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Featuring: Coastal Trek Health & Fitness Resort



Fitness Retreats

by Debra Bokur

Treating yourself to a retreat with a strong fitness component is a great way to jumpstart a new regimen, fine-tune an old sport, or try a brand new one.

Coastal Trek 7-Day Health, Hiking & Fitness *Courtenay, British Columbia, Canada*

At Coastal Trek Health & Fitness Resort, the emphasis is on customized retreats that work for each individual's lifestyle once they're home in the real world. Seven-day retreats include meals, accommodations, and guided hiking throughout central Vancouver Island's alpine terrain, valleys, and mountains. When you're not enjoying treks through the great outdoors, options include yoga and fitness classes, strength training, two therapeutic massages, and healthy cooking demos. (250) 897-8735, www.coastaltrekresort.com

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<http://www.healinglifestyles.com/index.php/sep2008-retreatandnew-fitness-retreats>