



Athletes find the Extra Edge on Healthy Holidays

Athletes the world over are seeking the extra edge to exceed goals, break records and ultimately win. Hunting techniques to shave a second on their best time; shed kilograms or uncover new strategies to push themselves further and faster. Enter the new healthy holiday advantage from the leading specialists in wellness holidays worldwide Health and Fitness Travel, enhancing professional training programs across the globe.

While there is a healthy getaway to suit all objectives, a stand-out retreat, quickly becoming the go-to place for serious athletes is Phuket Cleanse in Thailand. Offering athletes a new approach to gain that highly sought after competitive advantage, Phuket Cleanse attracts aspiring athletes and current world champions alike, including most recently Australian divers Esther Qin & Melissa Wu.

The ground-breaking Phuket Cleanse program is a transformational journey through a series of physical, nutritional, and even emotional breakthroughs.

Firstly they challenge athletes physically through a barrage of fitness classes - from Muay Thai Cardio classes to Functional Fusion Boot camps; combined with several styles of yoga (hot, aerial, flow and restorative to name a few) and high intensity beach agility workouts for an extraordinary all-round cardio, strength, and flexibility program.

Then from a nutrition standpoint, Phuket Cleanse offers organic plant-based raw vegan cuisine that their clients rave about, giving athletes' digestive system a break with and they cap off their holistic wellness experience with mindfulness classes for the mental advantage to help athletes push through all barriers to success.

For advice, guidance and booking visit www.healthandfitnessstravel.com.au or call 1300 551 353

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