



REX MAGAZINE. BUSINESS IN WATERLOO REGION and GUELPH

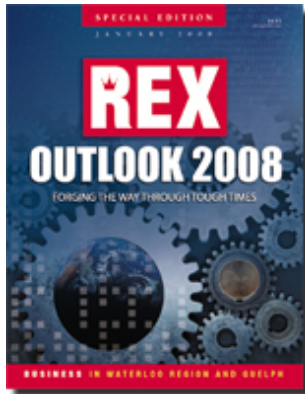
[Home](#)

[Current Issue](#)

[Subscribe](#)

[Contact Us](#)

[Advertise With Us](#)



SPECIAL EDITION : OUTLOOK 2008- JANUARY 2008

Fitness vacations

Michael Hammond, The Record

Do you ever feel as though you need a vacation when you return from vacation?

Even the most health-conscious among us is likely to indulge a little too much when lounging on the beach at a tropical resort.

For those who want to incorporate health and their personal training regimen into their holidays, Peak Fitness of Waterloo has the answer. The personal training and fitness consulting business is offering a 10-day all-inclusive holiday to Maui where travellers can relax but still stay fit. The next planned holiday begins Feb. 20

The trip includes accommodations in a mansion, healthy meals prepared by a personal chef and physical activities such as pilates on the beach or a hike at a dormant volcano. It includes the usual vacation activities such as swimming, snorkeling and walking tours. The difference is they are planned ahead of time and require some physical exertion.

Jason Droppert, who started the personal training business in 2002, stresses that the trips are not boot camps.

"It's a way of taking (people) out of their work environment so they can come back refreshed and feel as though they've learned something," he says.

Droppert has worked with some of his personal training clients since the business began in 2002. He sees his relationship with them being similar to the relationship between a doctor and a patient.

Even for health buffs, when you're on vacation it's easy to fall into bad habits, such as eating too much fast food, he says. Most of these poor choices are the result of a lack of planning.

Droppert says his team will plan a fitness vacation around the needs of a



Jason and Bethanne Droppert, co-owners of Peak Fitness in Waterloo, offer fitness vacations in tropical locations that include a number of organized physical activities.

- > [Tell us what you think](#)
- > [Photo Galleries](#)
- > [Past Issues](#)

group. For example, if the travellers want to spend time golfing, they can.

He believes fitness vacations will appeal to companies that want to do something unique for a team-building retreat. They also could be an option for seniors groups. Peak Fitness (www.peakfitness.ca) can accommodate groups of eight to 16 people.

The cost for the last trip to Maui was \$5,100 per person. Droppert notes that the price for each trip depends on the activities that are organized.

Telephone: (519) 895-5215  Email: ads@rexblog.ca