

## **New You Boot Camp Launches The First Cookery And Nutrition Academy In Europe**

*New You Boot Camp launch Cookery & Nutrition Academy breaks as a lifestyle extension to the successful New You Boot Camp programme.*

September 25, 2009 (FPRC) -- If you are passionate about cooking and healthy eating without compromising on the taste then the New You Boot Camp Cookery & Nutrition Academy break might be perfect for you.

The Cookery & Nutrition Academy puts you on the path to discovering how to prepare delicious and healthy food which is quick and easy to prepare.

The aim of the break is to teach you about the nutritional value of food as well as a healthier way of cooking that can empower you to transfer all the skills that you have learnt into your lives at home.

The three day breaks teach you how to cook quick fix meals, family favourites, and even prepare for dinner party's. Not only that you New You Boot Camp have put together a glossy booklet filled with all the delicious recipes that you that you tried throughout the break for you to take home.

The New You Boot Camp Cookery & Nutrition Academy concept has been designed so that each course's dates theme will change ensuring that when you come back to visit again you will learn how to cook something new.

The New You Boot Camp Cookery and Nutrition Academy is based at a beautiful property located in the wonderful Dorset Countryside in the village of Thornicombe near Blandford.

This spacious property welcomes you to a holiday with a touch of comfort and style - a glamorous house with an outdoor heated swimming pool set in a delightful terrace, with panoramic views across the local countryside. Not only will you have expert nutrition and cookery advice you will also be in beautiful surroundings to allow for a superbly relaxing weekend.

For more information please visit <http://www.newyoubootcamp.com>

### **Contact Information**

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### **Keywords**

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