

A new female fitness boot camp starts in Calderdale next month and we've got two places to give away to readers

# Give fat the boot and get fit with Helen

HELEN Smith is throwing out a challenge to the women of Calderdale.

Join her four-week fitness bootcamp and she guarantees you will come away with an improved body shape, lots more energy and a better mental attitude.

Helen, a fitness instructor for the past eight years, says all she needs in exchange is for women to be 100-per-cent focused and committed, cut down on their alcohol intake and eat healthily.

To prove she's committed the 33-year-old, who lives in Savile Park, Halifax, with her husband, Martin and children, Ruben, three, and seven-month-old Lily, is giving away two places in her first bootcamp which starts on February 5.

"I want to show women that exercising for just a few hours a week can make a huge difference to their lives. As a busy mum I understand how hard it is for women to juggle work, homes, partners and children. Of course they are tired at the end of each day and believe they haven't time to exercise. But using energy fuels more energy being re-

## Chance to win a bootcamp place

**IF you want to get into exercise but don't know where to start, or simply want to get fit and lose a few pounds, enter our giveaway. Helen is giving away two places in her first bootcamp which starts on February 5.**

**To be in with a chance of winning, send your name, age, and addresses on a post-**

**card/envelope market Fitness Bootcamp to Diane Crabtree, Evening Courier, King Cross Street, Halifax, HX1 2SF. Please include a mobile or daytime telephone number. The closing date is Monday, January 31 and the winner, who will receive two places for the February camp, will be notified by telephone. Usual "Courier" rules apply.**

leased into the body as well as endorphins to lighten the mood. It also helps to relieve stress and anxiety, aids a better night's sleep and has

a thoroughly positive effect both mentally and physically," says Helen who teaches fitness classes for Cal-

derdale Council at Sowerby Bridge and Todmorden Leisure Centres as well as running her own business, HS Group Fitness.

She set up the business two years ago and offers female-only classes which take in everything from hi-lo aerobics, step, body conditioning, legs and tums to boxercise. She recently started a running group for beginners to intermediates, and plans are in the pipeline for a super seniors class, aimed at the over 50s, and weight management and nutritional classes. "A lot of my neighbours are retired and asked me to do a gentle class to music. It will be held during the day in the Savile Park area. The weight management courses will start in April and clients will receive menus and recipes for 28 days with the aim of eating healthily and losing weight."

Helen, who moved into fitness full-time after the window company she worked for went bust, says boot camps are the latest fitness trend, but a lot of them are run by men which some women can find intimidating. "I am sure they are right for a lot of women, but some females lack confidence and wouldn't welcome a man barking orders at them. I want my fitness boot camp to be accessible to all women, whatever shape or size. The sessions will be hard but everyone will be able to do them. They will also be fun and women will meet lots of like-minded females."

They will be held indoors at Heath United Reformed Church, Savile Park, and outside on Savile Park Moor and include a weigh in and measure on week one and four; two or three fitness sessions a week (depending if you choose



Fitness instructor Helen Smith.



Challenge:: Helen and one of her class members.



Exercise: Helen puts a class member through her paces.

the £30 or £40 camp), one 15-minute workout sent to your computer and daily e-mail support. Training sessions will be held on Tuesday and Thursday evenings and Saturday mornings.

"The February camp is almost full but there are a few spaces left. I'm now taking bookings for the March camp," says Helen who set up her website [hsgroupfitness.co.uk](http://hsgroupfitness.co.uk)

this month and says she constantly attends fitness courses to keep up to date with what is happening in the industry.

"I have a close working relationship with women which I really enjoy. I also love the fact that I can make a difference to so many lives," she says. Anyone who wants to know more can contact Helen on 07792 795833.