



WellFit Retreat at The BodyHoliday



The Well Fit Retreat featuring
Daley Thompson and Kate Staples
of Adventure Boot Camp

22nd – 29th May 2011



the bodyholiday
LeSPORT

Achieve BodyHoliday Transformation With The *Wellfit* Retreat

Are you looking for positive and motivating coaches to partner with in transforming to your physical best? Do you want real results in an inspirational, fun and friendly environment?

Then The Well Fit Retreat is for you! Here to help guests of all fitness levels, sizes and ages gain astounding results with the ultimate out-of-gym experience. Pure and simple. The Well Fit retreat is designed for results for life. Pre and post evaluation will help you monitor your progress, nutritional counseling will put your body on track while exercise, motivation and an inspirational environment will help you reach your fitness goals and experience dramatic benefits and improvements in physical wellbeing along the way.

Benefits of The Well Fit Retreat:

- Dramatic improvements in physical wellbeing and self-confidence
- Increased strength, energy and endurance
- Stretching to increase body tone
- Loss of inches and a firmer body
- Nutritional education and motivational advice
- Optional pre and post-camp assessments - see just how much you've achieved

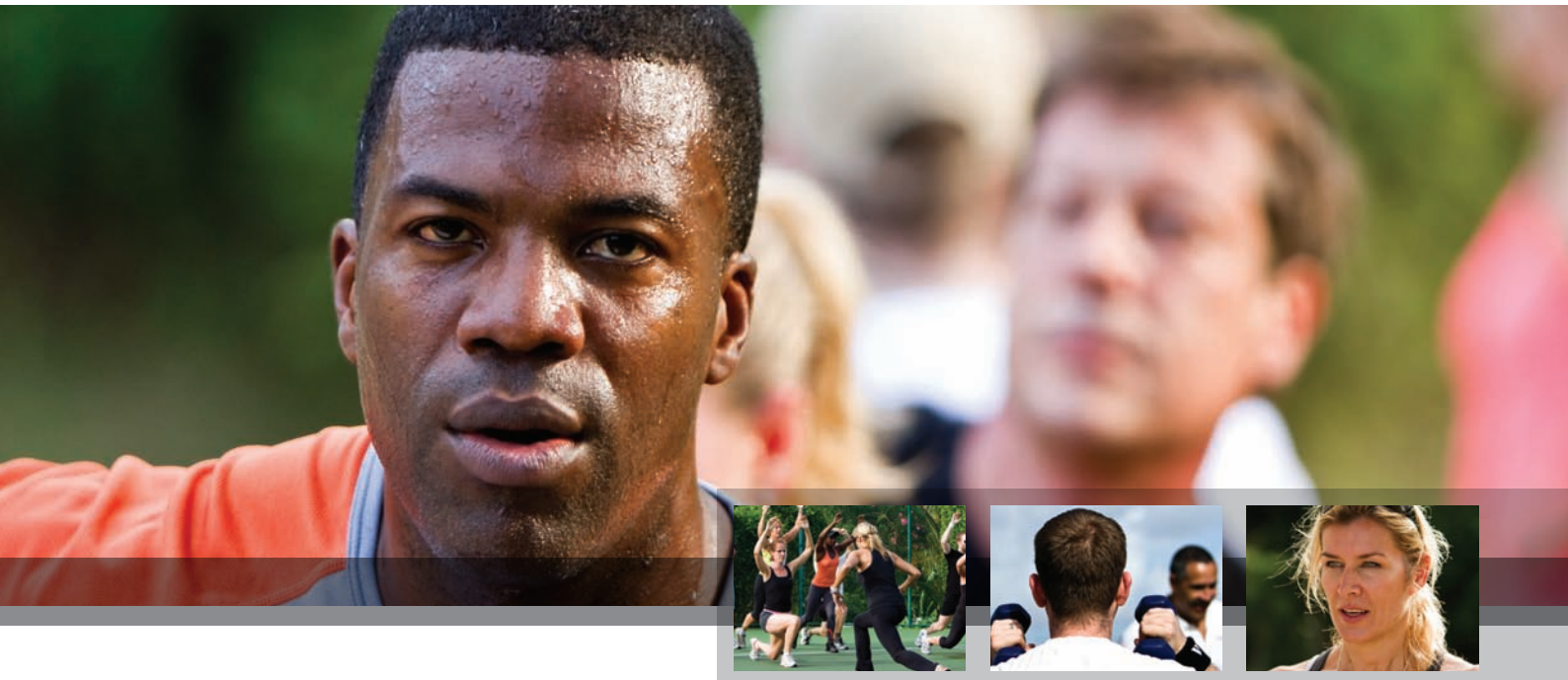
Typical expected results include:

