

Women's Wellness **Week Out West**

An inspiring fitness and nutrition experience

Guided hiking, cycling & climbing excursions in the gorgeous rocky mountains
Challenging group cardio & strength training sessions
Revitalizing yoga
Personalized nutrition assessment and group nutrition education
Luxurious offsite spa services available
Delicious and healthful meals
Fabulous shopping in downtown Boulder



Suitable for moderately to highly fit women 45 years plus.

Intimate group setting with individualized activities **for women by women**.

\$2750—\$2000 depending upon occupancy
Inclusive of all nutritionally balanced meals, camp transport & outdoor activities.

Meet the women who will guide your amazing adventure!



Lisa Harkins, RD, LDN

Nutritionist and certified personal trainer

Owner Ideal Nutrition and Fitness LLC

"Achieve Your Healthy Self". "My Nutrition Plans are about a lifestyle – YOUR lifestyle".



Deborah Leedale-Brown

BSc Sport & Exercise Physiology

British Olympic Association Accredited conditioning specialist

Owner DLB-2 Full Potential LLC

"Personal wellness is the key to YOUR lifelong healthy aging."

Limit of 8 women per Wellness Week:

September 18th through September 25th, 2011

To reserve a place or for more information please contact:

Deborah Leedale-Brown 302-668-8585 deb.bluebell@btinternet.com

Visit www.activeataltitude.com to view the lodging and surrounding area.