



# DROP FAT, GET FIT & CHANGE YOUR LIFE

at the UK's only specialist weight loss, fitness & lifestyle change retreat for ALL fitness levels

- ✔ Lose weight and develop long term healthy habits
- ✔ Start any Sunday and stay for 1 - 12 weeks
- ✔ Small groups of all ages, shapes, sizes & fitness levels
- ✔ Full program of fitness, healthy eating & education



## DROP FAT, GET FIT & GET HEALTHY AT OUR DEVON RETREAT




### A location & facilities to inspire you..

- > Transform your body surrounded by 550 acres of stunning Devon countryside
- > Stunning resort with indoor pool, jacuzzi, sauna, steam room & day spa
- > Close to Exeter, so easy access by car, train or plane







# Lose weight, change habits, and get healthy with a specialist retreat program that gets results

Amazing results and long term lifestyle change



## EXERCISE AT YOUR LEVEL

Whether you are a complete beginner, couch potato or a regular gym junkie our expert trainers will train you at your level, with fun sessions that will get rapid but lasting results. We welcome guests of all fitness levels.



## LONG TERM SUCCESS EDUCATION

Our structured program of education seminars will help you deal with subjects like emotional eating, nutrition, motivation and other subjects so you don't just lose weight - but you keep it off!



## GREAT TASTING HEALTHY FOOD

Develop new healthy eating habits, and learn healthy cooking techniques. All our recipes are realistic for you to be able to replicate at home to continue your new healthy lifestyle for the long term.



## ONGOING SUPPORT

Our commitment to you doesn't end when you leave. You will continue to receive a program of support after you leave and our experts will be on hand to help you through any challenges you have and help you succeed.

## TYPICAL DAY

- 6.45am**  
Optional Morning Walk/Jog
- 7.30am**  
Healthy Breakfast
- 8am - 10.30am**  
Morning Training Session
- 10.30am - 11am**  
Morning Snack + Break
- 11am - 12.30pm**  
Lifestyle Change Seminar
- 12.30pm - 1.30pm**  
Healthy Lunch
- 2pm - 4pm**  
Afternoon Training Session with afternoon snack at 3pm.
- 4pm - 6pm**  
Rest time, or use the gym or pool
- 6pm**  
Healthy dinner

*The exact schedule will vary between retreats but this is an example of a typical day.*

# Success for all ages, shapes, sizes & fitness levels

Real people just like you, achieving amazing results

## IS THE ONTRACK PROGRAM RIGHT FOR ME?

Hundreds of people every year say 'YES!'

Whether you have a lot of weight to lose, or just need to shift a few pounds our expert trainers will work with you at your level. If you are new to exercise don't worry our team will support and motivate you to achieve things you never thought possible. If you already have a certain level of fitness our inspiring trainers will take you to a new level of fitness entirely.

## A COMPLETE PROGRAM OF LIFESTYLE CHANGE

Amazing results that last for the long term

The entire OnTrack program is designed for the long term. Not only will you get amazing results during your stay but also leave us confident of keeping the weight off, and continuing towards your final goal when you get home. That's our promise to you.

## LISTEN TO WHAT OUR CLIENTS SAY...

“ If you start a diet every day of the week but lack the strength, know how, desire and commitment to continue working towards your healthy weight and fitness then try OnTrack, they'll give you the boost you need and set you on the right path.

Jody

“ OnTrack was exactly what I needed to kick start my weight loss and healthy living routine. It taught me a lot about healthy living and how to apply what I learnt into my every day life. A fantastic experience I would recommend to anyone seeking assistance in a lifestyle change.

Alana

“ The decision to attend the OnTrack weight loss retreat has been one of the best decisions I have made.

Robert

“ What a great experience and I would recommend OnTrack to everyone who is thinking of starting on a weight loss and fitness journey for life. The compliments I'm getting from everyone proves their system works and is a no gimmick straight forward way to live in our world of excess and still loose weight using the tools they have shown us. Thank you OnTrack

Sheryl

“ OnTrack has helped me get my life back on track. I have been over eating and sedentary for many years. In two weeks I have got back in touch with my body, my strength, my determination and my love of exercise and healthy food. I came home feeling very relaxed and alive. Huge thank you to Phil and Kate and the other participants for all their support and encouragement.