- Reduction in body fat
- Weight loss
- Improvement in strength
- Decrease in the midsection
- Improvement in endurance
- Greatly improved posture
- Better relaxation
- 100% Gain in self-confidence by people of all shapes, sizes and abilities!

Whether you're a level 1 or at a 10, you will get an experience that accommodates both your wellness and fitness goals. The Well Fit retreat will help you improve your fitness level. You not only receive an in-depth and intimate experience of the ways to improve your total wellbeing, you'll have fun as well. For example, daily sessions in beach work, Tai Chi, Pilates, yoga, and other fitness classes will be balanced with group workshops in nutrition, individual consultations and pampering. Cocktail parties, communal dining, and Soft Adventures makes the experience that much more fun.

The Well Fit retreat is therefore intended to be a unique health break that will help you refresh your mind and body in a fantastic one-of-a kind holiday experience, and all without the need for any complex equipment, exercise fads or expensive gym memberships - just outstanding fitness instruction, nutritional counseling and motivational training – packed with fun and energizing activities designed to help you build a strong, fit body and mind.

Give us your body for a week
and we will give you back your mind



Elements of The Well Fit Retreat:

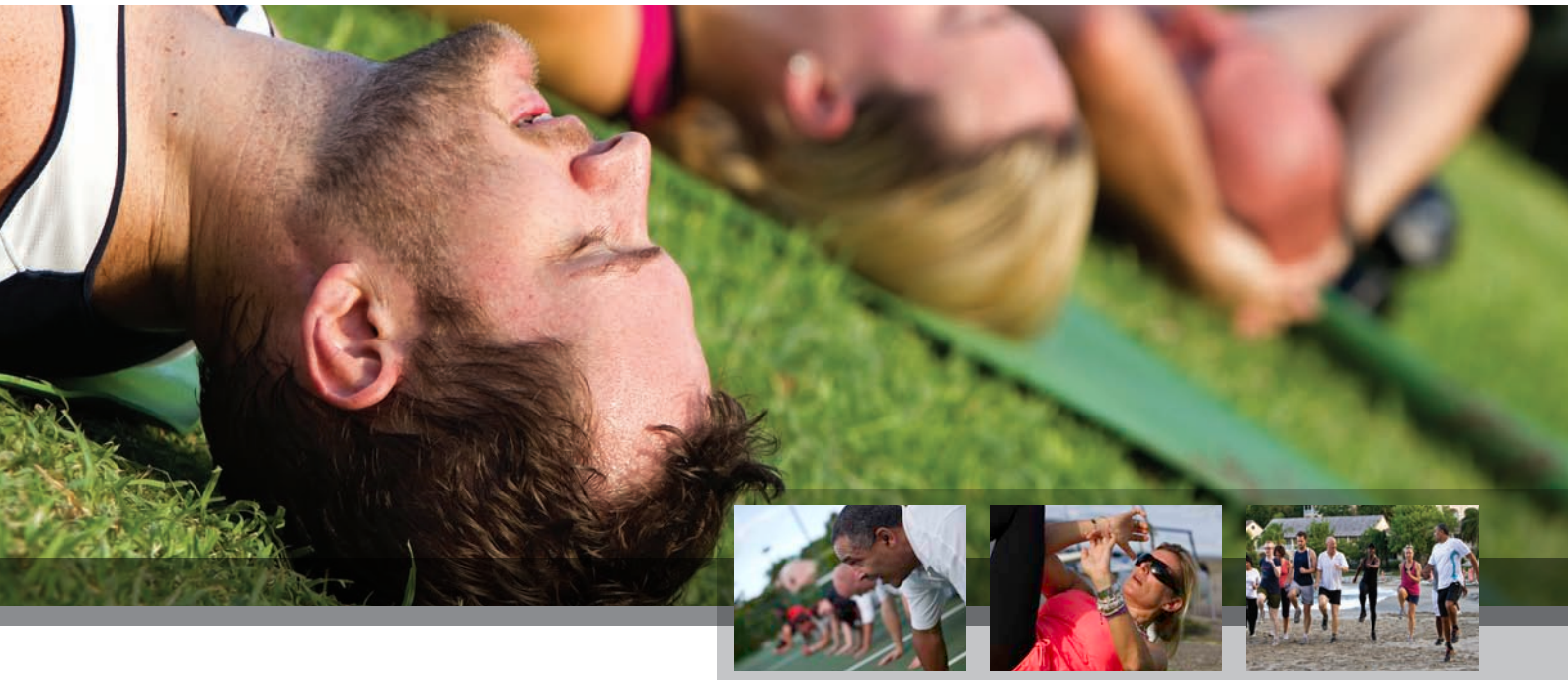
Daley & Kate's Adventure BootCamp

These one hour sessions will take place in different locations everyday to take advantage of all the resort has to offer, using all aspects of the landscape to benefit the workout as well as to take advantage of the beauty of the natural surroundings. The camps are a blend of cardio and strength training, core strengthening, fitness yoga, short distance running (or walking), flexibility, obstacles, skipping and more. Each session is different and provides the group with a healthy mix of:

- Strength training at the mat
- Cardio
- Dynamic Warm up
- Cool down
- Motivational and nutritional advice

The camp is specially designed to get the best out of your body in an effective, painless way and not designed to make you feel fatigued. Instead, it is guaranteed to make you feel energized, refreshed and most of all fitter and better conditioned. During these sessions you not only tone up and lose weight, but you have fun and make friends. 1hr daily.

Give us your body for a week
and we will give you back your mind



BodyAware Programmes:

BodyStats

This one-on-one programme is intended to overlap synergistically with the health assessment component delivered by Daley Thompson. It's a comprehensive health and fitness assessment that will enable 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.

