

BONAIRE, DUTCH CARIBBEAN

August 2007

Bonaire Wellness Connexions, the leader of health & fitness programs in Bonaire has planned **Bonaire Wellness Month** from November 2<sup>nd</sup> thru December 2<sup>nd</sup>. Bonaire Wellness Month is a health & sporting event organized for wellness professionals, local residents and tourists alike. Everyone is invited to observe this unique event which will offer the public health, fitness and sport activities throughout the month.

This important event is a celebration of health and an opportunity for wellness professionals to raise local consciousness on the importance of nutrition, exercise, good body posture and healthy habits. Our goal is to get individuals involved with health & fitness programs so that they become more physically active. By becoming more physically active, they will prevent heart and other diseases and improve their health.

Miguel Angel Brito, Bonaire Wellness Connexions' director defines this special event as an opportunity to discover Bonaire from the perspective of a wellness traveler. "With a beautiful nature to explore, many health and fitness programs take advantage of Bonaire's great outdoors. Hiking, mountain biking, kayaking, tai chi, and yoga are among the many activities designed to improve health and introduce guests to the natural wonders of Bonaire", Miguel says. Every program will be led by local instructors who will guide guests towards optimal health and well being through a series of lectures, the latest exercise programs and outstanding outdoor activities.

**Planned activities include:**

- ◆ Weight Management (Nutrition)
- ◆ Group Fitness: Yoga, Dancing Workshops, Steps, Combat, Body Balance
- ◆ Outdoors: Running, Mountain Biking, Road Biking, Hiking, Kayaking Tours, The Eco Swim.
- ◆ Functional Back: Posture Analysis
- ◆ Wellness Family
- ◆ Demonstration of Simple Stretching Techniques

Bonaire Wellness Month is a local event to raise awareness and encourage participation of all wellness professionals to effectively improve the vitality of the population through the best practices of health and wellness.

Everyone is welcome to participate and discover the wonders of Bonaire. It is time we let the local media, employers and community know that we care about achieving greater health and better physical condition. The detailed wellness program schedule will be announced September 16 in which visitors will find a day-by-day program schedule.

Please forward this message to any of your friends and colleagues who you believe should participate in this important and powerful event.

Fit regards,

Miguel Angel Brito  
Director

**Bonaire Wellness Connexions BV**  
**[www.bonairewellness.com](http://www.bonairewellness.com)**

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*Awaken Your Spirit, Strengthen Your Body, Energize Your Life*