

DETOX. RETOX. REPEAT WEEK

WITH
EWA CHODAKOWSKA

One of the top
celebrity fitness trainers
in Europe

November 12-19, 2017



The Guinness World Record 2014 -
the largest group exercise

#1 Facebook and Instagram profile
for Health & Fitness

#9 on the list of 50 most influential
Poles

2,1 mln fans on Facebook
1,1 mln followers on Instagram

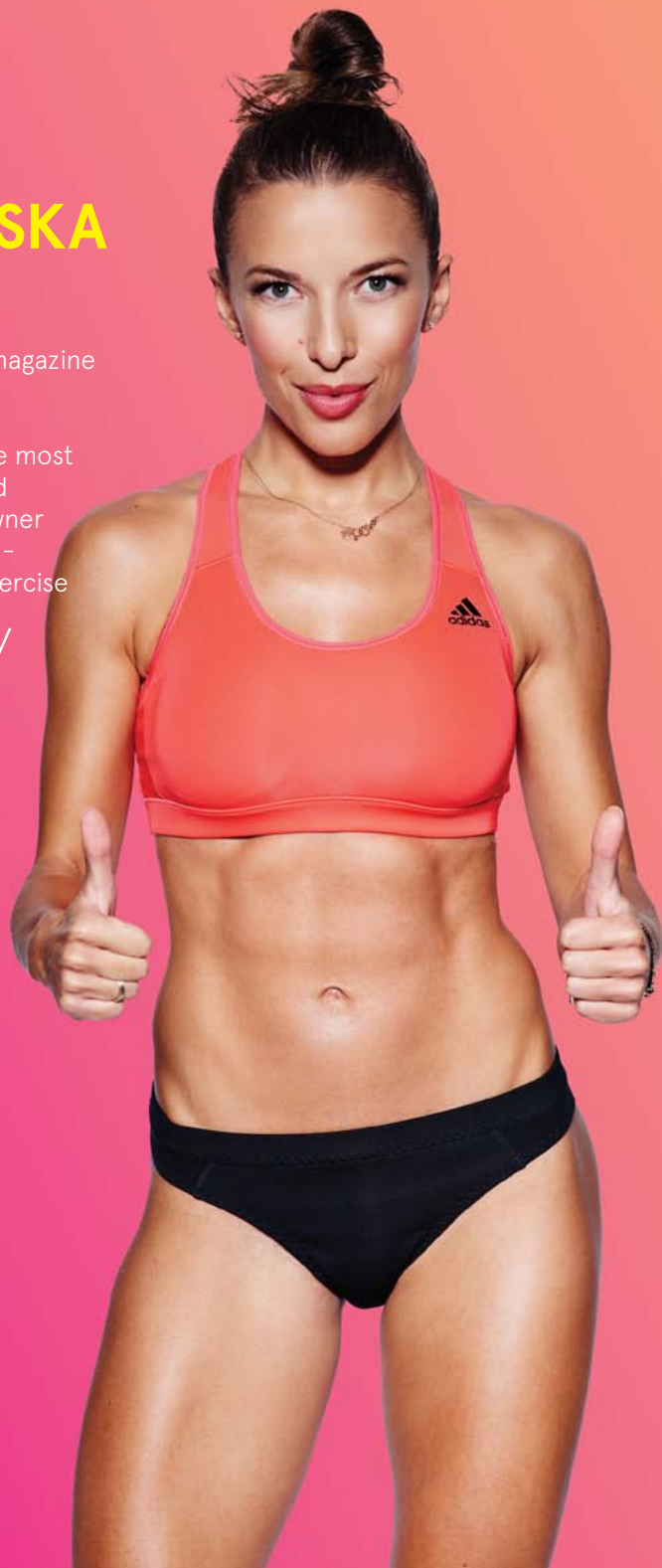
@chodakowskaewa



MALDIVES

EWA CHODAKOWSKA

- 10 book titles
- 20 signature training DVDs
- Editor in chief for *Be Active* magazine
- Adidas ambassador
- Motivational coach
- Bediet.pl website owner - the most popular diet service in Poland
- BeActive and BeBio brand owner
- World Guinness Record 2014 - the World's Largest Group Exercise



W Maldives has partnered with one of the most popular personal trainers in Europe - **Ewa Chodakowska**, to host a wellness event in November, 2017. She is one of the most influential people in health and fitness in Europe and has been recently named 'the trainer of all Polish women' by various media and sport brands in her country.

Ewa's fitness empire began with training videos, which have motivated women to exercise regularly and with long-term results. Now Ewa sells over twenty signature training DVDs, ten book titles, out which many have become international bestsellers; sport equipment and her unique dieting plan that goes hand in hand with her signature training programs such as Scalpel, Turbo Fat Burning or Killer. She is also the editor in chief of *Be Active* magazine, and runs inspiring fitness workshops all over the world.

In 2014 Ewa set the Guinness World Record for hosting the world's largest group exercise. Currently she ranks as number 9 on the list of the most 50 influential Poles in her country.

At W Maldives Ewa will conduct a **DETOX. RETOX. REPEAT WEEK** between November 12-19, which will set its participants into the pre-festive mood and help them look and feel fabulous while having lots of fun on the tropical playground.

The week will involve daily workout and diet advice sessions with Ewa Chodakowska herself, **Lefteris Kavoukis**, Ewa's husband, book co-author and fitness instructor with over twenty years of experience. Together with Ewa they participate in various TV shows and fitness events. **Marta Kielak**, the official *Be Active* dietitian, will be holding daily body and weight measurements using the Body Composition Analyser. The machine gives clinically accurate and personalized readings, which will help participants understand the impact of the diet and exercise on their body, and keep them motivated throughout the whole week and after!

