

BODYHOLIDAY ANNOUNCES EXCLUSIVE PARTNERSHIP WITH SAINT LUCIA'S FIRST OLYMPIC GOLD MEDALIST JULIEN ALFRED

**BodyHoliday Teams Up with Olympic Champion Julien Alfred for Exclusive
Training and Community Empowerment Initiatives**



- *At the Paris Olympics last month, Julien Alfred became the first Saint Lucian athlete to win a gold medal for her country and now BodyHoliday's guests will have the unique opportunity to train with her.*
- *Julien Alfred will host BodyHoliday's leading wellness programme, WellFit, for one week (date 2025 TBC) - This is available to BodyHoliday's guests to attend as part of the all-inclusive package*
- *BodyHoliday will contribute towards The Julien Alfred Foundation, an organisation committed to providing resources and opportunities for young athletes and underprivileged communities across Saint Lucia.*

September 2024 | BodyHoliday, the pioneer wellness resort renowned for its holistic approach to health and wellbeing, is proud to announce an exclusive partnership with Julien Alfred, the first Saint Lucian athlete to win a gold medal at the 2024 Paris Olympics. This ground-breaking collaboration underlines BodyHoliday's commitment to innovate and enhance its offerings for guests.

Julien Alfred, a celebrated world-class sprinter and Saint Lucia's newest national hero, will join BodyHoliday as a guest presenter for one week to host the resort's leading wellness programme,

WellFit. This special engagement offers BodyHoliday guests a unique opportunity to train with and be trained by an Olympic champion, gaining first-hand insight into the training regimen and mental resilience that propelled Julien Alfred to the pinnacle of her sport.

"We are incredibly honoured to welcome Julien Alfred to the BodyHoliday family," said Andrew Barnard, CEO of BodyHoliday. "Julien's remarkable achievement at the Paris Olympics has not only made her a national hero but also a global inspiration. Her dedication, discipline, and passion align perfectly with our mission to empower our guests to achieve their personal best. We look forward to offering our guests this unique chance to learn from a true champion."

In conjunction with this partnership, BodyHoliday is also proud to announce its support for The Julien Alfred Foundation, an organisation committed to providing resources and opportunities for young athletes and underprivileged communities across Saint Lucia. As a partner, BodyHoliday will make an annual donation to The Julien Alfred Foundation, reinforcing its commitment to fostering positive social impact both locally and globally.

"I am thrilled to partner with BodyHoliday and share my Olympic journey and training insights with their guests," said Julien Alfred. "This collaboration is a fantastic opportunity to inspire others on their fitness and wellness journeys while supporting my foundation's mission to uplift the next generation of athletes and give back to the community."

Julien Alfred's guest presentation at BodyHoliday will feature a dynamic mix of training sessions, motivational talks, and interactive activities designed to inspire and motivate guests of all fitness levels to reach new heights in their personal wellness journeys.