

BMF

There they go – those people wearing red, blue and green bibs (where green means superfit). They are told what to do by the ex military person who is in combats and a navy T-shirt. Not barked at – just told in a nice friendly fashion that you are about to do an hour of a fairly hard work out in the open, on the grass (yes you do get down and dirty!) and in front of everyone who stops to stare.

But the trick is that there is safety in numbers. So you are in this lovely group of people motivated enough to get out there in any weather to get fit.

Try it – you may like it!

The details of classes run in Edinburgh are on the [British Military Fitness](#) website. Because that is what BMF stands for!