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In recent times, one of the most popular modes of vacationing amongst Australians is fitness holidays. A fitness holiday is a planned getaway taken for the improvement in one's fitness and health, while at the same time getting some well-deserved relaxation. At times, Australians join fitness camps to attain a better health and a fitter body. Numerous such fitness camps are available in Western Australia (WA), Queensland (QLD) and New South Wales (NSW). But the locations of these fitness camps, the facilities on offer, the different therapies and courses provided along with wonderful accommodations makes one wonder if actually these are fitness camps or luxurious retreats.

When one thinks of camp, immediately a picture of bunk beds, crowded room, single sharing bathrooms and in case of fitness camps, healthy but tasteless food comes to mind. The word "fitness" in itself brings thoughts of drill instructors that will constantly be yelling and screaming at you, making you go that extra mile and do the extra sit-ups, forcing you to eat the unpleasing healthy food, so as to get you back in shape and lose the excess weight. But there are numerous fitness camps available in Australia that will definitely change this perception one has of such camps.

There are fitness camps that are located in the scenic beauty of the Blue Mountains in NSW, the exotic beaches of QLD and mesmerizing forests of WA. They provide 4 and 5 star accommodations, wherein single rooms will be given to each couple with a majestic personal bathroom and quality services. Numerous facilities like gym with your own personal trainer, swimming pool, running or walking track, excellent kitchen, etc are available for you to get yourself started. There are a number of activities in which you can participate in such as adventurous sports like mountain biking, rock climbing, hiking, etc. or classes like aerobics, taekwondo and yoga. The best part about these camps is that they plan everything for you. An initial health check-up along with your health requirements and personal goals of weight loss is noted and the personnel at these camps make an in-depth schedule on how you can achieve your goals quickly, efficiently but at the same time have a great time.

An important part of attaining your fitness goals is by keeping a healthy mind. These camps have several types of mental exercises like relaxation techniques, breathing exercises, yoga and several other meditation methods to help you attain peace of mind and a sound but strong mental health to achieve your goals. One of the most successful techniques employed by these camps is the use of health spas. These spas provide a way to relax and rejuvenate oneself; while at the same time relieve the muscles and stress and tension within. The health spas have been a guaranteed way to attain the relaxation that one looks for in a vacation.

Another way these camps differ so much from traditional ones is the quality of food served. Excellent chefs, who have a wonderful skill to cook up amazingly healthy and tasty meals for you, are at your service. The best part is that they use the simplest of recipes that they share with you, so that you can continue your healthy way of life even after leaving the camp.

With all these facilities and features it is extremely difficult to call these fitness camps. It is best and apt to say that they are luxury retreats for you that can help you get back to a healthier lifestyle.

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