



Pacific Palms FreshStart

Thursday, November 23, 2006

FreshStart is a new concept in everyday health and fitness. For those wishing to lose weight or increase fitness, fad diets may not be the answer. A new fitness regime can be daunting and taking that step is just too much for some of us. The innovators of FreshStart believe there are many people who are stressed, overweight, not eating a balanced diet and not exercising, possibly losing years off their lives. FreshStart are the people to lead you into your own overhaul.



They offer various packages & we will take you through the four-day variety.

Day one: travel to Forster via Oliver's Whole Foods for a healthy alternative to regular fast foods. After taking your belongings into your room at Moby's, the head trainer takes you for a gentle walk along the beach. Lunch is served in the beach house & consists of healthy foods. All meals served can easily be prepared at home.



Relaxation is followed by a fitness test on a sporting field & a Cellular Health Analysis (CHA). The CHA is conducted by Tony Roberts, a well-known & highly respected naturopath in Forster. After that, enjoy a massage, pool or beach swim or just relax.

Then Tony Roberts has a group discussion on the results of the CHA. Dinner every night is served in each guest's beach house. Guests are asked to complete exercise & food diaries & then turn in for a well-earned sleep.



Day two: begin with a 6am walk along Boomerang Beach before breakfast, followed by a discussion on nutrition. Wherever you are, it's relaxing & comfortable. This is followed by a cardio session at One Mile sand dune. Relaxation is the focus for the rest of the day, with a gentle stretch & massage followed by a hot spa & pool swim.

Day three: A yoga session with Megan Jones between 5.30-6am at the Tank, an area where grass meets sea, surrounded by large rocks. Breakfast is taken at the beach house, followed by windsurfing lessons. It's a good workout & loads of fun.

After lunch in the boatshed, everyone relaxes before participating in a boxing circuit by the beach. Most then opt for a nap before dinner!

Day four: begin with beach jog or walk & some stretching. The morning is spent with Amaroo Dolphin & Whale Watch Cruises.



The seven-day program is much the same — there is longer time to spend on fitness & it includes a visit to the local gym.

Everyone returns home to proceed with their new life of healthy food ideas & motivation to keep exercising & eating well.

Personal training sessions are provided to keep guests motivated & ensure they don't fall into their old unhealthy habits! Regular follow-ups are also given. There is a three-week follow-up as part of the package.



The home base for FreshStart is Moby's Beachside Resort, a former caravan park now fully revamped into self-contained one, two & three-bedroom holiday apartments. There is a laidback summer feel to Moby's. It was built in the 1960s & has attracted surfers & families for decades. Holiday trends have moved away from tents & caravans in favour of comfortable cabins & Moby's has stayed one step ahead.



Over the past 18 months, builders have transformed it into a luxury resort of 75 beach houses, spread over 3.2 hectares, suitable equally for family holidays & conferences. The result has brought much new custom but hasn't deterred old friends, who return for great surf & fabulous seafood.

At this stage, retreats have been held only in Forster, but the owners plan to make the business completely mobile. They will be flexible enough to go to Brisbane, Melbourne, wherever their services & talents are needed.



Location

FreshStart Fitness Retreat

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