

NEWS RELEASE



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12 women embark on a unique fitness adventure to Peru.

Courtenay, BC - A new year brings new goals, dreams and that wonderful feeling that anything is possible. But for 12 driven women, 2010 will bring with it the realization of the adventure of a lifetime as they travel together to Peru for a 7 day mountain trek finishing at the ancient city of Machu Picchu..

These 12 women have discovered a unique travel experience in Peru- one that you will not find duplicated by travel agents or internet sites. Their journey to Machu Picchu will not begin in Peru at all. In fact, their trip begins in the Comox Valley, with the help of a unique trio – Fitness Trainer Sarah Seeds, Adventure Travel Agent Jane Hay and Professional Guiding company Karavanier.

This unique travel experience combines a personalized travel itinerary and physical training program with the professional guiding and local knowledge of Canadian guides based in Peru. It is, in fact, a completely unique adventure and one that speaks to the needs of many female travelers.

Beginning in March, a full 6 months before the trek, these women will begin a physical training program designed by Sarah Seeds, coach and professional trainer, that will ensure they reach their own 'peak' in hiking fitness when they arrive in Peru. This program has been designed specifically for the demands of the trek and will include 3 months of group hikes where the women will have the opportunity to train together and create a special bond while they get miles under their boots. Education and coaching will be provided along the way, and each trekker will receive a detailed training manual, monthly guidance as well as specialty knowledge from local gear experts, Valhalla Pure Outfitters at the start of their training program.

And it doesn't stop there. Once the women are physically ready to begin their trek in September, they won't have to stress about any of the travel logistics as every detail has been taken care of by the threesome. From accommodation to travel, equipment and meals, each aspect of the trekkers journey in Peru has been handpicked and organized by Jane, Sarah and Karavanier to ensure a smooth, safe and unforgettable travel experience.

The trip sold out over 1 year in advance, however, one spot has recently opened for this special journey. For more information or to secure this last spot, go to www.elmhealth.com .

Happy Trails!

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For more information please contact:

Sarah Seeds

250 338 8998

elmhealth@shaw.ca

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