

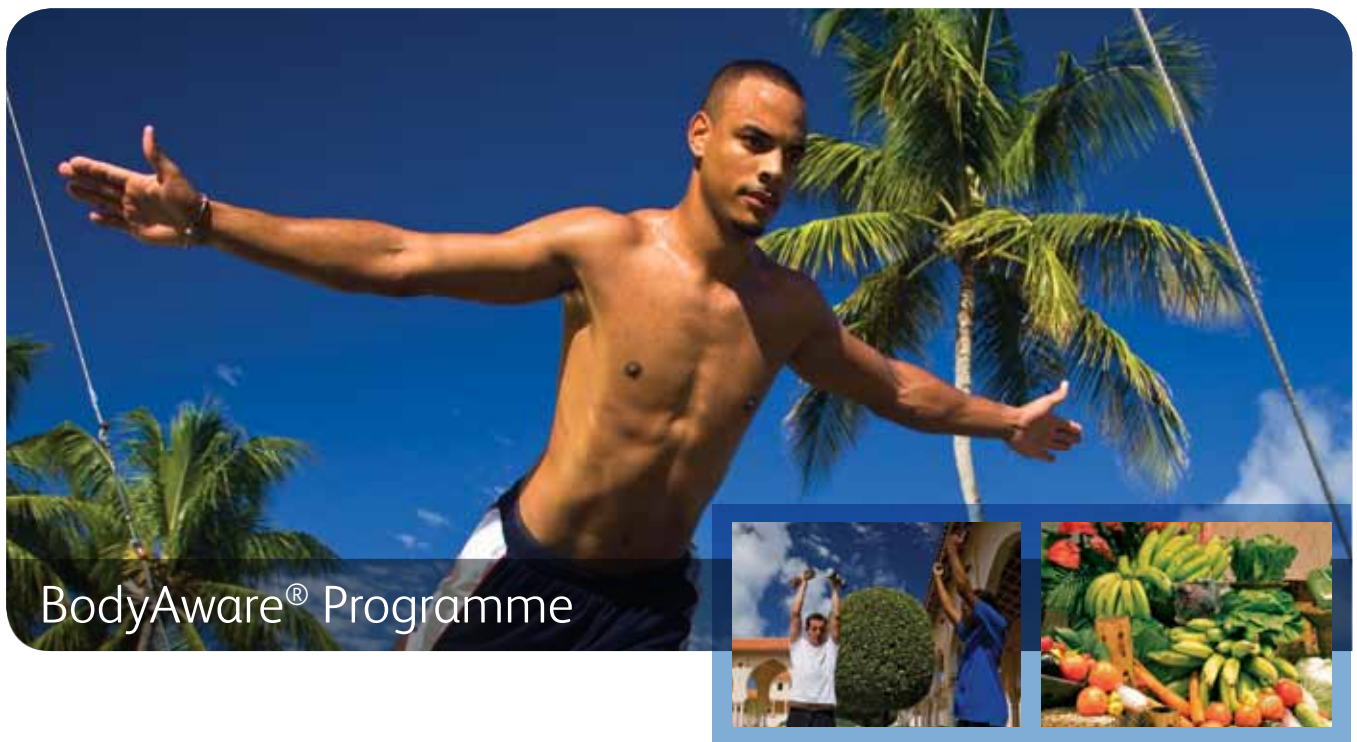
# the bodyholiday

LeSPORT



G i v e   u s   y o u r   b o d y   f o r   a   w e e k  
a n d   w e   w i l l   g i v e   y o u   b a c k   y o u r   m i n d

The award winning health & wellbeing experience – St Lucia, West Indies



## BodyAware® Programme

- 1 Lifestyle Consultation
- 1 Health and Fitness Assessment
- 4 Personal Training Sessions
- 2 Nutrition Consultations
- Take-home Health Plan
- Ongoing support

The ultimate lifestyle, nutrition and exercise guide for anyone who needs to kick start or simply re-focus on a new, educated mindset in exercise and dietary habits. This BodyAware® journey will last for 6 days and will leave no stone unturned in its quest to set realistic goals for you to implement and carry forward on your return home.

BodyAware® is unique to The BodyHoliday. We believe this truly encapsulates our mission to provide you with the tools, know-how and enthused momentum to take home and enhance the quality of your life. Please ask at the Activities desk for more details.

**Duration: 6 days    US\$450**

## BodyGolf

If you are a keen golfer wanting to take your game to the next level, the BodyGolf strength and conditioning session is for you. After an initial assessment you will go through an individualised programme that is scientifically designed to improve integration and synchronisation of your whole body. Enhance your performance and reduce your risk of injury by improving your flexibility, stability, strength, and power.

**Duration: 1 hr 45 mins    US\$95**

## BodyBox

Put some umph into your BodyHoliday and become one with the techniques needed to achieve boxing perfection. Learn the basics of the jab, cross and uppercut or take your skills up a level with elbows, body shots and finishers; once your punch packs enough power a cardio-vascular routine will finish the session with a bang.

**Duration: 60 mins    US\$75**

## BodyStats

A comprehensive health and fitness assessment that enables you to review your current physical condition and helps ensure your continued health and wellbeing. You will find out your metabolic rate, body fat %, muscle mass, hydration levels, body mass index, waist-to-hip ratio, blood pressure, and cardiovascular fitness level.

**Duration: 45 mins    US\$50**

## NutriAware

Nutrition and lifestyle consultation that will not only educate you about optimal nutrition, but more importantly, it will teach you how to incorporate healthy eating habits into your daily life. In addition to learning healthy alternatives when eating in or eating out, you will be given behavioural modification strategies necessary for long term success.

**Duration: 1 hr 30 mins    US\$100**

## BodyFitness Session

Fat loss, toning, core strengthening and injury rehabilitation are just some of the goals these Personal Training Sessions can help you achieve. Don't feel like the gym? We offer fitness and boxing on the beach.

**Duration: 60mins    US\$75**



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