Participants will also enjoy complimentary FIT group activities at the Escape, guided snorkelling sessions around the house coral reef named as one of the best house reefs in the Maldives; non-motorized watersports activities such as kayaking and stand-up paddle boarding; sunset cruise on a luxury two-mast yacht Escape, group yoga sessions at the overwater AWAY@Spa and deserted island of Gaathafushi located just a few minutes away from the resort.

The one-week package includes accommodation at resort's beach or overwater Escapes, Full Board meals based on Ewa's signature *Be Diet* plan and return seaplane transfers in the Maldives.

Upon arrival at W Maldives, participants will receive a welcome tropical kit including unique W baseball cap, water bottle, sweat head/wrist bands, a tote bag and Ewa's signature training DVD.



WHAT'S INCLUDED

- 7 nights in Wonderful Beach Oasis
- Full board (food only)
- Return seaplane transfers
- Complimentary FIT group activities as per resort schedule
- Guided snorkelling session around the island
- Non-motorized water sports (kayaking/snorkelling equipment/stand up paddle boarding)
- Sunset cruise on Escape yacht including Champagne and canapés
- Group sunrise/sunset yoga sessions at AWAY@Spa, on the beach and deserted island
- 20% off AWAY® Spa
- Welcome gift pack

Package for one is US\$ 10,163*

Package for two is US\$ 10,834*

*The price is based on accommodation in Wonderful Beach Oasis
The price includes GST and local taxes

For bookings, please email our Reservation team at
Reservations.Wmaldives@whotels.com or call +960 666 2222

wmaldives.com/ewachodakowska

HAPPENING SCHEDULE

SUNDAY, NOVEMBER 12



- Arrival at Male airport
- Check-in and transfer to W Maldives from seaplane terminal
- Island tour

12:00 PM- 3:30PM Lunch at leisure
4:00PM Meeting with Marta Kielak, Dietitian
5:30PM Sunset detox cocktails with Ewa at SIP overwater bar
Dinner at leisure

MONDAY, NOVEMBER 13



7:00AM Individually scheduled meetings with Dietitian Marta Kielak, for body measurements, and weight check (*all the measurements must be taken on an empty stomach*).
8:00AM Training session with Ewa
9:00AM Breakfast at KITCHEN
11:00AM Optional training session with W Maldives fitness instructor Mark as per FIT group schedule
Lunch + time at leisure
4:30PM Afternoon training session with Lefteris, Be Active fitness instructor
6:00PM Marine presentation by W Marine Insider Morgan at WET pool bar
Dinner at leisure

Timings and event locations are subject to change.

HAPPENING SCHEDULE

TUESDAY, NOVEMBER 14



7:00AM Individually scheduled meetings with Dietitian Marta Kielak, for body measurements, and weight check (*all the measurements must be taken on an empty stomach*).
8:00AM Training session with Ewa
9:00AM Breakfast at KITCHEN
11:00AM Optional training session with W Maldives fitness instructor Mark or Paniraj as per FIT schedule
Lunch + time at leisure
Guided group snorkelling around the island
5:30PM Afternoon training session with Lefteris, Be Active fitness instructor
Dinner at leisure

WEDNESDAY, NOVEMBER 15



8:00AM Morning training session with Ewa
9:00AM Breakfast at KITCHEN
11:00AM Optional training session with W Maldives fitness instructor Mark or Paniraj as per FIT schedule
Lunch + time at leisure
3:30PM Afternoon training session with Lefteris
5:30PM Sunset Cruise on the luxury yacht Escape
Dinner at leisure

Daily group meetings with Dietitian Marta Kielak, for individual diet plan assignment.

Timings and event locations are subject to change.

HAPPENING SCHEDULE

THURSDAY, NOVEMBER 16



- 8:00AM Morning training session with Ewa
- 9:00AM Breakfast at KITCHEN
- Meeting with Marta Kielak, Dietitian (measuring and weighing)
- 11:00AM Optional training session with W Maldives fitness instructor Mark or Paniraj as per FIT schedule
- Lunch + time at leisure
- 5:30PM Afternoon training session with Lefteris
- Dinner at leisure

Daily group meetings with Dietitian Marta Kielak, for individual diet plan assignment.

Timings and event locations are subject to change.

FRIDAY, NOVEMBER 17



- 8:00AM Morning training session with Ewa
- 9:00AM Breakfast at KITCHEN
- Optional training session with W Maldives fitness instructor Mark or Paniraj as per FIT schedule
- Lunch + time at leisure
- 5:30PM Afternoon training session with Lefteris
- Dinner at leisure

Daily group meetings with Dietitian Marta Kielak, for individual diet plan assignment.

Timings and event locations are subject to change.

HAPPENING SCHEDULE

SATURDAY, NOVEMBER 18



Individual meetings with Dietitian Marta Kielak, for final body measurements and weight check (*all the measurements must be taken on an empty stomach*).

- 8:00AM Morning training session with Ewa
- 9:00AM Breakfast at KITCHEN
- 11:00AM Optional training session with W Maldives fitness instructor Mark or Paniraj as per FIT schedule
- Lunch + time at leisure
- 5:30PM Afternoon training session with Lefteris
- Dinner at leisure

Timings and event locations are subject to change.

SUNDAY, NOVEMBER 19



Individual meetings with Dietitian Marta Kielak, for final body measurements and weight check (*all the measurements must be taken on an empty stomach*).

- 8:00AM Morning training session with Ewa
- 9:00AM Breakfast at KITCHEN
- Time at leisure
- Afternoon check-out and departure to Male airport

For bookings, please contact Reservations
Reservations.Wmaldives@whotels.com or call +960 666 2222
For more info, explore wmaldives.com/ewachodakowska

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