

# A daily program that gets results for *all* shapes, sizes & fitness levels! Guaranteed.

- 6:45am** **Optional Morning Walk**
- 7:15am** **Healthy Breakfast**  
Start your day right with a nutritionally balanced and tasty breakfast.
- 8am** **Mobility & stretching**
- 8:30am** **Morning Training Session**  
A fun workout with our expert trainers.
- 10am** **Morning snack**
- 11am** **Long term success seminar**  
Topics include emotional eating, nutrition, motivation, goal setting, and many more!
- 12:30pm** **Lunch**
- 2pm** **Afternoon training session**  
A varied and fun indoor, outdoor, or pool hydrotherapy workout.
- 4-5pm** **End of the day**  
Opt in for our extras- massage, stretching, mindset, PT session or get a spa treatment, relax by the pool, or just take some private time.
- 6pm** **Dinner**
- 6:45pm** **Relax**  
Your time is yours! Take advantage of the first class resort facilities, extra OnTrack sessions, have fun with fellow guests, or just rest up!

All inclusive program that helps you drop fat, get fit & change habits..

- Daily fitness classes for all fitness levels.
- Great tasting healthy meals
- Experts at your side at all times
- Breathtaking locations
- Top class facilities at your disposal
- The best mindset seminars
- Proven program
- Results 100% guaranteed
- All ages, shapes, and sizes.

## Got a question? Call 1300 949 144

our retreat experts are ready to help you



# Frequent questions we get asked...

Ask your question. Call us on 1300 949 144 now.

## **I'm not very fit, will I be able to keep up?**

If you are worried that your size, past injuries, or fitness level will prevent you from being able to do the training, don't be! Our retreats cater for all shapes, sizes, and fitness levels. You are unique, and our expert trainers can offer you the personalised attention you need to find the exercises will work for you and your body.

## **Will I be stuck in the gym all day?**

No way! We take full advantage of the full range of 5 star resort facilities as well as the stunning surroundings of the retreats. You'll be taking part in fun and varied workouts in our indoor training areas, tennis courts, sunny grassed areas, heated pools, breathtaking beaches, and gorgeous surrounding bushland. Gym sessions just complement the program.

## **I'm not comfortable with pool exercise, is this part compulsory?**

Water exercise is great because it is low impact, plus can be a wonderful way to soothe sore muscles and joints, but we know that the water isn't for everyone! That's why we are more than happy for you to use the gym if you'd prefer to stay dry, whatever makes you feel comfortable.

## **What if I have special dietary needs?**

Our retreats cater for allergies, gluten free, lactose free, and vegetarian diets, plus food exclusions for religious reasons.

## **Do I have to do all the sessions?**

Many guests aren't that keen on seminars when they arrive, but soon realize how useful they are – that said, it's your decision if you'd rather not do them then you can self train yourself during that period in the gym instead, or go for a walk/run, etc.

However, we do find guests love the workshops even if they think they won't! and they do account for much of the long term success our clients get.

## **I get pain in some of my joints, I'm worried I wouldn't be able to do the exercises...**

Our expert trainers are highly experienced at working with guests with all sorts of pre-existing injuries and restrictions. They will work with you to work around any issues you might have – they do this all the time.

We guess around 80% of our guests have some form of pre-existing injury, ranging from small 'niggles' to bigger issues – and we work with each guest so they can work around them and still get the most from the program.

If you are still unsure if your injury would stop you participating, give us a call and tell us about your injury and we can advise you on whether our retreats can work for you.

**You will succeed with OnTrack.**

Chat to our experts about your situation. Call 1300 949 144.

