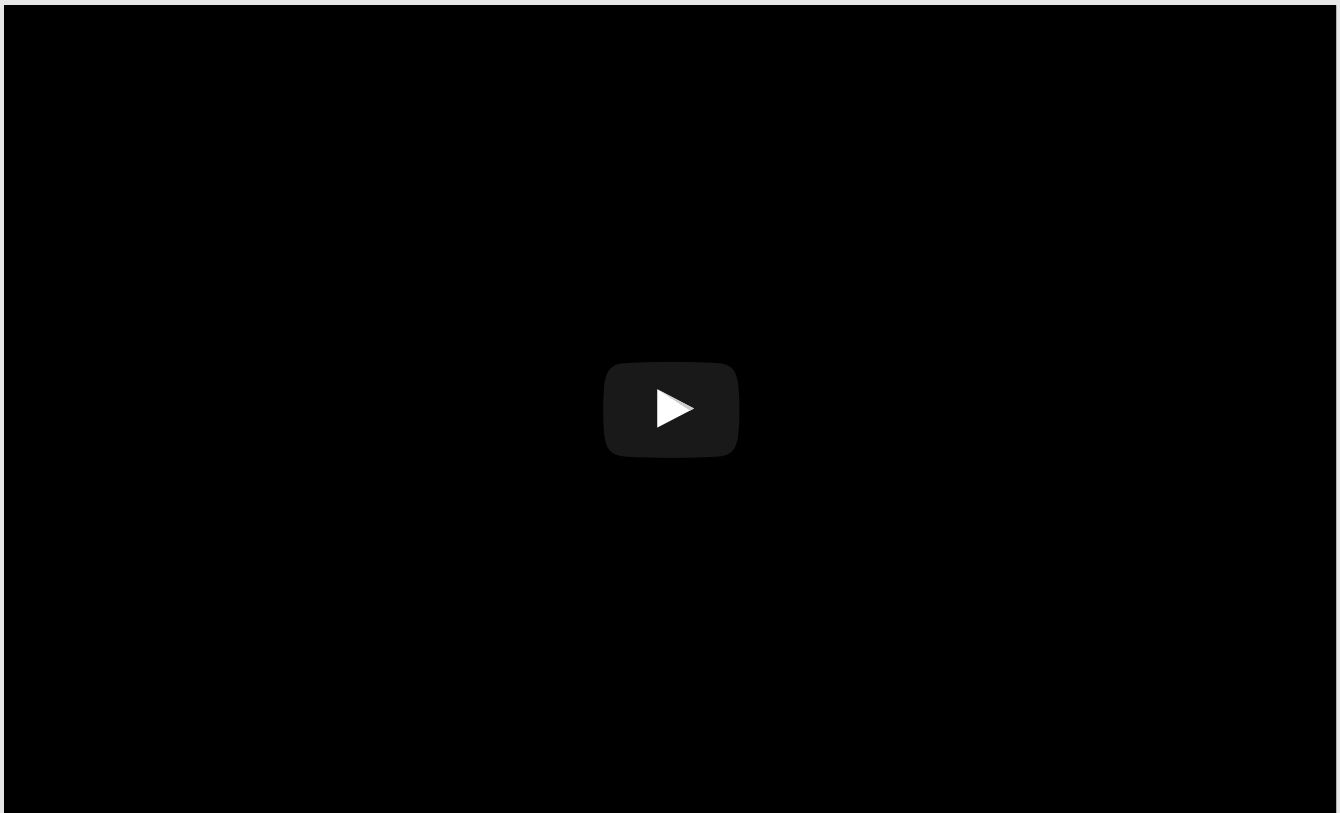
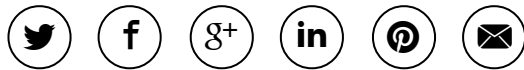


Skyterra Wellness Opens Fitness & Weight Loss Retreat in the Blue Ridge Mountains of North Carolina

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Guests at Skyterra stay in luxury mountain lodges, get three healthy chef-prepared meals each day, and benefit from a personalized approach to fitness through coaching, classes, and outdoor adventure.

ASHEVILLE, NC (PRWEB) JULY 08, 2016

Skyterra Wellness, a fitness and [weight loss](#) resort in the Blue Ridge Mountains near Asheville, North Carolina, celebrated its grand opening in June. The first guests came from as far away as Canada and as

close by as Raleigh.

Although there are many wellness resorts, Skyterra intends to offer a more sustainable fitness program by focusing on evidence-based nutrition, exercise, and health science. Guests can also continue their quest for wellness when they return home through Skyterra Interactive, an online portal where guests can follow videos of their favorite classes and work outs.

“We want you to thrive. The Skyterra Way is not about just losing weight; it’s about reclaiming your life,” says Amber Shadwick, a nationally recognized fitness and wellness professional who serves as Skyterra’s Director of Operations. “We don’t want you to spend all your time counting calories and calculating how much exercise you need to lose weight. The current weight loss industry tells you to eat less and exercise more. We want you to eat more real food and exercise efficiently. Integrating consistent movement throughout your day is far more sustainable and realistic for most people.”

One of the primary advantages of staying at Skyterra comes with the in-depth assessments. This allows the Skyterra team to ensure not only that each guest gets the most relevant guidance but that each develops a more efficient, functional fitness plan that dramatically lowers the risk of injury.

“Individualizing your workout and understanding proper movement dictates everything,” says Jeff Ford, Fitness Director at Skyterra. “If you are continually injuring yourself, it is very difficult to sustain long-term fitness. This is why the functional movement assessment happens before you participate in any activities at Skyterra. And this is why our first guests told us they were amazed at how challenging these workouts were without causing unnecessary stress on their bodies. This is just one of the reasons we call our brand of fitness, fitness elevated.”

Stress management is also a critical part of the Skyterra program.

“The mind needs nourishment just as much as the body, as wellness comes from a healthy relationship between the two,” explains Kate Hannon, Director of Integrated Wellbeing. “Our culture is moving faster than ever and this dizzying pace can lead to exhaustion, disconnection, and feeling unfulfilled, so it’s essential to pause, unplug, breathe deeply, and take care of yourself. We encourage practices like mindfulness, meditation, connecting to your own inner nature through the forest, and taking the time to slow down and allow yourself to simply be.”

Three daily delicious, healthy meals are developed by Chef Ken Hahn in conjunction with Registered Dietitian Lindsay Ford.

“Real, whole food is delicious,” says Lindsay Ford. “When you see the colors and taste the flavors of a dish at Skyterra, your senses are awakened. We also wanted you to be able to continue eating this way at home, so we developed our menu and recipes with that in mind.”

Cooking classes are also included to help guests learn how to sustain weight loss at home while still creating flavorful meals the whole family can enjoy.

Activities at Skyterra range from hiking, Waterfall Hunting, and paddle boarding to aqua fitness and weight training. Skyterra also offers massages and acupuncture as additional services.



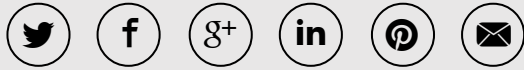
Waterfall Hunting at Skyterra

“We want you to thrive. The Skyterra Way is not just about losing weight; it’s about reclaiming your life.”

Skyterra Wellness is located in an area known as the [land of a thousand waterfalls](#), near Lake Toxaway, a short drive from Asheville and Brevard, North Carolina.

If you would like to learn more about Skyterra, visit <http://www.SkyterraWellness.com> or call (888) 897-6836.

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