



The First PhillyFIT Winter Wellness Retreat!

Give us a week, we'll give you back your life!

When was the last time you gave yourself a week completely dedicated to your own personal health and wellness? PhillyFIT wants to afford you this unique, once in a lifetime opportunity!

Designed to rejuvenate your fitness lifestyle, and tailor a plan to suit your needs, we have created a weeklong program to meet your personal goals through health and fitness. Your customized plan will be built around the following life-enhancing components:

- FITNESS ASSESSMENT
- PERSONALIZED STRENGTH TRAINING
- DIVERSIFIED EXERCISE CLASSES
- STRESS MANAGEMENT WORKSHOPS
- RELAXATION TRAINING
- DELICIOUS, HEART-HEALTHY MEALS
- PERSONAL NUTRITIONAL COUNSELING
- MORNING WALKS ON THE BEACH
- HEALTHY COOKING LESSONS
- ON-SITE LUXURY ACCOMMODATIONS

Your Winter Wellness Retreat price is all-inclusive. Three heart-healthy meals will be prepared daily with the dietary and caloric contents of each meal carefully monitored by registered dietitians and nutritionists. They will also show you how to prepare healthy meals at home and incorporate a balanced diet into any lifestyle. Additional insight will be provided on dining out wisely (we'll hit the local restaurant scene once or twice) and smart grocery shopping (a trip to the store is planned).

Workshops and lectures will abound by leading healthcare professionals whose bios are available upon request. (See our ad on page 4 for specifics). We will delve into cutting-edge health and fitness research as well as practical how-to discussions.

We will exercise twice daily with the gym workouts supervised by certified personal trainers. Group fitness classes such as yoga, Pilates, stretching, and bootcamp will be run by certified professionals in their field.



SAMPLE DAILY AGENDA

6:00-7:30 a.m. Wake-up / stretch (coffee, tea, juice served)

7:30-8:15 a.m. Invigorating walk on the beach, lead by certified trainers.

8:30-10:00 a.m. Breakfast a-la-cart

10:00-11:00 a.m. LECTURE (optional or personal, quiet time)

11:00-12:30 p.m. GYM TIME - customized for the perfect workout.

A PLAN YOU CAN TAKE HOME!

1:00-2:00 p.m. LUNCH- cooking lesson included.

3:00-5:00 p.m. FEATURE TOPIC OF THE DAY conducted in a Feng Shui setting around a fireplace.

6:00-7:00 p.m. DE-STRESSING HOUR- to include modalities such as massage, spa treatments, facials, energy work, yoga, meditation, etc.

7:15-8:30 p.m. DINNER- cooking lesson included.

8:30-11:00 p.m. OPEN TIME- mingle with fellow guests, journal, meditate or simply enjoy the beauty of just "BEING YOU". Read a healthy book or sit in the hot tub. Have a glass of wine or drink some hot tea.

To reserve your spot call PhillyFIT at (215) 396-0268. We are happy to discuss your goals/ideas or provide more detailed information on this unique experience.

Isn't it about time you made "YOU" a priority and re-claimed your life? Let us help you be the best you can be. Give us this week, and we'll give you a better life!

**Cost \$2,000 per person, all-inclusive. No hidden extras. Just show up, we'll do the rest.
Please visit www.phillyfit.com.*

GIVE US ONE WEEK, we'll give you back your life!

SEE OUR
ARTICLE ON
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For more information



Introducing: PhillyFIT's

PREMIER WINTER-WELLNESS RETREAT!

Come delight your mind, body & soul for a week like you've never experienced! The PhillyFit staff is proud to introduce a unique approach to acquiring your individual and personal fitness level.

This custom designed path is guaranteed to work and continue to work for **you**, long after this inspiring week toward wellness!

16 lucky participants will enjoy one week of:

- Personal training in an elite gym
- Low-fat cooking classes
- Explore your mental & emotional fitness
- Wealth of workshops encompassing:
- Supplement utilization
- Nutritional counseling
- Expert medical advice
- Skin/hair care • Massages & facials
- Holistic alternatives galore

All inclusive \$2,000 per person. No extra hidden costs. All Inclusive.

