



# EXPERIENCES

## DESTINATION WELLNESS VACATIONS



With a passion and commitment to each and every one of his clients, David Pritchard of *Destination Wellness Vacations* believes in incorporating exercise, strengthening both mind and body, creating a lifelong eating plan, and developing a wellness lifestyle that will work for you.

### Strengthening and Exercise

One of the cornerstones of your *Destination Wellness Vacation* is a strength and exercise plan designed to find your fitness focus or fine tune an existing workout. Upon arrival at the resort, you'll enjoy:

- **A Private Introductory Consultation**  
Your Wellness Concierge will walk you through all of the *Destination Wellness Vacation* experiences available.
- **Your Optimal Fitness Diagnostic**  
A certified trainer will measure and record your health data (body fat percent, total lean and fat mass, maximum heart rate, and calorie burning potential). Afterwards, your trainer will help you establish reasonable & attainable fitness goals and design a sustainable and customized fitness program for you to use both during your vacation and for the rest of your life.
- **Personal Training**  
Perfect for those with a trainer at home or who are just getting started! You can continue your personal training sessions during your trip or can let your *Destination Wellness Vacation* be your introduction to the world of personal training. Your Wellness Concierge will work with you to develop a comprehensive schedule to match your fitness needs including private session(s) with your personal trainer; cardio, strength and core work; functional training on balance and flexibility; and/or a private version of any of the group exercise classes offered.

### Nutrition

Another cornerstone of your *Destination Wellness Vacation* is a customized nutrition plan designed to meet your individual dietary needs. Upon arrival at the resort, you'll enjoy:

- **A Destination Wellness Nutrition Consultation**  
Our *Destination Wellness Vacation* nutritionist will work with you to create a practical and balanced nutrition plan based on your individual lifestyle. As our nutritionist takes you step-by-step through your unique needs and challenges, you will gain a renewed sense of how to manage your health, medical conditions, weight, energy and other concerns. A personal eating plan will be given to you, in detail, so that you can also use it when you return home.
- **Measurement of Your Resting Metabolic Rate**  
This personalized measurement will accurately assess the number of calories you need each day and provide important information about your metabolism to help you achieve your weight and nutrition goals. The *Destination Wellness Vacation* nutritionist will use your results in creating your customized nutrition/eating plan mentioned above.
- **Eating with the Chef**  
This interactive program enables you to discover fresh and innovative ways to approach healthful cooking as well as engage in flavorful culinary and sensory experiences.

### Spa

Whether your *Destination Wellness Vacation* includes a full schedule of strengthening and exercise or a few classes between lazy walks on the beach, a trip to the spa provides the perfect complement to any fitness vacation. In order to help you obtain some tropical rest, relaxation and rejuvenation, the *Destination Wellness Vacation* program also incorporates first-class spa treatments and services designed to keep you looking and feeling your best.

**CALL YOUR TRAVEL AGENT TO BOOK YOUR WELLNESS VACATION TODAY!**