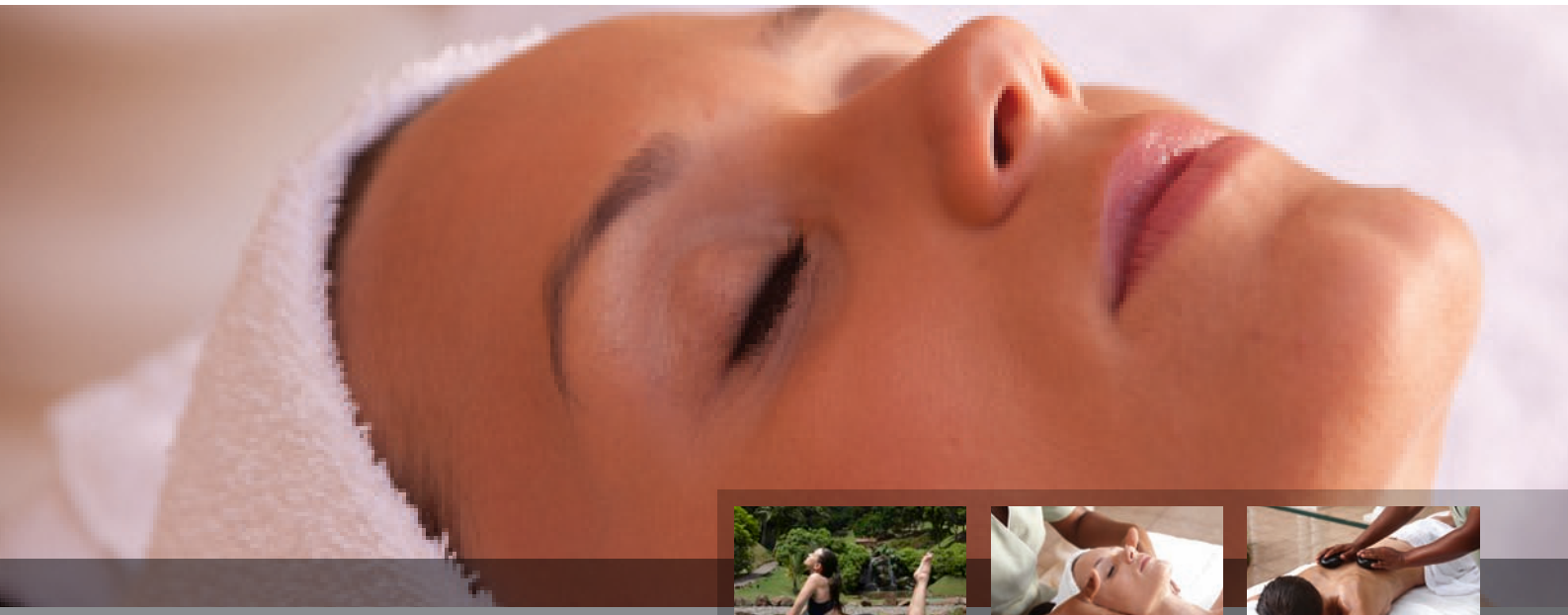
Posture Correction

Good posture means better quality movement, which in turn leads to less wear and tear on joint surfaces and therefore less pain. This workshop will help you to correct muscle imbalances and ultimately improve your posture. 30 Minutes

Achieving Long Term Success

Discover and then overcome the obstacles that have held you back from creating the level of health and vitality you deserve. This Seminar will teach you the key strategies necessary for you to firstly get into shape, and then secondly, stay in shape for the long term. 30 minutes

Give us your body for a week
and we will give you back your mind



Holistic Treatments: Relax, Rejuvenate, Re-energize...

Deep Tissue Massage

50 Minutes

In this full body treatment deep manipulative strokes are used to locate, stimulate and release trigger points deep within the muscular structure. A deep tissue massage is a great treatment to address imbalances situated below the superficial layers of muscles. With the use of firm pressure and friction, chronic conditions such as neck and back pain can be eased. Also, it is ideal for breaking down knots and scar tissue.

Mind Body Restoration

50 Minutes

This exclusive and ingenious treatment goes beyond a 'Hands on Therapy'. A unique combination of oils is applied to the body enhancing and stimulating the senses. The seven Chakra points are then awakened with hot stone placement. Corresponding reflex zones of the feet are stimulated. The resulting relaxation period is designed to awaken the senses helping the body to reach equilibrium.

Aromastone Therapy

75 Minutes

This exquisite experience involves placing stones on key energy points of the body, evoking an aura of warmth, whilst the deep penetrating heat from the stones are used to massage the body using traditional techniques to ease the pain and tension of aching muscles as well as deeply relax and rebalance the mind and body.

