

## Singapore – October 5, 2009 - Luxury Lifestyle Retreat

*BeachFit, a unique deluxe lifestyle retreat located in Asia, announced today the launch of a new quick start program which is focused on high-end individuals and small groups who want to get fit and healthy in a five star setting.*

**Oct. 4, 2009** - [PRLog](#) -- “There was a huge gap in the Asian market, nothing offered a vacation where you could shape up, while enjoying five-star accommodation and cuisine, in an exclusive beachfront location. The health resorts starve you and frankly the “bootcamps” can be a little rough,” commented Ms Roz Alexander (NPC Figure Athlete, FISAF Certified Master Trainer, ISSA Certified Performance Nutrition Specialist), Program Director, Fitness and Nutrition at BeachFit.

According to the World Health Organization, obesity rates have risen three-fold or more since 1980 in some areas of Australasia and China. Obesity and overweight pose a major risk for serious diet-related chronic diseases, including type two diabetes, cardiovascular disease, hypertension and stroke, and certain forms of cancer. The health consequences range from increased risk of premature death, to serious chronic conditions that reduce the overall quality of life.

A recent Wang and Lobstein's study, revealed twenty-two percent of children in Southeast Asia will be overweight by 2010.

“The statistics we are seeing on obesity in Asia are alarming. People are so busy working, but need to take time to invest in their well-being and set healthy examples for their children,” said Ms Alexander.

“BeachFit gives people the opportunity to kick-start a better lifestyle and take some timeout for themselves, all over a long weekend.”

Guests stay at a stunning beachfront villa, set in expansive tropical gardens on the peaceful south west coast of Koh Samui, Thailand. Included in the package price are all locally prepared meals, accommodation, private fitness assessment and goals, daily cardio and strength sessions, daily massages, sunset yoga and island excursions plus a personal take-home fitness and nutrition program to stay BeachFit.

There is a maximum guest policy of 10, to ensure all guests get the individual care, space and attention, they deserve.

BeachFit's aim is to work with our guests to provide the exercise, nutrition and relaxation they need to reinvigorate their lifestyles.

### About BeachFit

BeachFit is a unique lifestyle retreat combining deluxe, stylish accommodation with varied daily exercise and healthy cuisine. Focused on customized and tailored programs for individuals and small private groups, BeachFit's goal is to assist people to incorporate a healthy lifestyle into their daily routine. BeachFit is located at Ban Suriya on the south-west coast of Koh Samui, Thailand. For further information – [www.beachfit.com.sg](http://www.beachfit.com.sg)

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