

BODY TRANSFORMATIONS

2025/26 BROCHURE



THE BEFITREAT METHOD



**EXPERT
COACHING**



**NUTRITIOUS
FOOD**



**REAL
RESULTS**



**RETREAT
COMMUNITY**



**SUPPORTIVE
HOSTS**

OUR MISSION

At BeFitreat, our core mission is to create transformative retreat experiences in breathtaking settings, fostering a vibrant community where individuals connect and thrive.

Guided by expert coaching and underpinned by exceptional 5-star customer care, we are dedicated to empowering you to ***become your fittest self.***



MEET OUR COACHES



SAM

With close to a decade in the fitness and wellness industry, Sam brings a unique blend of intelligent programming, sharp anatomical knowledge and a no-nonsense Aussie attitude to every session. As both a Personal Trainer and Advanced Yoga Teacher, he specialises in helping clients build functional strength, body awareness and confidence - whether mastering a handstand, gaining muscle or just getting comfortable in your body, Sam's sessions are challenging, purposeful and always leave you feeling stronger.



VERONICA

My fitness journey began two years ago when I came to Thailand to try Muay Thai for the first time. From that moment, I fell in love with the culture, the discipline, and fitness as a whole.

A year ago, I started working as a Strength & Conditioning coach at Tiger Muay Thai, which deepened my passion for movement and health. More recently, I joined BeFitreat where I now work as a Nutritionist and Personal Trainer. I love helping guests achieve their goals and I strongly believe in the power of guidance and education to transform your health; body, mind, and spirit.

WHAT'S INCLUDED

TRAINING

All Inclusive training, including: Fitness Sessions, Boxing, Muay Thai, Cross Training, Mobility and Yoga.

PERSONAL TRAINER

Dedicated Personal Trainer giving you weekly PT sessions during your entire stay

NUTRITION

Weekly Meal Plan and meals designed for your personalised weight loss or muscle gain goals

MUAY THAI

x2 Private Muay Thai sessions

EXCURSIONS

x1 free excursion which you can choose from our brochure of carefully curated excursions

WELLNESS

x1 Free Thai Massage per week stay





NUTRITION

Nutrition plays a huge role in how much weight you want to lose or muscle you want to gain.

Nutritional meals are offered on all of our Retreat Packages, however if you'd like a bespoke meal plan* based around personal goals, our Nutrition Coaches can create a Macro and Calorie based meal plan for the duration of your stay with us.

Meal Log				
Meal Type	Food Type	Protein	Carbs	Fats
Breakfast	Protein Smoothie with Mango & Chia	15g	30g	5g
Meal 1 - Breakfast	Chicken, Sweetcorn and Rice	40g	40g	10g
Meal 2 - Lunch	Protein Bar	15g	10g	10g
Meal 3 - Dinner	Protein Bar	15g	10g	10g
Snacks	Protein Bar	15g	10g	10g
Drinks	Protein Bar	15g	10g	10g
Meal 4 - Dinner	Protein Bar	15g	10g	10g
TOTAL		100g	100g	40g



Your Personal Nutrition Coach on hand to answer any questions and keeping you accountable with weekly check-ins

*Available on Body Transformation packages only

WHAT YOU GET

Why choose our Thailand Body Transformation Program

The ultimate program for those who are serious about losing weight, gaining muscle, and being in the perfect environment to make it happen.

Spend 2-12 weeks building the body you've always wanted while eating delicious, nutrient-loaded meals made from local ingredients.

Spend your free time taking in the sights and sounds of one of the most beautiful islands in Thailand.



