



balance

WELLNESS BY ANANTARA



**Anantara's Balance  
Wellness Retreats  
Powered by LHR**

Fitness & Weight Loss Retreat  
at Anantara Dhigu Resort  
May 20 to 27, 2016



Find inspiration to elevate your fitness practice on a tropical paradise island at Anantara Dhigu Maldives Resort. Anantara Balance in conjunction with Lifestyle Health Retreats has a programme, activity or treatment offering the right amount of balance for your lifestyle.

Take your fitness to the next level. Let our experts work with you to ensure that you return home with a smart, achievable and healthy plan that fits into your life and helps you to realise your goals.

Lifestyle Health Retreats is dedicated to creating unforgettable, life-enhancing and transformational retreats. Proud of their innovative and pioneering wellness options LHR differentiates themselves by offering a range of results-oriented wellness opportunities that inspire, educate and empower people to live well balanced and healthy lives.

In addition to personalised coaching and workouts, learn about fitness and weight loss myths, as well as scientifically proven methods. Develop a thorough understanding of food and nutrition, and receive the tools to establish healthy habits.







Start and finish each day with a two-hour dynamic workout on the beach to improve your strength and mobility. Experience how a variety of exercises can maximise the results of any workout. Receive detailed, personal information about your body and how to most efficiently build health and strength, while burning off unwanted weight. Afternoon seminars take you through a range of topics, such as strategic nutrition, wellness coaching and managing a fitness plan.

### SAMPLE DAY

7.00 am - 8.00 am Morning Stretch  
 8.00 am - 9.00 am Beach Fitness & High-Intensity Interval Training (HIIT)  
 9.00 am - 10.00 am Breakfast  
 12.00 noon - 1.00 pm Seminar  
 1.00 pm - 4.00 pm Lunch and Free Time  
 4.00 pm - 5.00 pm Outdoor Conditioning Class  
 5.00 pm - 6.00 pm Band Training Class  
 7.00 pm Dinner and Review of the Day



*Anantara Dhigu Resort Fitness & Weight Loss Retreat includes:*

- Shared return transfers between Maldives International Airport and resort
- Luxury accommodation at Anantara
- Three healthy meals per day
- One 60-minute Anantara Spa treatment
- One-to-one coaching
- A minimum of 4 hours a day of workouts, seminars and classes
- 30 days of follow-up coaching

Combine relaxation and exercise with healthy eating and everything required for a healthy new you during your stay and when you return home.

## VENUE

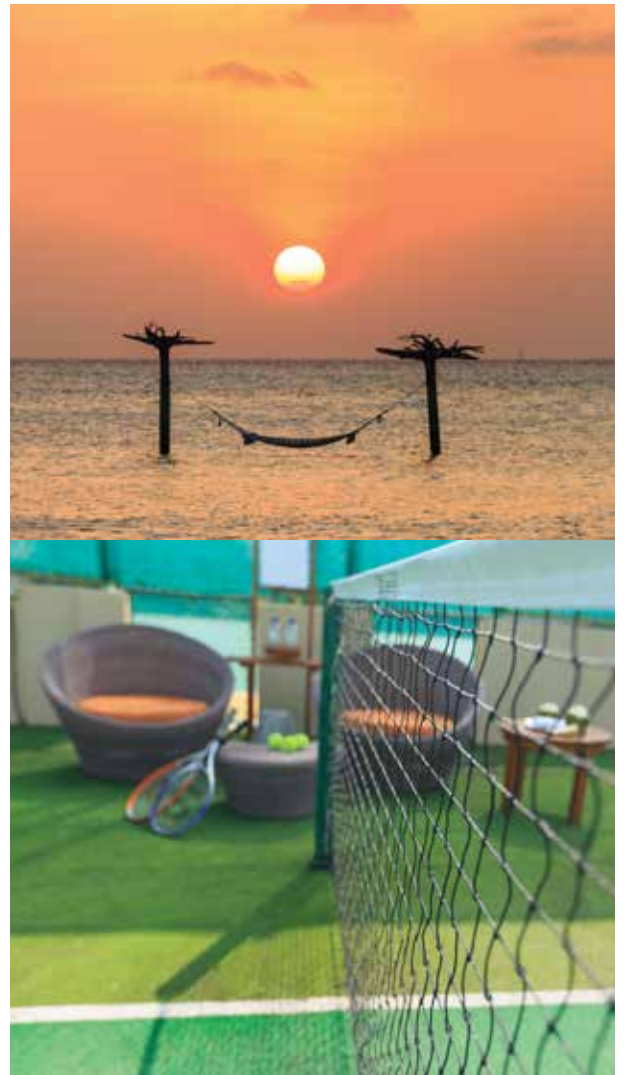
Discover a tropical paradise island...

Wake up to soothing views of the endless deep blue Indian Ocean. Take a morning plunge in the gentle waters of a turquoise lagoon directly from your over water villa. Kayak to Gulhifushi island at the edge of the lagoon for snorkeling the house reef.

