



# ESCAPE TO FITNESS

achieve your health and fitness goals



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ABOUT US

MEET THE TEAM

TESTIMONIALS

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## Welcome

We are here to provide you with everything you need in order to "kick start" a healthier lifestyle.

From Fitness seminars, practical workshops & personal mentoring.

Yes we will be putting you through your paces with the help of a team of carefully selected professionals



Training Tips



Corporate Training



One on One



PERSONAL TRAINING - CORPORATE FITNESS - NUTRITIONAL ADVICE - WEIGHT LOSS - MUSCLE TONE - CORSE STRENGTH - POSTURE CORRECTION - CARDIO FITNESS





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## My Fitness Escapes



During your stay at our hand-picked luxury venues, we will be providing you with everything you need to kick-start a healthier lifestyle.

Through a tailored programme of fitness seminars, practical workshops and mentoring we will set you on a new road to success. Here to help you will be a carefully selected team of people including fully qualified Personal Trainers, Lecturers from the University, an award winning head chef of a 2AA establishment and a highly qualified Sports Therapist.

We will of course be putting you through your paces during your stay with our specifically designed workouts throughout the day but it has its compensations – there will be an opportunity to enjoy a sports massage to get you ready for the next session and the next!

Of course this kind of activity level requires the best fuel. Throughout your stay all your food is provided and cooked by our in house chef and as you may have guessed it's clean, nutritious and only from the best sources.

We will teach you what foods are best for you to eat during the day, but most importantly WHY. Practical workshops with the chef and nutritionists will show you that clean eating isn't always time consuming and that it doesn't need to be boring.

We are not going to spoil all of this by claiming that you will achieve an unbelievable weight loss during your stay – that will depend on so many factors. However we can guarantee that you will learn so much and develop so many strategies to support a healthy lifestyle. Arrive eager to learn and progress .....Leave with a new healthy mind-set.

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## MT FIT Escapes

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Email

Subject

Message

Send

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