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With SpaDreams Get to Know the Innovative Boot Camp concept

The perfect combination of exercise, motivation, diet and relaxation

Frankfurt, December 19th, 2014. Boot Camp is one of the latest fitness trends. With the right combination of exercise, motivation, healthy diet and relaxation, it is possible to lose weight healthily and with joy, to increase physical fitness and to incorporate regular exercise into everyday life. In its portfolio, the specialist tour operator, FIT travel, has implemented two new, specialized boot camp resorts: Beast Fit Asia



Beast Fit Asia Pinnacle Grand Resort & Spa****

Pinnacle Grand Resort & Spa **** in Thailand and the EPIC SANA Algarve ***** in Portugal.

Directly on the beach of Na-Jomtien near the Thai city of Pattaya, Beast Fit Asia Pinnacle Grand Resort & Spa *** + guests are getting to know the unique fitness and weight loss-camp-program. From £909 per person, travellers can book the "all-inclusive fitness vacation" with seven nights in a double room and training with Thailand's - according to Men's Health Magazine 2012 - best fitness trainer. In addition to the varied fitness program with daily activities such as power walking, introduction to the whole body training, TRX or beach volleyball, initial and closing counselling sessions are included in the price with each user's determination of fitness level and body analysis by the trainer. Fitness guests get weekly nutrition counselling and recreation massages three times a week. Trips and a low calorie monitored diet in restaurants in the surrounding area are also part of the program (www.spadreams.com/beastfit-asia/).

Boot Camp fans who wish to avoid enduring long journey hours are delighted in the EPIC SANA Algarve ***** in Portugal. Opened in 2013, the hotel is right on the Falésia beach and is spread on an eight-acre garden area.

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Thanks to the Boot Camp approach, the guests get to increase their fitness and endurance for a week from £353 per person and learn to integrate regular exercise into everyday life. A comprehensive plan with daily activities to include military training, cycling, stretching, cardio and boxing, as well as a massage workshop on



EPIC SANA Algarve*****

"Active Living and Healthy Eating" rounds off the week-long special. Travellers can relax in swimming pool and sauna, Turkish bath and indoor pool. Holiday makers enjoy healthy Portuguese dishes in the hotel's three restaurants

(www.spadreams.com/epic-sana-algarve/).



The BodyHoliday***** Le Sport

Not new to the FIT Reisen catalogue, but also within the Boot Camp concept, presents itself the five-star hotel: The Body Holiday Le Sport on Saint Lucia. Romantic bays, crystal clear water, a year round pleasant climate and a tropical rain forest await guests in a luxury resort on the Caribbean island directly on the fine

Cariblue beach. From £1,412 per person in double room, travellers come to enjoy seven nights' luxury "Wellness and Fitness" (www.spadreams.com/the-bodyholiday/).

About SpaDreams

SpaDreams is the international brand of FIT Reisen, the largest tour operator specialised in health and wellness travel, with corporate headquarters in Frankfurt am Main. With its high quality, diverse range, good value for money and personalized service, FIT Reisen has not only established itself as the market leader in this segment, but was also voted the most innovative health tourism organiser in 2014. Since 40 years, FIT Reisen has been known for the combination of healthy holidays with attractive beauty, fitness and leisure offers. Today, FIT Reisen and SpaDreams offer more than 2200 different spa, health, beauty, Ayurveda, Yoga and spa trips for

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your perfect dream holiday; with more than 500 hotels and more than 220 destinations in more than 40 countries.

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