

The Olympics? Brit's Plan to leave London and Holiday like Olympians!

Submitted by: Health & Fitness Travel Limited

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With the 2012 London Olympics just a few months away, *one third of the British population are planning to escape the Olympic frenzy and go on holiday. Health and Fitness Travel (<http://www.healthandfitnesstravel.com>) , experts in tailor-made active and wellness holidays worldwide has found that the Olympics is inspiring more Brits to be healthier and fitter, so much so that the Olympic spirit is encouraging us to holiday like Olympians.

There's nothing like an Olympic Games to flame a burning desire for optimal health. Getting active on holiday can be fun and encouraging for any budding sporting heroes. Whether your passion is sailing, cycling, horse riding or swimming, there are adrenaline-fuelled and healthy holidays to suit everyone's tastes. Being the biggest display of sporting achievement worldwide, the Olympics is encouraging us to stay motivated, focused and dedicated to health and fitness, even if holidaying overseas.

Paul Joseph, co-founder of Health and Fitness Travel, says: "We have lots of clients who want to escape London whilst the Olympics are on. The rise in enquiries and bookings for this period has trebled; popular destinations are Europe, the Caribbean and Far East. Many are inspired to mimic the healthy and balanced lifestyles of admired Olympic athletes, and will do this by holidaying on active and wellness inspired trips this summer."

By venturing on a health and fitness break, you can sample various Olympic sports along with other activities like beach boxing, aerial adventures and spa treatments whilst enjoying beautiful scenery. Expert professionals will provide guidance and training on programmes that are catered to your sporting needs. Whether you want to combine football and tennis in the Caribbean, cycling and swimming in Mallorca, or yoga and hiking in Portugal, there is something to inspire us to renew our active lifestyles.

So now that you're fired up to be part of something Olympic, why not try some of these sporting holidays recommend by Health and Fitness Travel:

Cycling Holidays

If you fancy yourself as the next Chris Hoy, participate in a cycling holiday and embrace the outdoors whilst exercising. Stay at Reads resort (<http://www.healthandfitnesstravel.com/packages/spain/reads-cycling-break>) and explore the majestic Spanish island of Mallorca whilst biking through the challenging Tramuntana mountains. Otherwise indulge in Turkish hospitality when road cycling along the trails of the Turquoise Coast. Furthermore, enjoy the prospect of mountain biking through pine forests and rough terrain in Nepal combined with an elephant-back safari.

Active and Fitness Holidays

Looking to be the next Usain Bolt? Escape on a fitness holiday that can combine a variety of experiences

to strengthen your muscles, tone your body or increase your cardio levels. Increase your fitness at Absolute Sanctuary (<http://www.healthandfitnesstravel.com/absolute-sanctuary>) in Thailand on the white beaches of Koh Samui whilst surrounded by breath-taking sea views. Alternatively visit Arizona and stay at Canyon Ranch (<http://www.healthandfitnesstravel.com/packages/arizona/canyon-ranch>) Tucson and enjoy over 40 complimentary fitness classes daily including Zumba, spinning and yoga. Set in the spectacular desert and surrounded by mountains, sporting activities on offer include basketball, hiking and mountain biking.

Acrobatic Holidays

Aim to be as flexible and mentally strong as Louis Smith when engaging in practices that build strength and stability such as yoga and Pilates. On the captivating coast of Koh Samui you can improve your physical posture through Asana yoga or control breathing whilst meditating in Pranayama at Kamalaya Wellness Sanctuary and Holistic Spa (<http://www.healthandfitnesstravel.com/kamalaya>). In India, be enchanted in the serene Himalayan mountains by practicing yoga and Ayurveda rituals at Ananda (<http://www.healthandfitnesstravel.com/ananda>). In St Lucia, stay at The BodyHoliday (<http://www.healthandfitnesstravel.com/the-bodyholiday>) and enjoy a programme of beach boxing, yoga, Pilates and Olympic style sports with healthy gourmet cuisine.

Land Sports Holidays

Want to serve an ace like Andy Murray? Immerse yourself on a tennis holiday set among the stunning panoramic views of the Atlantic Ocean, on the untouched coast of Tenerife and perfect your golf game at Abama Golf and Spa Resort (<http://www.healthandfitnesstravel.com/abama-golf-spa-resort>). Develop your tactical, physical and mental football skills in the unspoiled tropical regions of the Caribbean at Buccament Bay (<http://www.healthandfitnesstravel.com/packages/st-vincent-the-grenadines/buccament-bay>). Find luxury in St. Lucia whilst learning Archery and Fencing bordered by lush rainforests and natural waterfalls.

Water Sports holidays

Get motivated like Michael Phelps and enjoy water sports such as kayaking, paddle boarding and sailing. Choose an all-inclusive health and fitness holiday that has an array of water activities. Swimming can be combined with wakeboarding and personal training at Sugar Ridge (<http://www.healthandfitnesstravel.com/packages/antigua/sugar-ridge-spa-sport>), a luxury fitness resort in Antigua. Set sail on an exhilarating deep-sea fishing trip or take a detour to spectacular coral reefs whilst in Mexico at Now Sapphire (<http://www.healthandfitnesstravel.com/packages/mexico/now-sapphire-riviera-cancun>).

For advice, guidance and booking visit www.healthandfitnesstravel.com (<http://www.healthandfitnesstravel.com>) or call 0845 5441936.

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For further information and hi-res imagery please email paul@healthandfitnesstravel.com /

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*ABTA-Travel Association

About Health and Fitness Travel

Health and Fitness Travel offers tailor-made active and wellness holidays worldwide from health-kick trips in Europe and a host of far flung destinations. We have travelled the world and have hand-picked the finest holidays in breath taking places. Whether clients want to be active on holiday or simply relax in a spa, meditate or participate in a yoga class, detox or fitness programme, they can find the health and fitness experience to suit them. Health and Fitness Travel offer a varied selection of holidays for single travellers, couples and families. Health and Fitness Travel is a member of the Travel Trust Association and registered with ATOL, our ATOL number is T7354.

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