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Fitness resorts have become a booming business because they provide help with an essential human need – they help people lose weight, live healthier lives and become physically fit. In this day and age, many people have problems living healthy. This isn't their fault. It is the way society is set up. We spend the majority of our day sitting behind our desks being fairly inactive. We often don't have that much time for lunch, so grabbing fast food is an easy alternative. We drive to and from work, and when we get home we are often so tired we just want to sit in front of the television.

This way of life helps create bad habits that have a direct impact on our health. Our metabolism slows down. We gain weight. We tire more easily. We are more at risk for a wide range of health-related problems, ranging from heart disease to diabetes.

Often it will get to a point where our doctors or friends may suggest a fitness resort. But, many people don't know what a fitness resort is. They have a media-influenced image of an ugly industrial place where mean people yell at you and try to humiliate you into losing weight.

The mental image seems horrible, and keeps many people from choosing to go to a fitness resort. Instead, they try a fad diet or sign up for a gym membership. They lose a few pounds and then go back to their old lifestyle and become unhealthy again.

What's said is that this could be avoided if people knew what a fitness resort really is. It's not boring or ugly or scary. In fact, good fitness resorts are actually beautiful places to visit where you can have a great time, meet new weight loss retreat and develop a healthier lifestyle.

Fitness resorts are run just like regular full-service resorts. You pay one all-inclusive price and you have your needs catered to. You have your own private room. Food and beverages are included. There are other people like you there, which form a sense of community. And during the day, there are friendly coaches and trainers who spend their time getting to know you and helping you lose weight.

The end result is that you have a good time – like you would on any resort vacation – but when it is over, you have found ways to get rid of your old bad habits and develop new habits that will help you live a healthier life for years to come.

You'll look and feel better than you have in years, and your health will have improved a great deal. The only real risk is that you might have to purchase a new wardrobe, because your old clothes will now look huge on you!

In other words, fitness resorts are fun places to go and they will help you live a better life.

But, this begs the question: How do you choose the right fitness resort? What should you look for when you are trying to choose one?

There are many factors that should go into your choice, and we'll go over them one at a time.

<http://www.articleside.com/health-articles/what-are-fitness-resorts-and-how-do-you-choose-the-right-one.htm> - [Article Side](#)

#### [Cherise](#) - About Author:

Cherise is the author of Live In Fitness Enterprises. Her site, <http://liveinfitness.com> is where many people find his Marina Del Rey a [weight loss camp](#). When it comes to weight loss, Cherise is both an innovator and a pioneer. Due to his own struggle with weight loss, and a comprehensive understanding of the way in which the struggle to lose weight can totally envelope a person, Cherise was the first person to realize that in order to be successful at weight loss, it needs to be treated in the way in which it is experienced. What this means to Cherise is that in order to win at weight loss, a person has to first completely understand himself. This philosophy led Cherise to produce the first ever approach to weight loss based on the person's personality.

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