

# Health and Fitness Packages

**“Invest in your future health with relaxation, healthy eating and fitness holidays”** says Pat Penny of Potential Energy, a health and wellness consultancy operating in the Ariège, France.



Call +33 (0)5 61 96 17 66 or email [info@potential-energy.co.uk](mailto:info@potential-energy.co.uk)

Perhaps it's time to do something different.....and do it somewhere different. POTENTIAL ENERGY health and fitness holiday packages are located in the foothills of the stunning FRENCH PYRENEES and provide quality 'time out' for 'YOU' – and you don't have to exclude your friends or family, the area is packed with opportunities to suit everyone.



We've teamed up with local Chambres d'Hotes owners Kay & Mike Isaacs at La Maison de Roquefort ([www.maisonderoquefort.com](http://www.maisonderoquefort.com)) to offer you energising holiday breaks with outstanding accommodation and a flexible choice of activities that are sure to appeal to people of ALL fitness levels! And, thanks to the wonderful climate here in the Ariège-Pyrenees, they are available throughout the year.

On the following page you will find a small selection of what's on offer, with accommodation prices for both low season (Sept-May) and high season (Jun-Aug). Accommodation charges are listed below each package price and are per person based on two persons sharing a room at [La Maison de Roquefort](http://La Maison de Roquefort). Should you prefer greater privacy, there is a single person supplementary room charge of €10.00 per night with use of the main bathroom and a further charge of €5.00 for our Princess room with private shower, washbasin and toilet.

POTENTIAL ENERGY PROGRAMMES are designed to inspire and motivate you towards change – and to provide a balanced approach towards your health and fitness. We take personal charge of all our programmes, have more than 20 years experience within the coaching, health and fitness industries and hold current first aid certificates obtained in France. For more information, please visit [www.potential-energy.co.uk](http://www.potential-energy.co.uk) or email [info@potential-energy.co.uk](mailto:info@potential-energy.co.uk)

<p style="text-align: center;"><b>Short break packages starting from only €79.00 per person*</b></p> <p style="text-align: center;">*10% discount off activity prices when two or more people book together</p>	<p style="text-align: center;"><b>Medium break packages starting from only €209.00 per person*</b></p> <p style="text-align: center;">*10% discount off activity prices when two or more people book together</p>
<p><b>DAY TRIPPER: (1 day)</b></p> <p>Enjoy a fun and informative day as you take stock of your current health and fitness and experience an activity of your choice. INCLUDES:</p> <ul style="list-style-type: none"> <li>* Personal Health and Wellness analysis</li> <li>* Half day 'relaxed' activity – choose from: walking, cycling (bike hire applies), tennis, Nordic walking, core strength/swiss ball, balance/agility, light weights workout.</li> </ul> <p>ACTIVITY PRICE: €64.00 per person</p> <p>ACCOMMODATION: 1 night bed and breakfast provided by La Maison de Roquefort (€15.00 winter/€24.00 summer). Dinner also available: €20.00 p/p. NB. Room and meals to be paid for locally in addition to the Potential Energy activity price.</p> <p><b>WEEKEND ESCAPE: (2 days)</b></p> <p>Time out to re-charge your batteries! Relaxation, fresh air, good food and drink – and a spot of pampering! Arrive in time for dinner on Friday evening and discuss how the weekend will pan out! INCLUDES:</p> <ul style="list-style-type: none"> <li>* Two half days activities – join us for: cycling (bike hire applies), walking, tennis, Nordic walking, jogging etc. Explore the historic Cathar Country!</li> <li>* Massage</li> </ul> <p>ACTIVITY PRICE: €99.00 per person</p> <p>ACCOMMODATION: 3 nights bed and breakfast provided by La Maison de Roquefort (€45.00 winter/€72.00 summer). Dinner also available: €20.00 p/p. NB. Room and meals to be paid for locally in addition to the Potential Energy activity price.</p> <p><b>HEALTHY EATING: (2 days)</b></p> <p>'The <i>science</i> of nutrition is complicated; the <i>art</i> of eating right is simple!'</p> <p>Discover the FACTS about eating for health and how to incorporate it into your lifestyle. As eating well and keeping active are inextricably linked, this package includes options for 'gentle activity'. INCLUDES:</p> <ul style="list-style-type: none"> <li>* Two half days healthy eating workshops</li> <li>* Ideas for simple and wholesome recipes as you watch your evening meal being cooked!</li> <li>* Two half days easy walking/cycling (hire charges apply)</li> </ul> <p>ACTIVITY PRICE: €129.00 per person</p> <p>ACCOMMODATION: 3 nights bed and breakfast including a 3 course evening meal each night provided by La Maison de Roquefort (€90.00 winter/€117.00 summer). NB. Room and meals to be paid for locally in addition to the Potential Energy activity price.</p>	<p><b>WALKING/CYCLING FOR FITNESS AND FUN (3 days)</b></p> <p>Explore Cathar country with us on foot or by bike, visit Roquefixade, Montsegur, Lac Montbel, Mirepoix. Stop for coffee and delicious patisseries; watch the world go by as you savour a typical local lunch! INCLUDES:</p> <ul style="list-style-type: none"> <li>* 3 days walking / cycling (hire charge applies) at a level to suit you</li> <li>* Advice on fitness, technique tips etc.</li> <li>* Massage</li> </ul> <p>ACTIVITY PRICE: €149.00 per person</p> <p>ACCOMMODATION: 4 night bed and breakfast provided by La Maison de Roquefort (€60.00 winter/€96.00 summer). Dinner also available: €20.00 p/p. NB. Room and meals to be paid for locally in addition to the Potential Energy package price.</p> <p><b>INTENSIVE KICKSTART (5 days)</b></p> <p>No matter what your reasons for wanting to become more active, no matter what your age or physical condition, you can achieve your aims. In a motivated but relaxed atmosphere, we will help you to discover how. INCLUDES:</p> <ul style="list-style-type: none"> <li>* Fun and informative personal health and wellness analysis</li> <li>* Diet overview</li> <li>* Health and fitness workshops</li> <li>* Activities to suit you - walking, cycling, Nordic walking, tennis, light weights sessions etc.</li> <li>* Massage</li> <li>* Ideas and suggestions to ensure continued success upon your return home</li> </ul> <p>ACTIVITY PRICE: €399.00 per person</p> <p>ACCOMMODATION: 6 night bed and breakfast and evening meals provided by La Maison de Roquefort (€150.00 winter/€204.00 summer). Room and meals to be paid for locally in addition to the Potential Energy package price.</p> <p><b>ADDITIONAL SERVICES:</b> In addition to the activities listed above, we offer a comprehensive range of chargeable supportive services to ensure your experience is truly satisfying and rewarding. Here are some examples:</p> <ul style="list-style-type: none"> <li>* Health and fitness analysis: €30.00</li> <li>* Tennis coaching (1 hr): €20.00</li> <li>* Weights coaching with tuition and programme planning (1 hr): €20.00</li> <li>* Relaxation Massage: €30.00</li> <li>* Airport collection (approx 200 km round trip): €50.00 each way</li> <li>* Packed lunches (excl. Intensive Kickstart): €6.00</li> <li>* Cycle hire (ranges from €15.00 to €30.00 per day) from <a href="http://www.velomondo.com">www.velomondo.com</a></li> </ul>
<p style="text-align: center;">Additional nights are available at La Maison de Roquefort. For full details call +33 (0)5 61 01 21 29 or visit: <a href="http://www.maisonderoquefort.com/pricesandbooking">www.maisonderoquefort.com/pricesandbooking</a></p>	

