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To make it simple – a weight loss vacation is when you go to a resort that is specifically dedicated to helping you lose weight, develop healthier habits, boost your self-esteem and look great.

These weight loss vacation resorts are just like other resorts. They offer comprehensive packages. You get your own private room, all food and beverages are included, and you live in luxury, have a concierge and eat gourmet meals. The only difference between them and a regular resort is that during the day, the activities are centered around losing weight and becoming healthy.

The staff will evaluate you the first day you are there to create a program that meets your personal needs. Then, you'll have a personal trainer who will guide you through exercises and other activities that will help you lose weight. Everyone at the resort will be there for the same reason you are, so you'll become part of the community. You'll make new friends, have a great time and finally start losing weight, all while on vacation.

You won't be forced into fad diets or left feeling hungry. In fact, at most weight loss resorts they use first-class chefs and dieticians to serve five-star meals that not only taste great, but are extremely healthy for you.

When on a fitness getaway, you'll have access to all of the amenities you would expect during at any other five star resort, so you'll always feel comfortable and pampered.

Yet, because you will know that you are there for a reason, you'll be motivated to improve the way you look, feel and live.

By the time your fitness camp is over you'll be in better shape than you have been in years, and yet you'll also feel relaxed – just like you'd been on a regular vacation.

Weight loss vacations aren't simply for people who are obese. They are for anyone who has put on a few pounds or feels like they could be in better shape than they are now. And, given how sedentary most of our jobs and lives are, that means they can help just about anyone.

It doesn't matter if you want to lose five pounds or 50 – a good resort can set up the program you need to meet your goals during your weight loss vacation.

Best of all, taking a weight loss vacation is not a quick-hit way to lose weight and feel great. You get in shape while you are at the resort, but the resort will also show you ways to keep in shape and not gain weight once your vacation is over.

More often than not, being out of shape is the result of bad habits. A weight loss vacation will help you break those bad habits and replace them with new good habits that will stay with you for years to come.

Weight loss resorts are not like old-fashioned fat camps, where drill instructors shame you into exercising and surviving on a few scraps of lettuce a day. Those kinds of resorts went out of fashion decades ago, when people realized they were not only unhealthy, but were psychologically damaging and didn't provide long-term weight loss.

Instead, weight loss resorts are helpful and supportive places where the staff wants you to have a

great time and feel good about yourself while you are developing healthier habits.

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Cherise is the author of Live In Fitness Enterprises. Her site, <http://liveinfitness.com> is where many people find his Marina Del Rey weight loss vacation. 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

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