In order to comply with safety regulations, the following requirements are essential: All registrants must present written verification of :
****Recent Criminal Background Check ****Recent Physical Examination by their Primary Care Physician

ENTER TO WIN A FREE TRIP

for you and a friend/spouse, go to www.philly.com and tell them why YOU deserve this trip for FREE!



Post Check-In PARTY
Sat., Feb. 10th to watch the
FLYERS VS. ST LOUIS
in the Novacare Suite
Compliments of John Kerr

A fun day of the Tryad TEAM CHALLENGE, retreat participants will complete exciting team challenges that require team work & will test your mind & body!

Musician Matt Roach and Entertainment by psychic Elizabeth Joyce

WHERE: In Aesthetic Avalon, NJ. Set in a gorgeous, upscale beach-front estate!

WHEN: Saturday, January 27, 2007 through Saturday, February 3, 2007

WHO: For singles, couples, any/everyone!

Each day is packed with life-long lessons on learning & creating a healthy lifestyle that is uniquely tailored to **YOU!**

Each modality **you** choose will be custom designed for **you** by exemplary trained, certified and appropriately credentialed professionals.

The daily routine will include rising early, practicing, learning and dabbling in the wealth of information displayed. In addition to sitting by the fire for lectures, ample time will be made available for some great camaraderie and/or time for self-reflection. We pledge that you will bring home a whole new perspective on your life filled with your confident ability to achieve your goals.

We anticipate a huge response, so call today for details and pricing for this all-inclusive, life-changing retreat!!!
www.phillyfit.com • 215-396-0268

*Give Us Your Trust
& Leave the Rest to Us!*
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SCHEDULED WORKSHOPS TO INCLUDE INTERESTING TOPICS SUCH AS:

Cooper Bone and Joint Physicians present information on dieting, exercise and stress. They will also lecture on "How to Boost Your Current Workout Regimen to Maximize Results!"

Dr. Rob Danoff, CN8 Medical Advisor talks about, "The Proper Use of Supplements to Meet YOUR Needs."

Good to Go Delivery's chef will educate us on portion control of our foods and teach us how to cook healthy meals for the family.

Susie Beiler, CHHC, AADP hosts a fun 'Chocolate Workshop' and also discusses "How to Read Food Labels."

Dermatologists Marlene Mash and Maria Capaldo, demonstrate how to properly care for your skin, will conduct

skin cancer screenings and provide education on prevention of the disease.

Nita Keesler from Back in Balance Massage and Wellness assists us with learning how to properly stretch, and holds a 'Posture and Flexibility Workshop.'

Carmen Greger, owner of Karma Culture will host our 'Soul Journey Beach Walks' using meditation and life enhancement through yoga.

Laurie Elder, Reiki Master from The Reiki School and Clinic, shows us the healing touch from this Japanese art of wellness and natural healing.

Daily massage from experts like Charles Peeples, Mary Nearpass, John Kerr, Marilyn Mechell of Massage for

Health, and Luther Lockard of Corporate Massage Therapy.

Shirley Scranta of the International School of Shiatsu will host a 'Shiatsu Bodywork Workshop.'

Marlene Hudson offers reflexology services and education.

Kristine Labhart, Certified Trainer, instructs us through a boxing course.

Cindy Hunter of Image on the Go, brings her traveling spa services to pamper and educate.

Joanna Chodorowska of Nutrition in Motion teaches us about proper nutrition and hosts a workshop on "How to Start Training for a Marathon or Aggressive Workout Program."

Stacey Long, Certified Tae Bo Instructor kicks our butts with a special Tae Bo workout.

Doctors Stephen Van Schoyck and Chris Aland, of Lighthouse Sports Medicine provide V02 Testing with their mobile unit and educates us on the use of pulse watch/heart rate monitors to maximize workouts.

Heather Hoehn, Owner of Flip Fitness heads up the personal training team who will assist in the daily gym workouts.

Dr. Lenny Roberts speaks on 'Life Without Limits...living an active healthy life to 100 and beyond!'