



➤ *Ananda Activ-Fitness*

The Activ-Fitness programme integrates the best of indoor and outdoor personal fitness training, *guided* outdoor treks, yoga, aqua fitness and *therapeutic* spa experiences to *enhance* muscle tone and cardiovascular fitness. Physiotherapy addresses musculoskeletal and neuromuscular problems, muscular imbalances and realignment, elasticity of the muscles, range of motion of the joints and overall blood circulation.

Ananda's Activ-Fitness foundation programmes target those who want to improve their fitness levels - be it intermediate or advanced. The programme also caters to those who are looking to improve mobility, lose weight through increased physical activity and monitored nutrition.

The programme aims for 4 hours of training a day, across individual sessions (fitness sessions, outdoor boot camps and outdoor trail workout sessions) and scheduled group sessions (aqua fitness, core strengthening, mobility, foam rolling and stretching etc.). Rehabilitation sessions through personal training session will be provided for any chronic injuries.

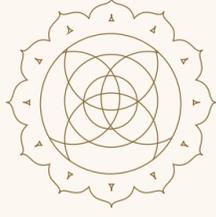
Nutrition consultation and diet planning is a key aspect of this programme. Nutrition focuses on fuelling workouts and assisting post workout recovery and largely focuses on foods that are high in protein, high fibre, healthy fats and complex carbohydrates and grains with low glycaemic index. The meals will be individually planned across all day, including pre and post workout snacks.

The **Comprehensive 7 and 14-night Activ-Fitness Programmes** continues with a deeper understanding of where your body needs improvement and the type of landscape and experience required for a more intensive outdoor fitness activity. Muscle endurance is tested during circuit training and personal fitness sessions gauge how your body responds to outdoor terrain.

Recuperate with physiotherapy and sports massages that help in removing muscle soreness while improving blood flow. In this phase, there is a higher emphasis on intake of complex carbohydrates and high protein to fuel the body for optimum performance. The outdoor regime is complemented with wellness therapies to increase blood circulation, improve body mobility and restore balance. The comprehensive Activ-Fitness programme at Ananda leaves one with improved muscle tone, cardiovascular fitness, improved and relaxed mind, reduced water retention, improved lymphatic stimulation, blood circulation, appetite and sleep.

Activ-Fitness	FOUNDATION		COMPREHENSIVE	
<i>Inclusions</i>	5 nights	7 nights	7 nights	14 nights
THERAPIES				
Ayurveda			2	4
International	2	3	3	6
Oriental			2	4
PERSONAL SESSIONS				
Fitness	2	5	5	11
Trekking (or) Rafting	1	1	1	2
Physiotherapy	2	2	3	6
CONSULTATIONS				
Fitness	1	1	1	1
Physiotherapy	1	1	1	1
Emotional Healing			1	1





Standard Inclusions

For All Wellness Programmes

- **A** — Pre-arrival wellness questionnaire to be filled and submitted online by the guest (mandatory for confirmation of wellness programme)
- **B** — Pre-arrival lifestyle and diet guidelines (recommended to be followed for 7 days for optimal results)
- **C** — Consultations
 - Individual Wellness Consultation
 - Where required, fitness /physiotherapy consultation and tests
 - Ongoing consultations for progress checks and programme optimisation
 - Detailed debrief and lifestyle consultation

- **D** — Morning Wake Up signature tea and fresh fruit bowl provided every day.

- **E** — 3 Ananda Rejuvenation Spa Cuisine meals (breakfast/ lunch/ dinner), per night per person.

Our specially curated menus are tailor-made to each individual incorporating seasonal variations in cuisine as well as recommended styles of cooking. The six fundamental food categories of sweet, sour, salty, pungent, bitter and astringent are combined with three macronutrients of protein, fat and carbohydrates, all of which provide certain nutritional factors key to good health. Our cuisine comprises fresh natural foods low in fat and calories with an emphasis on whole grains, fresh fruits and vegetables, lean proteins, low-fat dairy products, and the avoidance of added or artificial salts, colors, flavours, or preservatives.

- **F** — Hydrotherapy facilities: Steam, Sauna, Chill Plunge Pool, Kneipp Hydrotherapy Foot Bath

- **G** — Scheduled Spa Lifestyle and Wellness activities: (group sessions)
 - Yoga - daily
 - Pranayama, Meditation and Mantra Chanting - daily
 - Vedanta lectures and interaction - daily
 - Fitness - daily
 - Cooking demonstrations - weekly
 - Wellness Lectures - weekly
 - Trek to Kunjapuri mountain top and temple - weekly

- **H** — PROGRAMME INCLUSIONS
 - Programmes include individual wellness therapy and personal sessions as listed below, however are all subject to change based on assessment/consultation with Ananda's wellness consultant.
 - All personal yoga, fitness and meditation sessions in case of double occupancy will be provided as combined sessions for both persons unless otherwise advised by Ananda's wellness consultant.



Terms & Conditions

For *Wellness* Programmes

Wellness programmes are goal oriented programmes which include specific spa treatments, mandatory consultations with doctors and a custom diet as prescribed by the experts. Please note that all our wellness programmes, including Foundation & Comprehensive Wellness programmes have the following programme components, which must be adhered to:

- Pre-arrival wellness questionnaire is to be completed and submitted online for prior review and in order to prepare the wellness programme itinerary. This is a confidential questionnaire received directly by our wellness team.
- Lifestyle and diet guidelines will be sent along with programme itinerary. We recommend that these be followed for at least 7 days prior to arrival for optimal results.
- Mandatory wellness consultation with a Wellness Expert on arrival to assess your health and to personalise a plan to achieve your wellness goals. (Consultation will be done by Ayurvedic Physician or Yoga consultant, or Physiotherapist or Oriental Physician as per the chosen programme)
- Ayurvedic and/or international wellness therapies, personal yoga, meditation and/or fitness sessions are included in each programme based on the wellness goals to be achieved. Post initial consultation and based on the assessment by the Wellness expert, some modifications may be made as required.
- Daily changing wellness menus are curated with gourmet international and Indian cuisine incorporating traditional cuisine principle, customised to each individual and their health goal. The wellness menu is mandatory for those following a wellness programme.
- Wellness cuisine menus and final spa programme as decided by the Wellness Experts are mandatory. Any additional orders from the a-la-carte cuisine or spa menus will be charged additionally.