**3D Body Scan not available on Body Transformation Lite*



PERSONAL TRAINING
PRIVATE WEEKLY SESSIONS
ALONGSIDE YOUR DAILY
GROUP FITNESS CLASSES



WEEKLY MEAL PLAN
NUTRITIONAL SUPPORT
PERSONALISED WITH YOUR
MACROS AND CALORIES FOR
FAT LOSS OR MUSCLE GAIN
GOALS



MEALS 6 DAYS PER WEEK.
SUNDAYS ARE FOR YOU TO
ENJOY PHUKET'S CULINARY
DISHES



ACCOUNTABILITY
WEEKLY CHECK-IN AND
MEASUREMENTS UPDATE



PROGRESS & RESULTS
ADVANCED 3D BODY SCAN
FOR BEFORE & AFTER



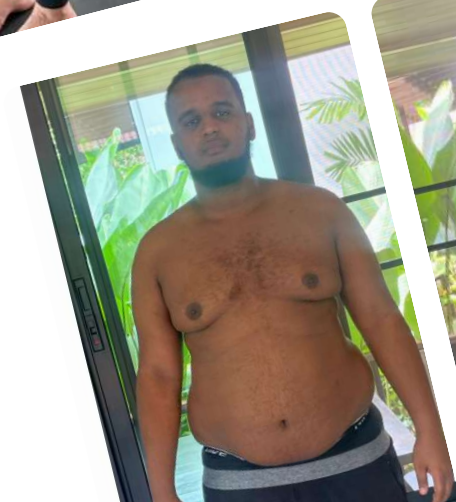
WELLNESS & LIFESTYLE
MASSAGES, ICE BATH AND
WORKSHOPS



COMMUNITY
EXCURSIONS, GROUP MEALS
AND SOCIALS



SUCCESS STORIES



"I CAME DETERMINED
TO CHANGE MY LIFE
NOT JUST
PHYSICALLY BUT
MENTALLY."



CLIENT TESTIMONIAL

I came to Thailand mentally, physically and emotionally drained. Through the program I achieved weight loss, yes, but more than that, my mental health has improved so much. I worked with David for Personal Training the first 7 weeks. He pushed me like no other in the best way. Set PR's I didn't even think possible. My extended week I got the privilege of working with Lizel. She was great as well. It was cool to get to work with two different PT's and experience their different styles. Overall I'm leaving Thailand with improved fitness, a clearer mind, and a full heart. I met the most amazing people here who are all on the same journey of bettering themselves. A fitness vacation was the best gift to myself.

BEFORE



AFTER



WATI



Age: 40's



From: Hawaii



Retreat Length: 8 Weeks



Weight Loss: -11.5kg & -30cm

THIS IS
WATI NOW
12 MONTHS
ON!



SEAD



Age: 40's



From: Canada



Retreat Length: 12 Weeks

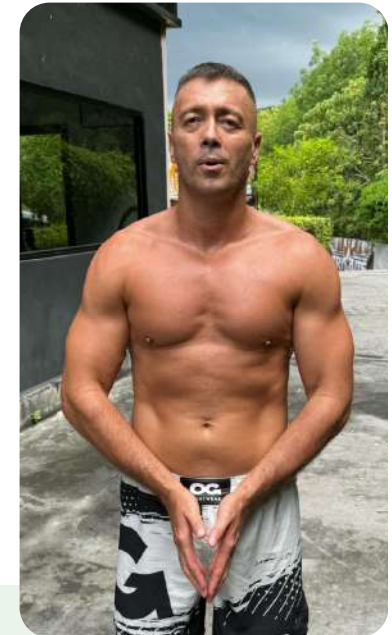
BEFORE



AFTER



QUOTE ON QUOTE:
"SEAD SAID THAT THE
RESULTS HE
ACHIEVED IN THE
SPACE OF 12 WEEKS
HERE WITH BEFITREAT
HE WOULD NEVER
HAVE ACHIEVED IN 12
MONTHS BACK HOME"



COACH REVIEW

Was here for 12 weeks in total and came with some body fat that he wanted to lose after being extremely busy with his job as a construction contractor. Sead has knowledge of the gym from the past. We put him into a calorie deficit and kept his protein high. He worked on his mobility, his strength training with my PT session and cardio through the Tiger Muay Thai group classes. With all three combined he managed to drop an awful lot of body fat. After week 8 we were able to up his food twice so he's been able to go home with a sustainable calories.

KEVIN HAS
ABSOLUTELY
SMASHED HIS GOAL
BEYOND
EXPECTATIONS.
WHAT A
TRANSFORMATION!

KEVIN



Age: 50's



From: United States



Retreat Length: 12 Weeks



Weight Loss: -14kg & -15cm

BEFORE



AFTER



COACH REVIEW

Kevin, spent 12-weeks with us here in Phuket on our Body Transformation started at 120 Kilograms and worked his way all the way down to 106 Kilograms. Maintaining a lot of muscle mass on the way down, his physique has hugely improved.

Kevin at the start was not able to get his hand behind his back due to a bicep tendon issue. We have worked around things that he's not able to do, and now we are able to do everything we set out at the start.

THE BEST DECISION I MADE

NAVEEN



Age: 40's



From: United States



Retreat Length: 6 Weeks



Weight Loss: -14kg & -21cm

BEFORE



AFTER



CLIENT TESTIMONIAL

It was the best experience I had. I ended up with an amazing group and Lizel my Personal Trainer.

Overall here in Phuket everyone was on the same journey.

It was the best decision I made. BeFitreat is amazing, the people who work here are amazing and everybody that was in my group were all so great.

I am very grateful.



