



## Health and Fitness Travel highlight their Health Holidays in Aid of Men's Health Week

In the run up to Father's Day, Men's Health Week (9th-15th June) is dedicated to raising awareness of the physical and mental health problems impacting the men in our lives. Health and Fitness Travel, Australia's leading specialists in health holidays worldwide help men embrace a healthier lifestyle through a broad range of health and wellness holidays specifically designed to improve general well-being. Whether through sport, nutrition, or lifestyle management, this kick-start provides the opportunity to prevent and alleviate a variety of the health issues affecting men today.

When juggling busy work lives, men are often left with little time and no energy to evaluate their lifestyles, however, Health and Fitness Travel find more men than ever before are becoming pro-active when it comes to looking after their health. No longer wanting their holiday to be a guilt inducing over indulgence of food and idly laying on the beach for a week, men are looking to utilise their precious holiday time to really focus on their health and build a better quality of life.

From fitness to stress recovery and weight management retreats, more men are making the most of their time with a health holiday in luxurious locations across the world. Health and Fitness Travel has created their exclusive Fusion Fitness holidays, designed for men wanting a bespoke health and fitness program.

With many men living high-powered lifestyles where work and family often take priority, unhealthy eating habits and lax fitness regimes can often take hold, leading to weight gain and related health issues. With Men's Health Week looking to highlight not only the physical but also the mental health issues that affect men, Health and Fitness Travel supports regaining a balanced state of mind through their variety of wellness holidays.

Providing fun, relaxing and diverse pathways to a healthier lifestyle, together with luxurious healthy holiday escapes to achieve this, men will no longer want to find an excuse to avoid looking after themselves.

For advice, guidance and booking visit [www.healthandfitnesstravel.com.au](http://www.healthandfitnesstravel.com.au) or call 1300 551 353

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

About Health and Fitness Travel

Health and Fitness Travel is a global luxury wellness travel company committed to providing healthy holidays that enhance and change lives. 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.healthandfitnesstravel.com.au](http://www.healthandfitnesstravel.com.au)

### Contacts

Samantha  
0400847673  
mailto: [samantha@healthandfitnesstravel.com.au](mailto:samantha@healthandfitnesstravel.com.au)