



The Lodge at Woodloch's Fit & Fab Program Gets Even More Fabulous in 2013

December 15, 2012, Hawley, PA- The award-winning destination spa resort, The Lodge at Woodloch created the Fit & Fab program in 2010. The goal of the program was to help guests jump start their fitness program using effective lifestyle changes, and not quick fix fads. The program is holistic in approach and was created by the Fitness Manager, Cindy Wasilewski. This January, based on guest feedback and requests, The Lodge at Woodloch has given the program a workout of its own. New for the 2013 year, guests can participate in "*The 12 Week Tune-Up*" program, an extended Fit & Fab maintenance package. Guests who commit to 4 separate sessions, one approximately every 12 weeks, (session are three, five or seven night programs) will receive up to 30% off.*

"The most consistent feedback we receive from our guests is that they want more," explained fitness manager, Cindy Wasilewski. "Guests enjoy the experience and truly get into the healthy lifestyle as they take what they've learned and apply it to their daily routines at home. However, keeping fit and healthy requires maintenance and many people find it hard to go to the next level once they've reached a plateau. The *12 Week Tune-Up* program allows guests to rejuvenate, renew and improve upon what they've learned in past sessions while always reaching for new goals," Wasilewski continued.

Whether guests have access to a full fitness facility or just one set of 5-pound weights at home, the program is built exclusively for each individual based on their specific needs. The program includes:

- New for 2013, A Lifestyle and Weight Management Consultation
- Fitness Assessment
- Personalized Program Design Session
- One-on-One Training
- Motivating Fitness Classes and Outdoor Adventures that fit within the specific needs and interest of the guest
- Ongoing coaching and interaction with experts via email
- Three gourmet meals daily along with carefully selected snacks to keep guests on track and untempted.
 - 3 Night Program - \$539/night (includes 1 spa treatment allowance of \$125)
 - 5 Night Program - \$449/night (includes 2 spa treatment allowances of \$125)
 - 7 Night Program - \$449/night (includes 3 spa treatment allowances of \$125 and 2 fitness evaluations)
 - The *12 Week Tune-Up* maintenance program offers a 10% discount for the second session booked, 20% discount for the third session booked and a 30% discount for the fourth session booked.

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About The Lodge at Woodloch:

The Lodge at Woodloch is one of the finest full-service [luxury destination spas](#) in the U.S., offering complete spa programs, treatments, outdoor adventure activities, golf, classes and packages in a pristine mountain retreat environment. Located on over 150 wooded acres with a private lake in the Lake Region of Northeast Pennsylvania, The Lodge provides an oasis for personal awakening and renewal just 2 ½ hours outside of New York City. The exclusive property features 57 luxury accommodations and a 40,000-square-foot spa. Additional information and reservations are available toll-free at 1-866-953-8500 or on the Web site at TheLodgeAtWoodloch.com.

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