Learning Skills and Behaviors for Successful Weight Loss at a Fitness holiday by Sue Hawtrey

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Losing weight is a complicated task. Everyone knows the key is adopting a healthy diet and regular exercise plan, but underlying this is the need to change long-standing behaviors. Then there is the learning curve, altering favorite dishes to include healthy ingredients without sacrificing flavor and exploring different kinds of exercise that may be more beneficial and enjoyable than the old stand-bys. All of this can be extremely difficult to accomplish in the same environment that the weight was gained to begin with, so many people turn to a fitness holiday.

Also known as a weight loss boot camp, these retreats are designed to teach you the skills and habits necessary for good health and introduce you to alternative therapies that can help in your quest. They are particularly effective, because the environment is new, and you are surrounded by the support of other people trying to attain the same goal. If you are concerned about your weight and want to stave off the numerous chronic diseases associated with being overweight, it makes sense to make that next vacation a weight loss holiday. Consider some of these common aspects of a fitness holiday before choosing the one right for you.

Diet Planning

More than just giving you the opportunity to eat a few healthy meals, the goal of a quality retreat is to impart the skills necessary to design and make your own healthy meals back home. Expert dietitians and herbalists are typically made available to both give classes on meal preparation and show how it can be done within your regular budget. They are prepared to answer questions about healthy cooking, give an introduction to the important kitchen appliances, and provide tips on research-based methods for using foods to overcome illness.

Fitness Training

At the heart of every weight loss boot camp are the fitness training facilities and specialists. In retreats surrounded by the beauty of nature, hiking, biking and swimming in the great outdoors will certainly be on the agenda, but there are many other options as well. After all, not everyone lives in a place conducive to enjoying the bounties of nature. Yoga instructors will give you an introduction to this ancient healing form of exercise, and weight trainers will help you learn how to safely use the power of anaerobic exercise to build lean muscle. Different retreats will offer a different array of fitness strategies, so choose one with a mix of the familiar and novel.

Alternative Therapies

Newer treatments and ancient ones can augment a solid diet and exercise plan, making it that much easier to change behaviors for the better. Spa treatment has been around for a while and is a known method of removing toxins that can hamper weight loss. Newer forms, like the infrared sauna, can be even more effective. Hypnosis clinics offer a powerful tool for behavior modification, and these may be combined with guided meditation that you can continue using once back in familiar environs. Choosing the right weight loss boot camp can seem daunting. The most important step is the same as with any other goal, deciding to make the effort.

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After being encouraged to take a a fitness holiday, Sue Hawtrey reluctantly agreed and as a result began her transition to a healthier lifestyle. Now, she is a personal trainer and nutritionist that helps people achieve a healthier lifestyle. In addition, Hawtrey has helped a leading a weight loss boot camp develop a training program that is specifically geared towards people who are obese. She enjoys writing about her story and inspiring others.

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