## Invest in your health now!

In the dramatic setting of the foothills of the Pyrenees Mountains, with its rural French ambiance, picturesque villages and stunning Cathar Monuments, we create a memorable experience for you and your colleagues or family. You can combine time out in nature with innovative personal training and coaching, empowering you to create a balanced and realistic way forward to incorporating activity into your lifestyle. You get to control the pace and type of activities by selecting from our comprehensive range of programmes. You can even reward yourself with a relaxing and reviving massage!

## Your accommodation at [La Maison de Roquefort](#)

Call +33 (0)5 61 01 21 29 or email: [enquiries@maisonderoquefort.com](mailto:enquiries@maisonderoquefort.com)



At La Maison de Roquefort we pride ourselves on the beauty and tranquillity of our rural surroundings. Summer days are long and pleasant, typically 24C to 30C, and the nights are cool. Spring and autumn are most local people's favourite seasons, full of colour and natural life.

The peace and quiet of the longer and often sunny winter days gives way to crisp, star-filled skies at night. Snow is practically guaranteed on the mountains nearby in winter, but occasionally it settles on the branches of the trees and in the fields around us. The photos in this publication were all taken locally.



The 'per person' accommodation charges listed with each package are for 2 persons sharing a room at La Maison de Roquefort in the Kings, Queens or Princes room, with shared bathroom facilities. If you would prefer the complete privacy of our Princess Room with private shower room and toilet please add €15.00 per person per night.

Settlement of all costs associated with the accommodation at La Maison de Roquefort must be arranged directly with the proprietors, Kay and Mike Isaacs. Additional nights stay can be provided by prior arrangement with Kay and Mike, giving you time to relax and enjoy your stay in this beautiful region of southern France.

**There are 4 tastefully decorated rooms at La Maison de Roquefort, so for availability information whilst you plan to your new, healthier life, please call Kay or Mike now on 0033 (0)5 61 01 21 29 or email: [enquiries@maisonderoquefort.com](mailto:enquiries@maisonderoquefort.com)**