

## Lose weight at a boutique boot-camp

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**Want to lose weight for a big event? Laura Meckiff was determined to fit into a size 10 wedding dress for her big day and headed to NuBeginnings, a boutique boot camp in Devon, to try to shed those extra pounds**



I was stuck in a rut with bad eating habits, no will power and making any excuse not to visit the gym. It was time to kick-start myself into a whole new healthy regime, particularly as I was determined to fit into a size 10 wedding dress in just six months time! I needed weight-loss tips - and fast. So I signed myself up to visit NuBeginnings, a boutique boot-camp nestled in the heart of rural Devon, to lose weight, detox and increase my motivation and well-being.

NuBeginnings offer a week-long exclusive package for those who want to lose weight, tone up and de-stress, with the week planned around peaceful escapism, exercise and holistic therapies. The unique programme, which includes advice from a wide range of experts, guarantees results. Hypnotherapy is part of the course, to help tackle the underlying causes for poor eating

habits; controlled diet and exercise sessions promise weight loss. The tuition during the course and the support given after enables you to continue with this programme in the lead up to your big event - in my case, the wedding.

The maximum group size they accept is 10, so you benefit from their personal service. Most people drop a dress size and anything up to a stone by the end of their stay. What better way to prepare physically and mentally for my big day?

## Arrival



Arriving after a stressful week, I felt some anxieties about what might be in store. However I felt them fading away as I met my fellow team mates and we were driven to a beautiful mansion house in the tranquil coastal town of Ilfracombe. My room had a sea view and was tastefully decorated with en-suite bathroom containing Elemis products.

## Getting started



First to the gym for our fitness assessments. I was weighed, measured and put through my paces to ensure I achieved the best results by the end of the week. Next we had a welcome talk from founder Victoria Wills who is a real inspiration, losing over eight stone herself since opening NuBeginnings. She is a trained hypnotherapist, and so is able to offer this service to her guests. By the end of the first evening meal our group had bonded and we were focused on our common goal for the week

ahead.

## Day 1

The first morning wake up call was at 7.30am. I was ready for my abs attack class followed by a jogging session on the nearby Brecon Hills. Tough going, but we supported each other and were greatly encouraged by the staff. The structure of the day was well planned to include a variety of exercise, hypnotherapy, massage and lectures.

## Trying hypnosis

I'd never had hypnosis before and so wasn't sure what to expect. However, they tailored the sessions to tackle my underlying reasons for comfort eating and low motivation. It really helped me assess the bad habits and beliefs I'd built up over the years.

## **Food**

Meals were served to our group in the dining room where we discussed our day's achievements. The food was delicious, made from nutritious, organic, and locally-sourced produce, though portion sizes were reduced so the occasional pangs of hunger did set in. The eating techniques taught helped me to cope with this however.

## **The week progresses**

The following days were fun and busy, packed with a variety of hiking, yoga, qigong, resistance training and much more. It was a lot of exercise but I felt fantastic for doing it. Whatever your fitness level, the trainers made you work to your peak to get the best results from your stay. The breathtaking views on the local costal hikes proved a great distraction from the hard work. Highlights included a training session at



Woolacombe beach and a Hawk walk with an Alpaca. The gym sessions and exercise lectures helped me discover the best type of exercise for my needs and how to continue working on my fitness at home.

## **Rest and relaxation**

And I always looked forward to the massage treatments as they eased away the aches and pains from my active day. In my free time I could relax in the sauna with the other ladies, or enjoy the peace and quiet of my surroundings. As the days progressed, it was easy to settle into the routine of increased exercise in the fresh air, indoor classes and a little pampering too.

## **Preparing for home**

Healthy cooking classes and lectures by the nutritionist helped me get ready to put my new lifestyle in practice once I got home. The staff were really hands-on, helping me work out a plan that would fit in with my lifestyle. And my last session with Victoria focused on NLP techniques, which set goals for my future, to give me the inner strength I needed when I returned home.

## **And the results?**

By the end of the week I had lost 7lbs, 1.5 inches from my bust and hips and 2 inches from my waist; a bonus as I can fit into my size 10 dress already! Some of the others in the group achieved up to 10lbs weight loss and a whopping 4.5 inches waist reduction!

I left feeling healthier, lighter and more energetic, and didn't even need to worry about what to eat on the way home as I was given a packed lunch.

**Back at home**

Since returning home my aim has been to stick to my goal weight and tone up for the wedding and honeymoon. I have been supported in keeping the weight off by regular calls from the team at NuBeginnings. I have been accessing the inner circle website which enables me to track my weight. It gives free recipes and online advice including exercise videos.

**Would I recommend it?**

The diverse programme at NuBeginnings has helped me find exercise I enjoy, motivating me to keep up the good work. The nutritionists' advice and hypnotherapy sessions have enabled me to keep to a healthy eating plan and banish my comfort eating. And I've made some great friends from the week - one lady is planning to attend my wedding!

**More information**

The NuBeginnings weight loss programme can be experienced from one to four weeks and is open to women, men and couples. The team are happy to advise on the most suitable length of stay for you. The price for a weeks stay is £1795. To find out more visit their website [www.nubeginnings.co.uk](http://www.nubeginnings.co.uk) or call 01271 862 792.