

# Healthy family holidays from First Choice to help kick-start your New Year resolutions

Submitted by: TUI UK

Wednesday, 13 January 2010

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The New Year brings with it new vows to keep fit, eat healthily and treat your body as a temple. But it's not always easy to stick to all well-meaning resolutions as old bad habits can quickly sneak back in. To stop you falling off the healthy-lifestyle wagon in 2010, First Choice (<http://www.firstchoice.co.uk>) reveals our top five family holidays (<http://www.firstchoice.co.uk/#ThingsToDo>) that are great for you and your family's wellbeing. With activities for all ages, plus indulgent spas for detoxing treatments, they are guaranteed to help keep everyone in tip-top condition throughout 2010.

Here's First Choice's Guide of when and where to go for a health-kick family holiday (<http://www.firstchoice.co.uk/#ThingsToDo>) this year:

In February – Holiday Village Red Sea, Sharm El Sheikh, Egypt  
January's over, and by now so are most of the new year resolutions. Families can use the half term to get their health mojo back at the stunning Holiday Village Red Sea (<http://www.firstchoice.co.uk/holidays/egypt-red-sea-holidays/sharm-el-sheikh/holiday-village-red-sea>). Soaked under the Egyptian sunshine this Holiday Village is perfect for an active holiday. With a high rope course and tennis courts, an archery range and bowling green – you're not short of things to do. Plus there's Kids Academies focussing on football, swimming and dancing, to help kids keep fit, learn new skills and have fun at the same time. Meanwhile, adults can indulge in a massage at the superb Spa centre and the whole family can dine in style at one of the four restaurants. It's also set right on the beach, with some of the world's best diving sites on the doorstep – so guests can make perfect use of the hotel's PADI diving school.

First Choice offers seven night family holidays in Egypt (<http://www.firstchoice.co.uk/holidays/egypt-red-sea-holidays>), staying all inclusive at the 4 Sun Holiday Village Red Sea from £813 per adult, and from £533 for the 1st child\* and £613 for the second based on two adults and two children sharing, departing from Cardiff on 15th February 2010. Price includes all taxes and surcharges and in-resort transfers. For more information please visit [www.firstchoice.co.uk](http://www.firstchoice.co.uk) or call 0871 200 4455.

In May - Holiday Village Rhodes, Kolymbia, Rhodes  
Maintaining good health habits might have waned by May half term, but get them back on track at this stunning brand new 5 Sun Holiday Village (<http://www.firstchoice.co.uk/holidays/rhodes-holidays/kolymbia/holiday-village-rhodes>). Following on from the success of other Holiday Villages, this resort features the same exclusive First Choice Kids Academies, while In2Action provide activities such as abseiling on a climbing wall, raft building and gladiator challenges. There are five pools to test out, plus football pitches, high ropes, and a splash park. There's a golden sandy beach nearby with watersports for the more adventurous. Or those looking to relax can pamper in the Spa, with a Jacuzzi, sauna, Turkish Bath and range of treatments. There's also a fully equipped gym for fitness fanatics to burn calories as opposed to get sun burnt!

First Choice offers seven nights family holidays in Rhodes (<http://www.firstchoice.co.uk/holidays/rhodes-holidays>), staying all-inclusive at the 5 Sun Holiday Village Rhodes from £805 per adult, £279 for the first child and £419 for the second, based on two adults and two children sharing, departing on the 22nd May 2010 from London Gatwick. For more information or to book this holiday go to [www.firstchoice.co.uk](http://www.firstchoice.co.uk) or call 0871 200 4455.

In August - Marismas Club Resort, Costa del la Luz, Spain  
Spain makes a perfect summer holiday destination, and for a healthy break, head to the Marismas Club (<http://www.firstchoice.co.uk/holidays/costa-de-la-luz-holidays/el-rompido/marismas-club-resort>) in the less-known, picturesque Costa del la Luz. This sport-focussed hotel is great for those looking for an active summer holiday. There's a driving range, football pitch, with 5-a-side football, tennis courts, with tennis equipment and lessons available, horse riding, basketball, bicycle hire, and there's even a running track. Around the pool there's aqua aerobics on offer and the spa features a steam bath, with a heated indoor pool, plus multiple beauty treatments. All in all, this healthy hotel is perfect for fitness fanatics and their families.

First Choice offers seven night family holidays in Spain, staying all-inclusive at the 4 Sun Marismas Club Resort from £759 per adult, £285 for the first child and £325 for the second, based on two adults and two children sharing, departing on the 19th August from Birmingham. For more information or to book this holiday go to [www.firstchoice.co.uk](http://www.firstchoice.co.uk) or call 0871 200 4455.

In October – Lopesan Baobab, Melonaras, Gran Canaria  
The beautiful sand dunes in Maspalomas themselves provide a multitude of activities for those seeking an adventurous break. Set right beside them is the equally stunning Lopesan Baobab (<http://www.firstchoice.co.uk/holidays/gran-canaria-holidays/melonaras/lopesan-baobab>) – an African inspired 5 star Premier Family hotel. Here, sports facilities include aerobics, darts, French bowls, volleyball, waterpolo. For a little extra cost, guests can play tennis, go sailing, hire a bike, try horseriding or play on a choice of two golf courses. Mums and dads can relax safe in the knowledge the kids are being cared for in First Choice's new Premier Childcare clubs, a new concept for this hotel. There's a huge choice of deliciously healthy food available across the three restaurants, and top it all, the hotel comes with it's very own lazy river pool to really relax in.

First Choice offers seven night family holidays in Gran Canaria (<http://www.firstchoice.co.uk/holidays/gran-canaria-holidays>) staying on a full-board basis at the 5 Sun Lopesan Baobab from £919 per adult, £490 for the first child and £590 for the second, based on two adults and two children sharing, departing on the 23rd October 2010 from London Gatwick. For more information or to book this holiday go to [www.firstchoice.co.uk](http://www.firstchoice.co.uk) or call 0871 200 4455.

In November – Riu Guanacaste Hotel, Playa De Matapalo, Costa Rica  
End the year in style in with a healthy holiday to none other than Costa Rica. New for First Choice this year, this amazing destination offers everything you could ever think of for an active holiday. With an extensive selection of tours and excursions available to engage even the biggest of adrenaline junkies, like river tubing, zip wiring through the rainforest, horse riding, white water rafting, bathing in hot springs and volcanic mud pots, and walking through the rainforest. And after all of that adventure, chill out at the gorgeous Riu Guanacaste Hotel (<http://www.firstchoice.co.uk/holidays/costa-rica-holidays/playa-de-matapalo/riu-guanacaste-hotel>).

There's a gym with all of the usual on offer, but you're never far from something to do, as there's also the option to play tennis, beach volleyball, or golf, or try windsurfing, kayaking, or snorkelling. A perfect healthy holiday destination to end the year on.

First Choice offers seven night family holidays in Costa Rica (<http://www.firstchoice.co.uk/holidays/costa-rica-holidays/>) staying all-inclusive at the 4 Sun Plus Riu Guanacaste from £999 per adult, £625 for the first child and £833 for the second, based on two adults and two children sharing, departing on the 23rd November 2010 from London Gatwick. For more information or to book this holiday go to [www.firstchoice.co.uk](http://www.firstchoice.co.uk) or call 0871 200 4455.

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