

Celebrating Global Wellness Day on June 11, 2016

Health and Fitness Travel “Says Yes” to Global Wellness Day, a one-day event celebrating health and wellbeing, taking place 11th of June.

PORT MELBOURNE, MELBOURNE, AUSTRALIA, May 17, 2016 /EINPresswire.com/ -- May 17, 2016 – Health and Fitness Travel “Says Yes” to Global Wellness Day, a one-day event celebrating health and wellbeing, taking place 11th of June. By offering an afternoon of complimentary activities celebrating the value of health and well-being at boutique wellness studio Bodhi & Ride to mark the day, Health and Fitness Travel, in conjunction with ClassPass stand united with hundreds of wellness organisations across the world from Turkey to Thailand to support proactive wellness.

Global Wellness Day is based on the simple premise of increasing global consciousness of living a better life, even if it's just for one day, by drawing a focus on healthier lifestyle choices.

According to the World Health Organization (WHO), the number one health problem in the world is, surprisingly, not a virus or a disease but depression – an affliction, which is linked to sleeplessness, stress and obesity.

The non-profit project created by Belgin Aksoy three years ago is being embraced by the spa and wellness world and has now also been accepted as a Global Wellness Institute initiative, and was celebrated in 73 countries last year. Belgin, who came up with an idea to combat depression and unhappiness by promoting the importance of living well, says, “We’ve honoured almost everything which is valuable to us with a special day, so why not have one that’s dedicated to the universally accepted importance of wellness?”

Health and Fitness Travel Co-Founder Samantha Lippiatt and her team have come together with ClassPass and local Melbourne based wellness businesses including Matcha Maiden, Haus of Health, Golden Grind, MUD and Nourish Bowlz and more to host an afternoon of fun to celebrate, including wellness presentations, healthy refreshments, flow yoga and meditation at Bodhi & Ride in Port Melbourne.

“Living a life with wellness at its core is the guiding principle of our organisation which is why we “Say Yes” to Global Wellness Day and are proud that many in our Institute network, including Health and Fitness Travel are embracing this important campaign,” said Susie Ellis, Chairman and CEO of the Global Wellness Institute.

What is Global Wellness Day?

The Global Wellness Day Manifesto helps promote a life of wellness, the campaign challenges people to change one aspect of their lives for a day and outlines seven steps to better wellness

1. Drink more water
2. Walk for an hour
3. Shop locally & eat organically
4. Stop using plastic bottles
5. Do a good deed
6. Eat a family dinner
7. Go to bed at 10pm

What will you say “yes” to today?

Want to come along and join in the celebrations – 1pm to 3:30pm June 11th at Bodhi & Ride
Spaces strictly limited. Reserve your place now

-Ends-

For further information and hi-res imagery please email raymond@healthandfitnesstravel.com.au

About Health and Fitness Travel:

Health and Fitness Travel is a global luxury wellness travel company that is committed to providing healthy holidays that enhance and change lives. Offering clients a tailor-made seamless service with the very best health and fitness holidays, handpicked by its expert team, together with exclusive and added value packages with the best deals. As leading specialists, Health and Fitness Travel has also created their own collection of healthy holidays in various destinations which include Fusion Fitness, Discover Recover and Healthy Honeymoons, offering clients the best value and holiday experience. For more information visit: www.healthandfitnesstravel.com.au

About Bodhi & Ride:

Conveniently located in Port Melbourne, Bodhi & Ride is a premium boutique wellness studio providing a modern and innovative twist to cater for an urban Melbourne lifestyle. Offering unique, uplifting classes designed to challenge you physically and replenish you mentally, the Bodhi & Ride ethos is to provide a welcoming sanctuary from the outside world for all fitness and wellness levels. With three unique wellness zones, it's all about how you feel on the day. Choose from a high-intensity Ride class in a custom built Spin Chamber, a modern Flow yoga class in our light-filled Yoga Loft designed to gently strengthen your body, or a guided meditation class in our Unplug Pod created to help you reconnect with your inner calm. www.bodhiandride.com.au

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