

With life becoming increasingly complex with work, social and family demands, fathers are finding less time to maintain a healthy lifestyle and stress is likely to be a major role in their lives, not to mention the concerns of potential health issues such as heart disease, diabetes and high blood pressure, which are ranked as the top three health issues plaguing men.

At Health and Fitness Travel, Australia's leading healthy holiday specialists, we believe it's important to take interest in these concerns and to help fathers in preventing them and what better way than to book an active and healthy holiday for your dad, so we share our top 5 wellness holidays for the man of the house in time for Father's Day!

Aro Ha - Invigorate & Enrich

This all-inclusive wellness retreat in New Zealand is perfect for dad as it offers a balance of challenging sub-alpine hiking, kayaking and TRX training and rejuvenating activities including daily therapeutic massages, yoga and meditation sessions. Combined with nutrient dense foods and the ability to relinquish the decision making, this 5 day program will help him decompress and focus on his well-being and even shed a few kilos in the process. A guaranteed winner for Fathers who enjoy the great outdoors.

Health and Fitness Travel (1300 551 353 healthandfitnesstravel.com.au) offers 4 nights at Aro Ha from \$4,915 twin share. Price includes an all-inclusive wellness program, full board, return flights and transfers.

Como Shambhala Estate - Stress Management

The perfect fix for a stressed out dad, a luxury relaxation holiday with a focus on making positive lifestyles changes. Located in the tropical jungles in Bali, Como Shambhala Estate is a hidden paradise where dad can unwind with daily massages, stretch out after all those long hours at the office with private yoga classes and join the complimentary group classes including circuit training and rock-climbing to keep up or kick start his fitness regime. Leaving him feeling refreshed and ready to take on the world!

Health and Fitness Travel (1300 551 353 healthandfitnesstravel.com.au) offers 7 nights at Como Shambhala from \$5,155 twin share. Price includes Stress Management program, full board, return flights and transfers.

Absolute Sanctuary - Fusion Fitness

Let dad begin or build on his fitness levels and techniques at Absolute Sanctuary, on the beautiful Island of Koh Samui, beginning with a fitness assessment the expert team will create a tailor-made program to achieve his goals. Ideal for conditioning and toning the body Muay Thai kick boxing and boot camp training are both available as part of this healthy getaway. Healthy meals will nourish and energise, while the daily spa treatments will detox and relax, making this the perfect Father's Day escape holiday for the fitness enthusiast.

Health and Fitness Travel (1300 551 353 healthandfitnesstravel.com.au) offers 7 nights at Absolute Sanctuary from \$3,255 twin share. Price includes a tailored Fusion Fitness program, breakfast daily, return flights and transfers.

Phuket Cleanse - Detox & Fitness

For a complete health overhaul or just a fitness holiday that will really challenge, Phuket Cleanse in Thailand will deliver. Here dad can learn how to lead a healthier lifestyle with health and nutrition master classes and take part in a huge variety of daily activities including box fit, Tabata, TRX, cardio tennis, born to run, Muay Thai and boot camp and many more. Between fitness classes he can unwind at the sauna, take part in meditation classes and enjoy therapeutic daily massages for a complete wellness experience.

Health and Fitness Travel (1300 551 353 healthandfitnesstravel.com.au) offers 7 nights at Phuket Cleanse from \$3,430 twin share. Price includes a tailored all-inclusive wellness program, full board, return flights and transfers.

Ziggy Bay – Sense of Adventure

On this secluded bay of sandy beaches and mountain views in Oman, the Six Senses Ziggy Bay offers active outlets for the stressed and tired man. With adrenaline-fuelled workouts and private activity sessions such as, hiking, biking and paragliding, followed by restorative massages and

treatments, makes this the ultimate man's holiday escape. Invite your dad to reconnect with nature and enjoy the beauty of Zighy Bay's surroundings while staying active and healthy.

Health and Fitness Travel (1300 551 353 healthandfitnessstravel.com.au) offers 7 nights at Zighy Bay from \$5,085 twin share. Price includes a tailored wellness program, daily breakfast, return flights and transfers.

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For further information and hi-res imagery please contact Samantha Lippiatt; Samantha@healthandfitnessstravel.com.au or call +61400 847 673 / (03) 9021 0909

Notes to Editors:

About Health and Fitness Travel

Health and Fitness Travel offers clients a tailor-made seamless service with the very best health and fitness holidays, handpicked by its expert team, together with exclusive and added value packages with the best deals. As leading specialists, Health and Fitness Travel has also created their own collection of healthy holidays in various destinations which include Fusion Fitness and Discover Recover, offering clients the best value and holiday experience. For more information visit: www.healthandfitnessstravel.com.au

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