

Norfolk Fitness Holidays banner [logo]

Time to Change [tagline]

We all know we should be a bit more active and eat healthier foods, but it can be hard to know where to start. And life is hectic enough without introducing strict exercise regimes and restrictive diets – what you really need is a holiday.

Our *Time to Change* retreat is the perfect springboard to achieving a healthier lifestyle. Spend a week with us in the beautiful Norfolk countryside and we'll teach you the tricks and tips to lose weight and improve your fitness. All in a fun and supportive environment.

Our friendly and professional trainers have worked with people just like you. Unlike traditional bootcamps, you won't focus on rapid weight loss which is hard to maintain when you return to reality. Instead, you'll develop a realistic fitness and nutrition program that suits your lifestyle.

After a fun and active week, you'll return home refreshed and rejuvenated, with the confidence and motivation to achieve your new health and fitness goals on your own.

So what are you waiting for? It's time to change!

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The exercise

We will show you that fun and fitness really can belong in the same sentence. A *Time to Change* retreat is not about punishing gym sessions or military style exercises. We won't be shouting commands at you or making you wade through cold water – it is a holiday after all!

Instead, your week will consist of fun activities designed to improve your fitness, burn calories and ensure you keep smiling.

Best bits

- Your own room guaranteed
- Realistic and achievable plan to fit into your existing lifestyle
- Great fun with like-minded people
- Time to explore and enjoy the beautiful surroundings
- Affordable and practical holiday

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The accommodation

Our spacious, luxury cottages are located in a peaceful location in the heart of the Norfolk Broads. It's a short stroll down a country lane to the local pub, and only a 10-minute drive to some of the region's prettiest historic villages.

The cottages are well equipped and comfortable and everyone is guaranteed their own room. With a sunny outside terrace and shaded seating area, it's the perfect place to relax and unwind after a day's activities.

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The nutrition

All meals are included in the retreat, and our in-house chef aims to challenge your perception of healthy, nutritious food.

All dishes are created from fresh, locally sourced produce and served in real portion sizes. Recipes you might consider to be off limits are tweaked to be well balanced, filling and satisfying to even the most discerning of taste buds.

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Sample menu

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What can you expect? Here are questions we're sometimes asked.

Q I'm not very adventurous, will I be forced to swim through muddy waters or abseil off high cliffs?

A Of course not! This is your experience. If it's something we think will help you achieve your goals, we'll gently encourage you but we won't force you to do anything you're not comfortable with.

Q This is the only time I have off work this year, I'm not sure I can justify spending all of it doing exercise.

A We understand any time off work is precious, which is why we build exercise into our holidays, rather than the other way round. You'll have time off to relax and visit the beautiful local area and will go home feeling refreshed and rejuvenated – not exhausted.

Q I haven't done any exercise for years, I'm worried I wouldn't be fit enough.

A Whether you're completely new to exercise or have already caught the fitness bug, our friendly and professional trainers will design a regime to suit you and your lifestyle. If it all seems a bit daunting, we will break you in gently!

Q I've been to a bootcamp before and lost loads of weight but then put it all back on when I got home. Why will this be different?

A Traditional bootcamps are great for losing a lot of weight very quickly. The trouble is, this type of extreme exercise regime is not usually compatible with your everyday life. At Norfolk Fitness Holidays, our emphasis is on developing a realistic fitness and nutrition routine that fits into your existing lifestyle, making it much easier to implement when you get home, and much easier to see long-term results.

Short case study

Suzie came to us 12 months ago and realised it was time to change... [insert your details here]

Outline Suzie's goals at the start

How you worked with her to achieve that

What are the amazing results?

We've worked with lots of people like Suzie, and would love to work with you too.

The time is now!

Before shot

After shot

Contact

If you'd like to start your journey to a healthier lifestyle, now is the time to sign up! For more information and to book your *Time to Change* retreat, contact Jane or Sean at Norfolk Fitness Holidays.

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