



# TRANSFORM YOUR BODY & YOUR LIFE

at the U.KS and Europe's No.1 Weight Loss and Fitness Retreat

- ✔ Lose weight and develop long term healthy habits
- ✔ Improve your health without medications
- ✔ For all ages, shapes, sizes & fitness levels
- ✔ Achieve results with us or get a full refund



## CHOOSE FROM 2 AMAZING LOCATIONS



### Berkshire, United Kingdom

Berkshire is the perfect setting to begin your lifechanging weight loss & fitness experience. Enjoy indoor pools, world class facilities & a full day spa. This location is stunning and you will become home healthier than ever before. This is our flagship retreat!

**NEW YEAR SALE - JUST £2,490 PER WEEK!**



### Lanzarote, Canary Islands, Spain

Lanzarote offers you the chance to achieve amazing health results in a beautiful and warm climate. Get fit, lose weight & get healthy at our beachside Lanzarote resort.

With great facilities, beautiful walks, heated pool & spa, it's the perfect retreat to achieve life changing results.

**NEW YEAR SALE - JUST £2,490 PER WEEK!**



# Europe's most popular weight loss retreat program

Amazing results and long term lifestyle change



## EXERCISE AT YOUR LEVEL

Whether you are a complete beginner, couch potato or a regular exerciser, our expert team 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

No rabbit food insight. Just great tasting nourishing food that you will find it easy to continue with when you get home. At selected locations enjoy practical healthy cooking experience too.



## 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

7am

- Optional Morning Walk/Jog

7.30am

- Healthy Breakfast

8am – 10am

- Morning Training Session

10am – 10.30am

- Morning Snack + Break

10.30am – 12pm

- Lifestyle Change Seminar

12pm – 1pm

- 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 100 kgs to lose, or just need to shift a few kilos 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.  
**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



# STUNNING RESORTS IN BEAUTIFUL SETTINGS

Berkshire | Warners Resort



## SCENIC COUNTRYSIDE SETTING

Lose weight & get fit at our stunning Grade 1 Tudor Manor set on a 113 acre estate. Set around a stunning 13th century manor full of heritage, as one of England's most historical homes.

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[OnTrack Retreats Booking Form >>](#)

## FACILITIES

As a guest at the OnTrack Retreats you will have access to:

- > Resort style setting
- > Indoor pool and sauna
- > Onsite treatment spa
- > Gym & tennis courts
- > Internet access

## ROOM TYPES



### King Ensuite Balcony Room

Your own private air conditioned room with a king bed, ensuite bathroom for you to relax on.



### Twin Share Ensuite Balcony Room

Bring a friend to share with or let us match you with another guest of the same gender sharing this ensuite airconditioned room with twin beds.

Lanzarote | Barcelo Resort



## RETREAT NEAR THE COTSWOLDS

Our Lanzarote retreat offers you a beautiful beachside location to kick start your fitness, lose weight and transform your body. With 4 swimming pool and a tropical location this is the ultimate retreat to get away and enjoy some sunshine along with amazing health and wellness results.

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## FACILITIES

- > Great gym
- > Beautiful beachside retreat
- > Beautiful walks
- > Heated pool & spa
- > Internet access
- > Onsite treatment spa

## ROOM TYPES



### Private Ensuite Room

Your own private room with ensuite bathroom. Enjoy a king size bed and views of the resort.



### Twin Share Ensuite Room

Bring a friend to share with or we can match you to another guest of the same gender

# TIME FOR ACTION

## HOW TO BOOK

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

We only need a 50% deposit paid via credit card to reserve your booking.

Simply call us to secure your place now or use the online booking form below.

[OnTrack Retreats Booking Form >>](#)

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### 6 MONTH 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 six month payment plan.

Pay the retreat amount off monthly over a 6 month period.

Don't let affordability stop you from attending

Please give us a call on 0800 689 3104

2026

## Retreat Start Dates

*Stay 1 week starting on...*

### NEW YEAR SALE - JUST £2,490 PER WEEK!

February 9th - February 16th ( Berkshire )

March 15th - March 22nd ( Lanzarote )

April 6th - April 13th ( Berkshire )

May 18th - May 25th ( Berkshire )

June 22nd - June 29th ( Berkshire )

July 20th - July 27th ( Berkshire )

August 17th - 24th ( Berkshire )

September 20th - 27th ( Lanzarote )