



ASOCIACION TURISMO Y SALUD
COSTA DEL SOL

SLIMMING



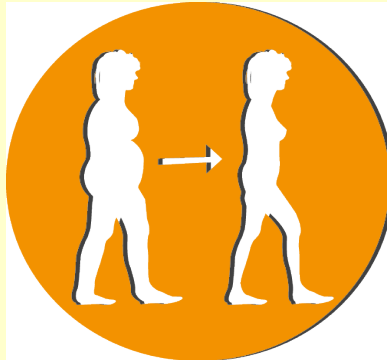
**¿TO SLIM DURING YOUR
VACATIONS AND AT THE SUN?**

NOW IS POSSIBLE

**“WE TAKE CARE OF YOUR...
KILOS”**

SLIMMING in 3 weeks - 10%* less

From October to June – 22 days – Full Pension



Including: Two daily hours from Monday to Friday

- 15 Sessions Healthywalking
- 15 Sessions Technogym
- 15 Sessions Aquagym

+ One weekly Consultation with Menu weekly changes

To loose weight is easy if you combine exercise and diet at the proper way. Our 3 weeks Programme starts with a Consultation with the Doctor that after to know some of your Food Habits in relation with your medical history, organize your own Menus during the week according with the buffet at the Hotel. Plus a complete exercise programme and activities during your stay with us. And at the end of the Programme you will have information of the type of Menus that the Doctor considers practical for you, to maintain your weight. A 10 % per cent of of your overweight is the standard average of kilos that you can loose with our Programme.

***Except previous Medical illness.**

