



Shop yourself healthy!

The first Boot-ique Camp

Ultimate Boot Camp is a winning combination of nutrition, exercise, enjoyment and luxury- the perfect holiday to kick start a new healthier, fitter, slimmer you

Ultimate Boot Camp is the first of a new breed of bespoke, luxury boot camps which mix luxury accommodation, fine food and an approach that you'll find at any top spa with the fitness expertise and drive of the military.

UBC offers more than just a quick fix. During your stay, UBC will help you kick-start the campaign to a new you with an intensive week of exercise, plus expert nutritional, health and wellbeing advice. It is not about dropping a dress size overnight but aims to re-educate your approach to fitness and nutrition so that weightloss is sustainable and you continue with exercising once you return home.

The Ultimate in Fitness Training: UBC work EXCLUSIVELY with Marine Physical Training Instructors (PTIs). At the peak of physical fitness themselves, they won't shout or humiliate you, but encourage and inspire you to work hard to achieve your own personal goals.

The Ultimate Experience: You'll do things you'll never forget at UBC from abseiling to raft building, mountain biking to log running! But it's not all about the body. UBC work with a team of coaching experts to offer you the chance to invigorate your mind and soul as well. Respected mentor Jeremy Milnes is on hand to offer confidence, communication and assertiveness training, so you can start your new life with a positive outlook - which will make all the difference to your ability to keep achieving the results you want. Yoga and meditation will also be made available to our recruits.

The Ultimate in Good Food: No starvation, rationing and food-exclusions here! UBC's own in-house nutritionist Rebecca Amey has devised delicious healthy and nutritious menus exclusively for UBC to ensure your body gets the fuel it needs to train to its full potential for the entirety of your stay. Your food is prepared and sourced locally and organically as much as possible.

Ultimate Location: UBC currently runs camps in East Devon in first class accommodation with luxury accommodation surrounded by 52 acres of spectacular countryside. UBC launches its first camp in the stunning surroundings of the New Forest making this the ultimate get-away from the hustle and bustle of city life.

Most importantly, UBC gives you the chance to change your life with an ongoing programme of exercise, menus and support to ensure that you make the most of your time away from the camp.

www.ultimatebootcamp.co.uk

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