aromatherapy talk and the nutrition chat equipped us with the information to adapt the GL diet into our every day lives.

## OK!'S TOP TIPS

- See your stay as the start to a healthier lifestyle, not a quick fix.
- Pack enough exercise outfits, and you can never have enough socks!
- Get those hiking boots worn in before you experience the great outdoors and have plasters on standby. Blisters will ruin your stay.
- Before you arrive, cut your caffeine intake – there are no early morning coffee fixes.

## CELEBRITY GUESTS

A number of famous faces have visited such as TV's Giles Vickers Jones, Jasmine Harman, Brooke Kinsella and *Apprentice* star Claire Young.

## TWO WEEKS LATER

We're still following and enjoying our healthy lifestyle. The exercise plans are realistic, our fitness levels have never been better and we've incorporated the GL diet into every day life. After making such progress – Nancy lost 7lb, 4in from waist, 2in from hips; Steph lost 5.5lb, 2in from waist, 1in from hips – we were a little scared to leave NuBeginnings and head out into the outside world again, but we have weekly phone calls from the team and their support helps keep us brimming with positivity. We're looking forward to seeing further results in the way we look and feel, but right now we've never been better! **OK!**

A ONE-WEEK STAY IN A STANDARD ROOM AT NUBEGINNINGS COSTS £1,995PP. DISCOUNTS ARE AVAILABLE FOR THOSE WHO WISH TO BOOK A LENGTHIER STAY. FOR MORE INFORMATION, CALL 01271 862 792 OR VISIT [WWW.NUBEGINNINGS.CO.UK](http://WWW.NUBEGINNINGS.CO.UK).

REPORT BY NANCY BROWN AND STEPHANIE CUNNINGSON  
PHOTOGRAPHS BY PHOTOLIBRARY.COM, XPOSURE