Give us your body for a week
and we will give you back your mind

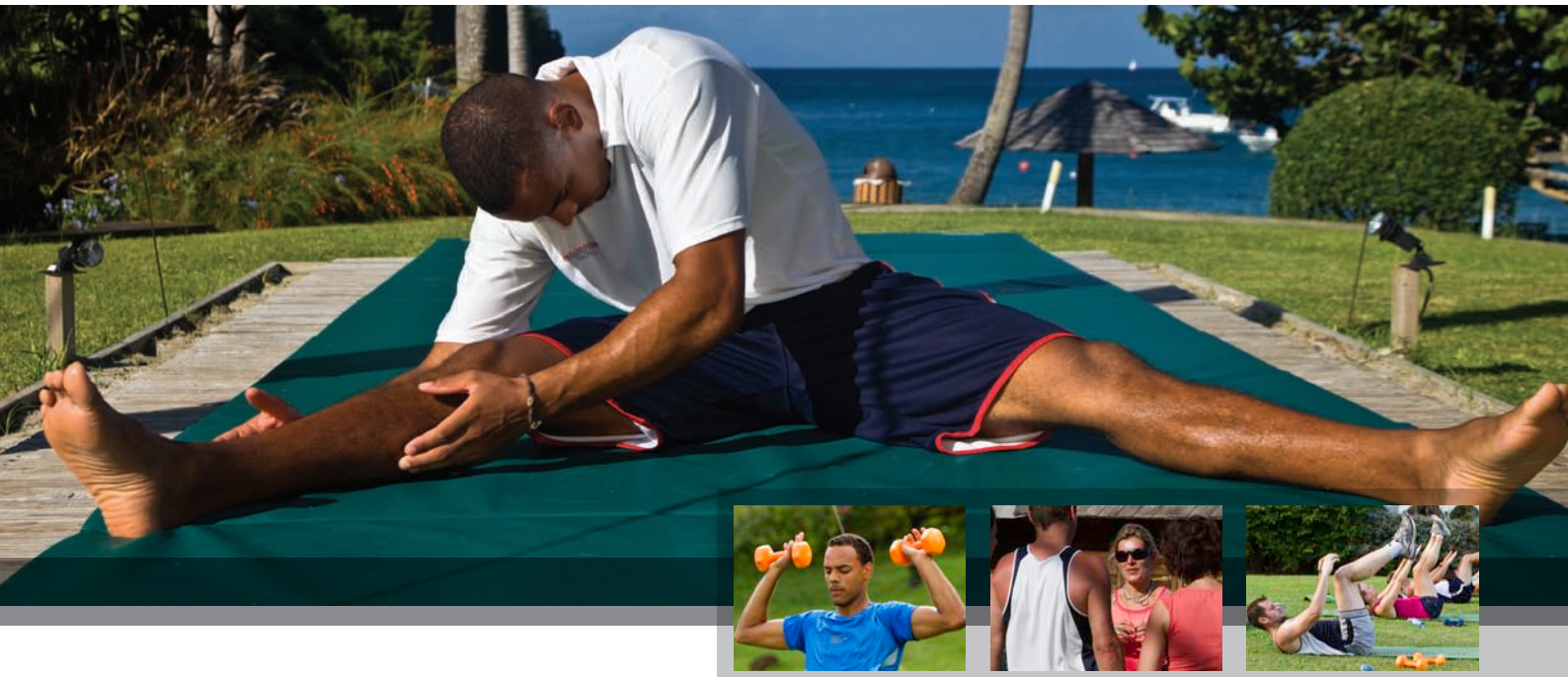


Premium Soft Adventure Experience:

EastCoast Trek

Explore the rugged north east coastline and beaches of St. Lucia from Donkey Beach to Anse La Pen. This is a challenging hike recommended for people in good health.

Give us your body for a week
and we will give you back your mind



BodyAware Programme

We all know that good health is essential to life. However most of us take our bodies for granted. Today, with our stressful lifestyles and access to fast foods, it's become essential for us to take action to improve the quality of our health. But, with so many fad diets and exercise regimes out there, it's hard to know what is really best for you. The BodyAware Programme provides a simple and effective solution that is based on fundamental principles.

BodyAware Specialist – Rob Jeffers

- Post Grad Cert Nutrition Therapy
- BSc Sports Science Exercise Physiology
- Diploma Advanced Personal Training

Rob was working in London as a holistic health coach and personal trainer before he joined The BodyHoliday in 2009. Rob specializes in weight loss & toning, sports performance, injury rehabilitation and posture correction. He places great emphasis on behavior modification because changing the way you think and feel about exercise and nutrition is the key to lifelong success.

Rob was blessed with the opportunity to be involved in a variety of sports at a young age, particularly excelling in swimming, hockey and cricket, all of which he completed at county level. As Rob grew older (and taller) he focused his energy on basketball, playing at both national league and university level. Since then, he has dedicated his life to the BodyAware Programme at LeSPORT and delivers the following elements as part of The BodyAware Programme:

- BodyStats
- NutriAware
- PostureAware
- Core Strengthening
- Posture Correction
- Achieving Long Term Success

BodyAware – eat well, look great, live better!