Dhigufinolhu Island in the South Malé Atoll, is Anantara Dhigu Maldives Resort, comprising of some of the most spacious luxury villas in Maldives, some with private plunge pools and just a 35 minute speedboat ride from Malé International Airport. The tropical lagoon setting creates a Maldivian paradise of breathtaking natural wonders, where the warmest heartfelt welcome leads to journeys that can be deeply relaxing or truly invigorating. From the moment you arrive, peer into the crystal waters below the jetty at puffer fish, sting rays and baby reef sharks.

Anantara Dhigu's evocative location is matched by a tranquil island design approach that feels like home away from home while providing you with excellent facilities. Play tennis, hit the gym and swim in the infinity edge pool, or simply unwind at Anantara Spa with a range of renowned signature treatments.

Discover your own paradise at Anantara Dhigu Maldives Resort.





## WHY CHOOSE ANANTARA POWERED BY LHR?

1. Flexibility – Our programmes are customisable to fit your schedule. Choose to work with us from 3 nights up to 7 nights in a variety of beautiful locations. In your free time, Anantara experiences are available to help you explore the rhythm of local cuisine and culture.
2. Expert mentoring from our fitness professionals means that you get the best advice and personalised plans – without wasting time! Our coaches offer tailored life coaching, fitness instruction, and nutritional solutions based on scientific evidence to optimize your mental and physical wellbeing.
3. We give YOU the tools for success. Armed with our comprehensive workbooks, one-to-one attention from our coaches, healthy meals and spa services from Anantara, we will send you home refreshed, relaxed, and inspired to keep going.
4. Comprehensive programming – While most retreat programmes offer few results, LHR empowers participants to make real changes and smart choices. Fitness and nutrition instruction are each presented in a way that will help you to fuel your life and achieve long-term health and wellness. We want you to be revitalised and in control of your body, not weighed down by myths, fad diets, and frustration. Our sessions may include nutrition lectures, healthy cooking classes, and guidance from coaches who live what they teach.
5. The luxurious care of Anantara hotels will put your mind at ease. Relax and let the wonderful staff at Anantara take care of you. In between your retreat sessions, enjoy a 60 minute spa treatment, arrange cooking classes or other activities unique to your beautiful surroundings. De-stress, nourish yourself, and let us send you home revitalised.



## FREQUENTLY ASKED QUESTIONS

**Q. What is included in the package?**

**A.** Hotel accommodation, 3 meals per day, one 60 minute spa treatment, scheduled group activities, round trip airport transfers.

**Q. What is not included in my retreat package?**

**A.** Airfare, additional food and beverages outside of main meals as listed in the retreat details, spa/massage services outside of your package and personal expenses are not included. Additional expenses or purchases will be billed directly to your room account.

**Q. Do I have to be in shape to do balance retreats powered by LHR?**

**A.** Not at all. Retreats cater for all fitness levels by experienced and certified fitness professionals from LHR. Fully insured, our mission is to ensure our programmes are safe, individualised and progressive and are suitable for all levels of experience and ability. All participants will need to complete the PAR-Q and medical history questionnaire along with a signed doctor's note from a registered medical professional indicating your health and fitness levels and ability to participate in the retreat.

**Q. What kind of professionals are with us during the retreat?**

**A.** All retreats are planned, run and implemented by experienced, certified and licensed health and medical professionals.

**Q. What kind of meals will be served during retreats?**

**A.** All meals served are prepared with fresh ingredients offering a balance of nutrients and calories to help maximise the programme developed for you and achieve optimal results! Even if your primary goal is not to lose weight, you will still learn how to eat and prepare healthy food upon your return home. Eating healthy will energise you, fuel you and help you recover faster.

**Q. What happens when I return home? How can I stay on track?**

**A.** We offer optional platinum online coaching programmes which include monthly follow up private calls, programmes and recipes sent to you every month to keep you engaged, on track, accountable and continuing a long life of health, vitality and success.

**Q. Can children join the retreat?**

**A.** Retreats are designed for adults who seek the time, structure and expertise to improve their health and wellbeing. Our retreats are not available for children under 16 years of age. Children between 16 and 18 years can attend with prior written permission of legal parent or guardian. If you do want to bring your children along they can be left in the care of Anantara Hotels & Resorts children club professionals leaving your mind at peace while you engage in your retreat activities.



  
balance

  
**ANANTARA**  
DHIGU • MALDIVES  
RESORT

**LHR** LIFESTYLE  
HEALTH RETREATS

Please visit [Dhigu-maldives.anantara.com](https://dhigu-maldives.anantara.com) to reserve your spot.  
Payments can be made online.

For additional information, please contact our reservations team.  
Tel: +960 664 4100  
[reservations.maldives@anantara.com](mailto:reservations.maldives@anantara.com)