



ASOCIACION TURISMO Y SALUD
COSTA DEL SOL

HEALTHY GOURMET



**SPEND YOUR VACATIONS WHILE
LEARNING HOW TO COOK THE BEST
FOOD FOR YOU AND YOUR FAMILY**

**HEALTHY SHOW COOKING
A FIVE DAYS PROGRAMME**

WELLNESS in – WELLNESS out

From October to June – 8 days / 7 nights – Half/Full Pension



Including: Two daily hours from Monday to Friday of monitored exercises that combine:

- Healthywalking
- Technogym
- Aquagym

+ One daily hour – Monday to Friday

ANDALUSIAN COOKING

**Healthy Show Cooking: How to manage Healthy Menus
With CHEF and Dietician/Doctor**

Nowadays people concerns about Food and its effects on our Health is increasing. The aim of this Programme is to Teach you practically with the help of a Chef and a Dietitian how to manage typical Mediterranean style food according with your conditions. Classes lasting one hour from Monday to Friday are made practically in a high level kitchen and you can make all the questions that you have in relation with Health and Food.

