

鲁滨逊

FROM KALE TO KAYAKING AND AVOCADO SMOOTHIES TO ARCHERY

*All Inclusive and Trend-led Health & Wellness
At the Forefront of ROBINSON Club Resorts*



(Hong Kong, 24 May 2019) - ROBINSON, the premium brand and leader of resort vacations with 23 resorts across 13 countries will now offer even more wellness and fitness options for guests of all ages.

With over 64 types of sports in addition to the WellFit® offering which has over 15 types of fitness classes and experiences, ROBINSON also serves daily healthy food options as part of full board and all-inclusive packages*. Guests can revitalize body and mind with the WellFit® concept – unique to ROBINSON - meaning the focus for guests is on enjoying the weather, food and fitness without having to think about the cost.

WellFit® encompasses five concepts including Group Fitness, Body & Mind, Personal Training, WellFit® Spa and WellFood®. The resort concept promises healthy cuisine and experiences across all Asian ROBINSON locations including Club Khao Lak in Thailand and in the Maldives, ROBINSON Club Noonu and Club Maldives.

WellFit® Fitness Studios, Classes & More

ROBINSON WellFit® stands for a healthy lifestyle and promotes a positive attitude to life, body awareness, physical vitality as well as emotional well-being.

In all clubs across Asia (Club Noonu, Maldives and Club Khao Lak in Thailand) fitness studios offer the latest cardio and strength equipment as well as Power Plate stations. The studios welcome guests from 16 upwards. And at ROBINSON Club Maldives', Body & Mind sessions include unlimited classes of Pilates and yoga as well as stretch and relax - all taught by in-resort experts.

Under the WellFit® offering, the option of Group Fitness includes popular concepts for guests who want to try something different. In selected resorts globally, guests can experience the phenomenon of Functional Training, an intensive whole body workout which trains several joints and muscles through various movements and thus has a holistic effect. And for those that want to experience the outdoors, each club has an open-air WellFit® Area where Body & Mind classes take place outside with a beach view.

Trend-Led Sportainment

Within the 'Sportainment' category, the resorts including ROBINSON Club Khao Lak have dedicated ROBINS that teach archery - all with premium recurve bows - offering beginner courses and if guests are already experienced archers, they can test their skills with an individual training session all included in the cost of the stay.

Other unique and fun sports at ROBINSON include freeGolf®, where guests can forget about golf etiquette and play anywhere in the club resort, hitting balls over bushes and walls and past the pool. To ensure this trendy sport is safe, special golf balls and clubs are available to all guests. Some resorts also offer Speedminton® equipment, a sport which combines the best of tennis, squash and badminton into a racket game that guests can play anywhere, anytime.

In addition many other sports are inclusive and involve tennis, beach volleyball, soccer, water polo and more.

WellFood® – Breakfasts Buffets and Intelligent Eating at the Core

A component of the WellFit® concept - WellFood® - supports a holistic wellness approach with an option for a healthy, balanced and wholesome diet. ROBINSON always focuses on sustainable ingredients, high protein quality, a conscious use of fats, and largely lactose-free variants for breakfast.

In each resort – available for full board or all-inclusive - the buffets at breakfast, lunch and dinner host a special WellFood® station where healthy options are offered with every meal. In-house Chef's share specific information about the nutritional content and levels of the WellFood® meals and each resort can cater to vegan and vegetarian diners.

There is also the healthy choice of the FELICITY FOOD menu, a culinary anti-stress program for every day. These dishes promote serotonin production in the body through the use of specially selected ingredients; there are three options to combine to Felicity food offered - a WellFood® Gourmet, WellFood® low carb or WellFood® Vegan dish which for example can go along with a choice of *Fennel Orange Salad* and fresh fish for the non-Vegans.

And throughout the day - after the sporting and fitness activities - freshly prepared WellFood® smoothies like pear and basil, apple and mint or cucumber and ginger are available free-flow all day.

ROBINSON offers a unique holiday experience for families, couples and singles, always in the most beautiful beach or mountain locations.

* Treatments and massages at the WellFit Spa, Personal Training, SUP board rental and training (one trial lesson is free) are subject to an additional fee.

For more information about ROBINSON Club Resorts in Asia visit:

[ROBINSON Club Khao Lak](#)

[ROBINSON Club Maldives](#)

[ROBINSON Club Noonu](#)

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Issued by GHC Asia on behalf of ROBINSON

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