Maria

“ The weight loss was great and more than I expected but the most important thing for me is the information I gained from the team to be able to make healthy changes at home.

Kerry

“ Ontrack was the kick start I needed and I have come home so motivated & happy.. Loving the endorphins :))|Thank you

Fran

“ I have tried diets, joined gyms and had plenty of personal training, but nothing compares to the OnTrack Program. I am feeling like a new person and ready to take on the year. I found the On Track Program helped me mentally and physically I am now well trained to move forward with a much healthier life style.

Leesa

## Join 100's of real life success stories





# A BEAUTIFUL RETREAT TO CHANGE YOUR LIFE

Set in 550 acres of Devon countryside at Woodbury Park

## A SETTING THAT INSPIRES YOU TO SUCCEED...

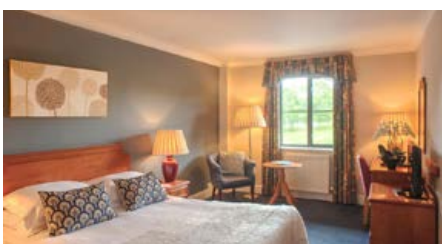
Transform your body at this beautiful retreat set within 550 acres of Devon countryside.

Within easy access by car, train or plane the location is a perfect place to get fit, lose weight & get healthy. Plus...

- > Workout in the fully equipped gym
- > Take an exercise class in the fitness studio
- > Sweat it out in the Sauna or Steam Room
- > Swim, relax or play in the indoor pool
- > Recover in the hot tub with views to the woodland
- > Enjoy a massage or treatment at the spa
- > Keep in touch with free wi-fi



## LUXURIOUS ROOMS TO RELAX IN...



Enjoy your long or short stay in a comfortable room to yourself, or we can match you with another guest to share with. Relax in your elegantly decorated room at the end of a hard day and enjoy your TV or free wi-fi to stay connected.

# TIME FOR ACTION

## HOW TO BOOK

IT'S TIME TO GET THE LIFE AND BODY YOU WANT

### BOOK YOUR PLACE NOW....

Programs start every Sunday and we simply need a 20% deposit to secure your place.

Call us on **0800 689 3104** to ask any questions, or make a booking.

### PAYMENT PLAN

We appreciate a life changing program like OnTrack can be a large investment so for guests where affordability is an issue we are pleased to offer a periodic payment plan.

You simply make your deposit of 20% to secure your booking and choose your start date. You can then pay the amount off weekly or monthly and you just need to make sure the balance is paid before you arrive.

Don't let affordability stop you from attending OnTrack. Please give us a call on **0800 689 3104** to discuss how we can help.

## Retreat Start Dates

*Stay 1-12 weeks starting:*

12 Aug 2018	13 Jan 2019
19 Aug 2018	20 Jan 2019
26 Aug 2018	27 Jan 2019
2 Sep 2018	3 Feb 2019
9 Sep 2018	10 Feb 2019
16 Sep 2018	17 Feb 2019
23 Sep 2018	24 Feb 2019
30 Sep 2018	3 Mar 2019
7 Oct 2018	10 Mar 2019
14 Oct 2018	17 Mar 2019
21 Oct 2018	24 Mar 2019
28 Oct 2018	31 Mar 2019
4 Nov 2018	7 Apr 2019
11 Nov 2018	14 Apr 2019
18 Nov 2018	21 Apr 2019
25 Nov 2018	28 Apr 2019
2 Dec 2018	5 May 2019
9 Dec 2018	12 May 2019
16 Dec 2018	19 May 2019
6 Jan 2019	26 May 2019

*...or start any Sunday in 2018/19*

Call **0800 689 3104** now



# ONTRACK RETREAT - RATES

- > ALL INCLUSIVE PROGRAMS
- > Start any Sunday and stay 1 – 12 weeks
- > Check in is Sunday between 3pm and 5pm. Check out is 10am on your final Sunday.
- > A free shared pick up is available from Exeter Station or Airport on Sundays.
- > Rates are quoted per person, per program week (pppw) and include VAT. Rates are 'all inclusive'.

