

# Kandima

MALDIVES

## LIFESTYLE RESORT KANDIMA MALDIVES ANNOUNCES 'GET OH-SO FIT' WEEK WITH EWA CHODAKOWSKA

*The Polish fitness celebrity will host her signature Wellness Week program in Maldives between 16-22 September 2018.*



**Maldives, 31<sup>st</sup> May 2018:** Kandima Maldives has partnered with one of the most influential fitness trainers in Europe - Ewa Chodakowska - to hold an OH-SO FIT WELLNESS WEEK for both her fans and in-house guests on its 3-kilometre island between 16-22 September 2018.

The event will involve daily morning and afternoon training sessions, healthy meal plans curated by Marta Kielak, the official *BeActive* brand dietitian; private dietary consultations before and after the event, fun-packed parties and excursions, and customized body readings using the Body Composition Analyzer. The machine gives clinically accurate readings, which help the participants understand the impact of the diet and exercise on their body and keep everybody motivated throughout the whole week and after!

Guests will also enjoy group fitness activities at Kandima's state-of-the art fitness facilities such as BURN Fitness Centre with its own private swimming pool (15m / 50 feet), fitness pavilion offering Aqua Fun & Fit, Pilates, Kross Fit, TRX Suspension Training, POUND® fit, boxing and both traditional yoga and aerial yoga classes. The urban activity jungle is open 24/7.

The one-week package includes seven-night accommodation in a [Sky](#) or [Beach Studio](#), full board personalized healthy meal plan based on Ewa's signature *Be Diet* plan, one guided snorkeling excursion, snorkeling gear rental for the whole stay,

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daily welcome mocktails at [Breeze Pool Bar](#), POUND® class and a welcome gift upon arrival.

The price for one person per week - US\$ 3512 +++

The price for two people per week - US\$ 5074 +++

The prices are subject to 12% GST, 10% service charge and Green Tax of US\$6 per person per night.

Return transfers charges will also apply:

- Domestic return transfers US\$ 350 per adult and US\$ 290 per child.
- Seaplane return transfers US\$ 550 per adult and US\$ 350 per child.

For bookings, please visit [www.kandima.com/ohsofitwithewa](http://www.kandima.com/ohsofitwithewa), call (+960) 676 0077 or email [mykindofplace@kandima.com](mailto:mykindofplace@kandima.com).

Terms & Conditions:

Please quote booking code *EWAWW* at the time of reservation.

## **About Ewa Chodakowska:**

Ewa's fitness empire began with training videos, which have motivated women to exercise regularly and with long-term results. Now she 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 known as the editor in chief of Be Active magazine and runs inspiring fitness workshops all over the world. She has over 2 million fans on [Facebook](#) and over 1.3 million on [Instagram](#).

In 2014 Ewa set the Guinness World Record for hosting the world's largest group exercise. In 2017 Ewa set the Guinness World Record for the largest group holding one minute in abdominal plank position.

**-Ends -**

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## **About Kandima Maldives**

This new game-changing resort is an affordable lifestyle destination. Kandima Maldives is smart, playful, rooted and responsible. This 3-kilometer resort is a place with an authentic Maldivian soul. It is all about genuine hospitality with a human touch and innovative solutions that make use of the latest technology. Kandima Maldives is under the new hospitality group Pulse Hotels & Resorts, and caters for guests of all ages: families, couples, groups of friends and honeymooners. Whether you seek relaxation, both aquatic and island adventures, wellbeing, fitness or just family time, this 266-room beach resort has something for everybody. With the longest outdoor pool in the Maldives, football pitch, tennis and volleyball courts, Aquaholics water sports and dive centre, Aroma art studio and many more, there is plenty to keep everyone occupied.

## **About Pulse Hotels & Resorts**

Established in 2015, Pulse Hotels and Resorts is an umbrella brand for a range of innovative and contemporary hotels and resorts that are being built upon their core philosophy of being smart, playful, rooted and responsible. The brand will provide class leading accommodation and facilities with a relaxed ambience and importantly.

For media enquiries, please contact:

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