

# HEALTH & FITNESS BREAKS

KILIFI - KENYA COAST



## EMPOWERING NUTRITION & FITNESS

We are dedicated professionals committed to helping you achieve your ideal weight and fitness level. **Our goal** - to avoid the need for daily medication through achievable lifestyle changes.

- Full board luxury accommodation
- Daily progress consultations
- Personal fitness programs
- Fully equipped gym
- Full dietary analysis
- Personal diet plan
- Food preparation demonstrations
- Nutrition workshops

## Personal Training, Aerobics, Taebo, Steps, Zumba



**David Ochieng CPT**  
IFA Certified Personal Trainer  
IFA Certified Group Fitness Instructor



**Ann Edmondson**  
Cert Food & Nutrition  
ICfN Registered Nutrition Councilor  
IFA Certified Fitness Instructor (Seniors)

*Health and Fitness Private Resort*



*Luxury Spacious Accommodation*



**PLEASE CONTACT US FOR INFORMATION**



**Contact**  
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