

Travel Review: Pritikin Longevity Center & Spa



By [Delaney Gilbride](#)

As spring is making its debut and the long straining days of winter have finally come to an end, we're sure that you're starting to think about planning your summer [romantic getaway](#). Although summer is only months away, you and your boo may still be feeling the long-term affects of a winter slump. It may be hard to pick the perfect summer destination if you're still feeling low energy mentally and physically as the warm weather approaches. This reason (among many others) is why the [Pritikin Longevity Center & Spa](#) opened its doors to the public over 30 years ago. Located in the beautiful Miami, Florida, with over 35 years of experience, Pritikin's is one of the

nation's premier health and wellness resorts teaching visitors how to lead an all-around healthier lifestyle.

If you and your love want to see a real change in the way you live your day to day lives, Pritikin Longevity Center & Spa located in Miami, Florida is absolutely the place for you!

More than 100,000 people worldwide have attended Pritikin's programs leaving the resort relaxed, refreshed, and ready to live their lives in a new light. This all-inclusive resort allows for a one to two week stay with a three day weekend retreat that runs a few times a year for people to see a glimpse of the program before they fully commit. The Pritikin Longevity Center & Spa has multiple goals for their guests who truly want to better their lives including healthy weight loss, healthy hearts, lowering cholesterol, controlling diabetes, lowering blood pressure, and providing the best tools for a healthy mind.

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Guests will be able to attend health lectures from the very best health and wellness experts they have to offer. These experts include doctors of medicine, exercise physiologists and nutritionists, and top chefs including the trained "no salt" chef. Classes include healthy cooking courses with the "no salt" chef and unique exercise courses for both your body and mind. This resort does everything and anything in order to help shape the lives of those who need a bit of a boost when it comes to their over all wellness. If you want to make

something a habit it *must* become a lifestyle.

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Pritikin's makes sure your stay at their resort will have long-lasting effects as they provide the Pritikin Program to every one of their guests. This program provides extensive daily plans including diet, exercise, and a healthy mind and body plan. The diet program includes cooking lessons, five gourmet meals and snacks daily, and included medical tests and appointments to make sure your body and heart continue to make progress. The exercise plan has always been a bit hit with guests. Everyone at the resort is so encouraging and proud of each and every persons success – it's truly a *fun* time for all. The exercises include cardiovascular conditioning, strength training, and stretching with electives such as Sunrise Stretch, Yoga/Meditation, Aquatics, Functional Fitness, Balance & Stability, Tai Chi, Spinning, Zumba Dancing, and Pilates. And finally, the healthy mind and body program provides education for long term success after leaving the resort. Their physicians provide education on why healthy living is so important while breaking through personal obstacles getting in the way of your healthy happiness.

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The Pritikin Longevity Center & Spa is just as beautiful and relaxing as it is focused on bettering your mind and body. The resort is newly renovated with breathtaking amenities including their decadent dining areas and luxurious suites varying in all sizes to fit your needs. Enjoy the Miami weather by relaxing outside by one of their many outdoor pools or escape the heat by cooling off in their indoor pools. Pritikin Longevity Center & Spa is known for their exquisite spa treatments which guests indulge in after a day of mental and physical exercise. With their 650-acre grounds,

you'll never run out of things to do.

If you and your love need a little bit of a boost in order to better your lives, the Pritikin Longevity Center & Spa is definitely the place for you. By including diet, exercise, and healthy mind and body plans for their guests, thousands of people have left their resort feeling better than ever!

Go on and live your best life by planning your trip to sunny Miami's [Pritikin Longevity Center & Spa](#) now!