

PRESS RELEASE

ELEGANT RESORTS PROMOTES FAMILY FUN AND FITNESS AT THE BODYHOLIDAY, ST LUCIA

Family health and fitness is very much in the public eye at the moment so Elegant Resorts is delighted to offer its clients a holiday which combines stunning surroundings with an action-packed health programme for all the family.

On the beautiful Island of St. Lucia, The BodyHoliday has unveiled an exciting programme which is scheduled to run for seven weeks starting from **6th July to 31st August 2014**. The programme is designed to help families (with children over the age of 12) to come together in a great beach environment with fun and stimulating activities ensuring guests will leave feeling far healthier than when they arrived!

In addition, Rugby fans will be delighted to know that **Alex Goode** (professional rugby union player for Saracens F.C) will be at the hotel between 7th and 17th July as the Sports Professional Ambassador for 2014's programme. Alex will be on hand to keep everyone motivated with some inspirational speeches whilst also engaging participants in beach rugby and a range of fitness activities.

Activities for Wellfit Families (including children aged 12 and over) include:

- Beach lifeguard skill training
- Dancing
- Cardiovascular Fitness
- First Aid
- CPR Training
- Yoga Flow
- Bike Ride Adventures
- Basic Sailing Skills
- Parents vs. Children Competitions
- Abseiling Adventures In The Rainforest
- Cooking Classes
- Teen Spa Menu

And when it's time to relax, your luxury room or suite awaits along with excellent dining, a first-class spa and fabulous service from a team of dedicated staff.

- Ends-

For further media information on The BodyHoliday, St. Lucia and its Family Wellfit Programme, please contact Angela Jones at Elegant Resorts on 01244 897140 or email angela.jones@elegantresorts.co.uk

To view further details on Elegant Resorts or our Las Vegas Properties, visit www.elegantresorts.co.uk