



# VACATION & HEALTH



**An innovative Program you can do in your hotel during your holidays at the Costa del Sol**



## **Easy to do**

Every morning a little exercise to improve your circulation, loosen your joints and muscles, under the direction of Physical Education Monitor



## **Own facilities in Hotel**

Without leaving it you can comfortably do sessions of daily exercise in the gym Technogym, SPA or Heated Pool



## **With Health Professionals and Monitors**

Our Programs are supervised by Doctors and Physical Education monitors accredited Chiropractors and Physical Therapists, as a guarantee of quality



**2 hours from Monday to Friday monitored exercises:  
Technogym, Spa Gym, Aqua Gym or Healthy Walking**



**Accompanied with Healthy Diet Menus**  
that give you energy, vitamins, minerals and  
nutrients that will help further proper digestion



**Come to Costa del Sol on your holidays from October to June!**

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ASOCIACION TURISMO Y SALUD  
COSTA DEL SOL