Daley Thompson

Director of Adventure Boot Camp, Daley was quite simply the world's greatest decathlete. Unbeaten for nine years, he was the first to hold the World, Olympic, Commonwealth and European titles at the same time as well as the world record.

Daley was Olympic champion in 1980 and 1984; World champion in 1983; European champion in 1982 and 1986, and Commonwealth champion in 1978, 1982 and 1986. He also set four world records in the most demanding of multi-discipline events.

Forced to retire from the decathlon through injury in 1992, Daley went on to play professional football. More recently, he has harnessed his matchless drive and enthusiasm to become a leading ambassador lobbying to bring the 2012 Olympics to London. Daley believes that the combination of challenge, support and inspiration offered by this programme brings a new dimension to training people at all levels of fitness. He says that he is consistently amazed at the commitment of the clients and the results that can be achieved.



“So much today is about what people can't do,
we're can do people, we help people do.”

Daley Thompson

Kate Staples

Director and trainer of Adventure Boot Camp, Kate is an inspirational sporting figure, whose achievements in athletics include breaking 42 British records, 12 Commonwealth records and achieving a ranking of 8th in the world for indoor athletics in 1996. A former Gladiator, Kate is no stranger to media spotlight and her character Zodiac was a well-loved part of the show from 1992 to 1997.



In 1997, Kate's career took a dramatic turn when she broke her neck in two places and underwent eight hours of surgery, which forced early retirement from both Gladiators and British Athletics. Having made full recovery, her experiences prompted her to further her efforts to inspire others to live a fit and healthy life.

A mother of three small children, Kate pursued her passion for educating others to live a healthy lifestyle when she created the government-backed Fitness for Life programme in conjunction with Mark UK. She became director of a nationwide schools programme to promote health and fitness among children.

Kate trained with Premier Training, one of the leading personal training bodies in the UK, and started training a select group of celebrity clients in London. In 2003 Kate gained the only qualification in the world to run Adventure Boot Camp, following an intense training programme in California and was the first person to bring the programme to the UK. Kate is currently training with Chi Yoga, for a world-class international yoga qualification which she will integrate into the programmes on her fitness camps and retreats.

This programme was launched in 2003 in the UK and recreates the camaraderie that Kate felt when training on track. Clients are seeing amazing results on their fitness levels as well as their general wellbeing.

The Well Fit Retreat Schedule: (Monday 23rd – Saturday 28th May 2011)

[Please note that this schedule is correct at the time of printing. Classes will be held at various locations throughout the resort. Please view the Activities Board in the Clubhouse for the latest information on all activities.]



	Sunday 22nd	Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th	Saturday 28th	Sunday 29th
7.30 – 8.30 am	Pre & Past BodyStats Analysis Rob Jeffers						East Coast Trek The Well Fit Team	Pre & Past BodyStats Analysis Rob Jeffers
8.30 – 9.30 am		Adventure Boot Camp Daley & Kate	Adventure Boot Camp Daley & Kate	Adventure Boot Camp Daley & Kate	Adventure Boot Camp Daley & Kate	Adventure Boot Camp Daley & Kate		
4.00 pm	BodyStat Workshop Rob Jeffers	BodyStat Workshop Rob Jeffers	Nutrition Workshop Kate & Daley	Posture Correction Workshop Rob Jeffers	Personal Training Workshop Kate & Daley	How To Achieve Long Term Success Rob Jeffers		BodyStat Workshop Rob Jeffers

This unique retreat is US\$1000 per person.

All ages and abilities are welcome.

The BodyHoliday offers a wide range of pampering body treatments, fitness classes and relaxation therapies. In addition to this already extensive programme, we offer the following feature months:

Yoga June – June 1st to June 30th, 2011

The BodyHoliday Solos – September 2012

Octoba Yoga – October 1st to October 31st, 2011

Pre-Christmas Restorative Break – December 5th to December 19th, 2011

Throughout these months the programme will include presenters who are at the top of their profession and leaders in the world of fitness and wellbeing.

Give us your body for a week
and we will give you back your mind