**Book now and SAVE up to £800 in our RETREAT SUPER SALE!!**

## Lodge Rooms



The following rooms are set within our beautiful lodges, within the grounds of the resort.

- > Most cost effective rooms – perfect for those on a budget
- > Easy access to main resort building and all facilities
- > Cozy lodges with 4 bedrooms in each lodge
- > Shared lounge, dining and kitchen area

### 1 Lodge Twin Share with Shared Bathroom

RETREAT SUPER SALE

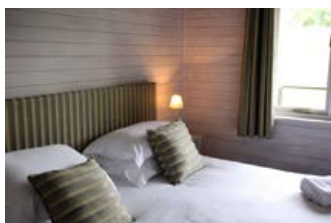


- > All inclusive
- > Let us match you to share a room with another guest of the same gender, or bring a friend to share with.

1, 2 or 3 weeks	4+ weeks
<b>£500 off! Ends soon!</b>	<b>£550 off! Ends soon!</b>
<b>£990 per program week</b>	<b>£940 per program week</b>
(Normally £1,490pppw)	(Normally £1,490pppw)

### 2 Lodge Single Room with Shared Bathroom

RETREAT SUPER SALE

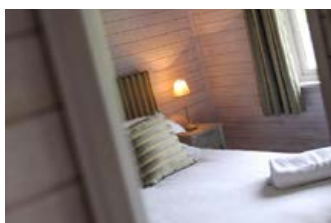


- > All inclusive
- > Most cost effective private room option
- > Your own private room
- > Shared bathroom to keep costs down

1, 2 or 3 weeks	4+ weeks
<b>£600 off! Ends soon!</b>	<b>£650 off! Ends soon!</b>
<b>£1190 per program week</b>	<b>£1140 per program week</b>
(Normally £1,790pppw)	(Normally £1,790pppw)

### 3 Lodge Ensuite Room

RETREAT SUPER SALE



- > All inclusive
- > Private room with your own bathroom

1, 2 or 3 weeks	4+ weeks
<b>£700 off! Ends soon!</b>	<b>£750 off! Ends soon!</b>
<b>£1390 per program week</b>	<b>£1340 per program week</b>
(Normally £2,090pppw)	(Normally £2,090pppw)



# Resort Rooms



These rooms are within our main resort building with immediate access to all resort facilities...

- > Hotel style rooms
- > All have ensuite bathrooms
- > Perfect for those who prefer a more private environment

## 1 Resort Private Ensuite Room

RETREAT SUPER SALE



- > All inclusive
- > Private hotel style room with ensuite bathroom

1, 2 or 3 weeks

4+ weeks

£700 off! Ends soon!

£800 off! Ends soon!

£1690 per program week

£1590 per program week

(Normally £2,390pppw)

(Normally £2,390pppw)

## 2 Resort Twin Share Ensuite Room

2 for 1 SPECIAL!



- > All inclusive
- > 2 For 1 special
- > Ensuite bathroom
- > Perfect for friends or partners coming together

1, 2 or 3 weeks

4+ weeks

50% Off! Ends Soon!

50% Off! Ends Soon!

£1,195 per program week

£1,195 per program week

(Normally £2390.00pppw)

(Normally £2390.00pppw)

# DAY STAY PROGRAM



## Day Stay Program

RETREAT SUPER SALE

The day stay program is for locals or those who want to participate in the program but find alternative accommodation nearby. It includes the full program and all meals except dinner. Dinner is available for an extra charge. You must stay offsite or travel into us each day. No accommodation included.

1, 2 or 3 weeks

4+ weeks

£400 off! Ends soon!

£450 off! Ends soon!

£690 per program week

£640 per program week

(Normally £1,090pppw)

(Normally £1,090pppw)

**Any questions?** Call 0800 689 3104, or contact us online at [www.ontrackretreats.co.uk](http://www.ontrackretreats.co.uk)

**Ready to book?** Make a 20% deposit now. Call 0800 689 3104

All bookings are subject to availability, and rates change on a regular basis. For up to date rates visit our website at <http://ontrackretreats.co.uk/get-started/rates/>