

MARCH 19-25, 2012  
**Wellness**  

**Week**

Presented by SPAFINDER



JOIN NATIONAL SPOKESPERSON MARIEL HEMINGWAY TO

Take charge of your health and enjoy fabulous savings on spa, private training, yoga, Pilates & more!

Find deals & inspiration at [www.wellnessweek2012.com](http://www.wellnessweek2012.com)



## March 19 -25, 2012

Join Kapalua Spa & Spa Finder for a week of exciting events and fitness activities centering on getting you fit and healthy!

### SCHEDULE OF EVENTS:

#### Monday March 19

**Wellness Fair/Expo at the Kapalua Spa lobby from 1pm to 4pm**

Open to the Public, Complimentary admission

**Fitness & Classes Demonstration Booths**

- A variety of classes and types of wellness training offered: weightlifting, yoga, Pilates, running, Zumba, heart hula, kinesis, canoe, stand up paddle, raw foods, nutrition & more!
- Meet our wellness experts and learn valuable health/wellness tips
- Meet the trainers & learn about different types of health/wellness training

**Expo Booths**

Local health/wellness related brands from energy drinks, type of proteins, oatmeal, other health and wellness related products and services

- While at the Expo, make sure to join our ongoing competitions for weight loss, training and fitness buddy teams!
- Keep in touch with our trained staff of professionals through emails, spa tours and complimentary wellness monthly emails & newsletters

#### Tuesday March 20 - Sunday March 25

**50-minute Personal Training Sessions – \$50 (\$30 Savings)**

**Private 50-minute Yoga Sessions – \$50 (\$30 Savings)**

**25-minute Private Reformer Pilates Session – \$50 (\$30 Savings)**

**Fitness Classes – 50% off**

**All Week Long:**

Work with our staff to create a customized fitness plan, join a fitness group or just get informed about getting in better shape!

**Kids Wellness**

- An array of fitness classes for kids 12 & up
- Advice and information on kid's nutrition with parents tips
- Family fitness tips and plans

**Fun games!**

- Contests throughout fitness week – Guess how many calories or fat/carbohydrate/protein grams in items of food!
- Learn about a variety foods including everyday items like a salad, sandwich, banana, cookies, pastry, pasta, eggs, oatmeal or plate lunch
- **Win a FREE personal training session**

### The Wellness Week Pledge

I pledge to take charge of my health by taking these simple yet vital steps toward a happier and healthier life. By committing to achieve at least one of these activities each day of Wellness Week™, I will make taking care of myself a priority, enabling me to do more, stay healthy and live a longer, more vibrant and meaningful life.

**Change my BREAKFAST**

I will kick off my day with a healthy meal that includes foods like oatmeal, yogurt, fruit, seeds, nuts and whole-grain cereals and toast.

**Choose to MOVE**

I will walk more by taking the stairs instead of the elevator, parking further from the store or taking a desk break to go for a five-minute stroll.

**Decide to HYDRATE**

I will drink a glass of water before breakfast, lunch or dinner.

**Connect with NATURE**

I will walk outside, breathe more deeply and enjoy the outdoors for a few minutes each day.

**Make my SLEEP a priority**

I will build boundaries around my sleep by sticking to a set bedtime, and by not eating or working in bed.

**Embrace the power of TOUCH**

I will recharge myself and others through the simple act of giving or receiving a hug, foot rub or five-minute massage.

**Give myself the gift of SILENCE**

I will find 10 minutes a day away from screens of any type — phone, TV or computer and enjoy the quiet.