



Take a dip: the fitness holiday that's built around you

Where to find a better body



On the run: leave your belly behind

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MR + MRS

ESCAPE TO VICTORY

Motivation flagging in the lows of winter? We've found the trip that will put you – and your partner – back on the fitness wagon

There's no easy way to tell your girlfriend she has let herself go. And maintaining the impetus to haul your sorry self to the gym when it's miserable outside is tough. If you're looking for a kick start to get back in the gym, and want a holiday too, then we've found it. Purescapes is a fitness camp like no other.

'Camp' is misnomer. The brainchild of Toronto-based trainer and nutritionist Reza Niam, it's more of a holistic retreat, two words which should spike your girlfriend's interest. While she is having Reiki massages, doing Qigong yoga and having her metabolism assessed, you can be swinging kettlebells on

acres of perfectly groomed lawns or surfing the pounding Atlantic waves. The days are intense and include two circuit-training sessions, surfing or sea kayaking, consultations with the knowledgeable on-site personal trainers and a welcome massage before you drift down to a dinner of locally sourced organic produce.

Whether you're a novice in the gym or a serious athlete, your week away is tailored so you get the very best out of the environment, the trainers, and yourself.

Selected weeks in the Algarve run from April till August, so book now to look forward to a week of light at the end of the winter tunnel.

GETTING THERE Monarch (monarch.co.uk) offers flights to Faro Airport in the Algarve from Birmingham, London Gatwick, London Luton (in the summer season only) and Manchester airports with fares, including taxes, from £30 each way.

WHEN? The Algarve camp runs on selected weeks from April to August.

WHERE? Retreats in 2010 are due to run in Lanzarote and Girona in Spain, Algarve in Portugal and Tuscany, Italy. purescapes.com; 020 7644 6110.

HOW MUCH? From £1,940 per person, for one week.

RATING Re-energising 9/10; intensity 9/10, on-site expertise 10/10, sangria-fuelled beach holiday 0/10.

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DIARY

WELCOME TO HELL

Put some fire into your February with a blazing Ferry, one Hot Chip and an infernal Ben Kingsley

FEB 5

EVENT *U Can Dance* DJ Hell featuring Bryan Ferry

DETAILS Ferry's languid croon on a bona fide floor filler, plus a video which recalls Roxy Music at their decadent zenith. This could be the most stylish release of the year.

CONTACTS myspace.com/djhell

FEB 6

EVENT RBS 6 Nations opener

DETAILS It's England vs Wales and at the time of going to press Jonny Wilkinson is *not* injured. An ambitious Welsh team will be hoping to emulate their famous victory of two years ago. Could be a classic.

CONTACTS rbs6nations.com

FEB 10

EVENT Arshile Gorky at the Tate Modern

DETAILS Born in Turkish Armenia, Vosdanik Adoian fled the 1915 massacres and arrived in the US, reinventing himself as the artist Arshile Gorky, a central figure of abstract expressionism.

CONTACTS late.org.uk/modern

FEB 12

EVENT Hot Chip tour

DETAILS Responsible for dance floor fillers *Over And Over* and *Ready For The Floor*, the electropop quintet take their fourth album *One Life Stand* on the road, kicking off in Glasgow and finishing with back-to-back gigs in Brixton.

CONTACTS For band news: hotchip.co.uk

FEB 19

EVENT *Shutter Island*

DETAILS A hospital for the criminally insane off the coast of Massachusetts is the venue for Martin Scorsese's latest thriller, featuring Leonardo DiCaprio and Ben Kingsley; who is back to his *Sexy Beast* best.

CONTACTS Check traileraddict.com

MAR 5

EVENT *Point Omega* by Don DeLillo

DETAILS The prize-winning author turns his nib to the subject of war strategy in this unnerving short novel about a film-maker, a military adviser and his creepy daughter. Beautiful prose, if no happy ending.

CONTACTS Get it from amazon.co.uk

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