SEAF



Age: 40's

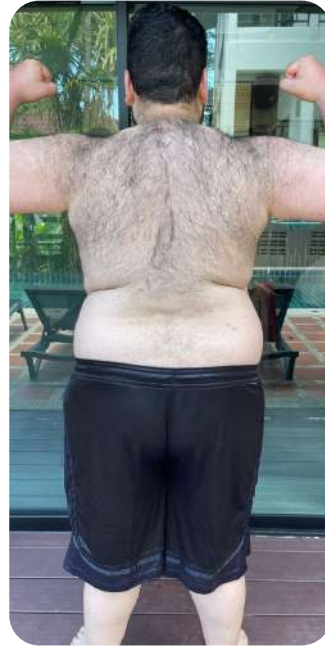


From: United Kingdom



Retreat Length: 8 Weeks

BEFORE



AFTER



ELIZABETH & THOMAS



Age: 50's



From: Netherlands



Retreat Length: 3 Weeks



Elizabeth:

-4.3kg loss and -8cm off waist

Thomas:

-4.3kg loss and -6cm off waist

BEFORE



AFTER



Elizabeth and Thomas are Husband & Wife joined BeFitreat for 3 weeks on our Body Transformation program. One of their main reasons for joining was due to them embarking on a new life chapter which included relocating and a new job for Thomas.

They decided to take the time ahead of their move to get fitter, feel good and lose some weight. They both threw themselves into the training and nutrition, immersing themselves in the BeFitreat way of life and community. Their individual results in the short 3 weeks are incredible which really is testament to their dedication following the guidance and support from our team and coaches.

BEFORE



AFTER



We had a great time at BeFitreat. The staff are very friendly and knowledgeable. We spent 3 weeks in Phuket and got very good results - and also got knowledge to continue the lifestyle.

-THOMAS



“THE BIGGEST
THING ANNIE
TOOK AWAY FROM
THIS RETREAT WAS
EDUCATION AND
CONFIDENCE”



COACH REVIEW

6 years ago Annie had a baby and kept increasing in weight up to 230lbs and has openly admitting to “falling off the wagon” many times.

The structure of BeFitreat over the 8 weeks has gained her confidence in group classes and she now understands how to eat correctly for her body. Annie lost on average 3lbs per week during her time on the retreat and in total lost 17lbs. She didn't put herself under any stress and achieved a sustainable steady weight loss.

BEFORE



AFTER



ANNIE



Age: 40's



From: United States



Retreat Length: 8 Weeks



Weight Loss: -7.7kg and -4 inches
off of waist

REZEK



Age: 30's



Retreat Length: 8 Weeks



Weight Loss: -15kg -32cm

BEFORE



AFTER



I RECENTLY EMBARKED ON A WEIGHT LOSS JOURNEY AND I AM SO GRATEFUL TO BEFITREAT FOR MAKING THE PROCESS SO EASY AND ENJOYABLE. BEFITREAT PROVIDED ME WITH A GYM MEMBERSHIP, A STAY IN A BEAUTIFUL HOTEL, A HEALTHY MEAL PLAN, AND A PERSONAL TRAINER TO GUIDE ME THROUGH MY WORKOUTS.

COACH REVIEW

Rezek initially was supposed to stay with us for 4 weeks on our Body Transformation package. Dropping body fat by the day and progressing in classes and personal training, Rezek decided to stay for another 4 weeks. In total he built a great amount of muscle and dropped a huge amount of body fat. He was so motivated that before he left Thailand he signed himself up for a gym back home and couldn't wait to put his new love for fitness to the test in his own environment!



BEFORE



AFTER



RETURNING
CUSTOMER

Laura was one of our very first Retreat Guests, joining us back in 2020 when we originally launched. This year Laura came back for a second time and has since said she would love to make BeFitreat an annual gift to herself.

BEFORE



AFTER



LAURA



Age: 30's



From: United Kingdom



Retreat Length: 2 Weeks



Success: -3kg & -10cm



COACH REVIEW

Laura gave it 100% every time she stepped into a class or to a PT session. She came with a goal in mind to improve her Budda Run time and she broke the record that she wanted to break. She was only here for two weeks but achieved incredible results, losing almost 10cm around her waist and stomach area.

NATHAN



Age: 30's



From: United Kingdom



Retreat Length: 12 Weeks



Achievement: Muscle Gain & Fat Loss



BEFORE



AFTER



"MY PRIMARY MOTIVATION WAS TO GET MYSELF OUT OF A RUT AND SORT BOTH MY PHYSICAL AND MENTAL WELLBEING"

COACH REVIEW



With the amount of muscle that he built, we took him out of a calorie deficit and we started pushing his food upwards 100 calories every couple of weeks. He started off with higher body fat and low muscle. As the weeks went on between his cardio and his weight training, he got very, very lean and very, very strong.

A one rep max was his favorite lift, so we were doing that bi weekly on his compound lifts like his bench, squat, and deadlift. Also, he has a better understanding of his nutrition now. He is going to continue weight training, and also with traveling in the future, he's going to add calinesthetics.

CRAIG



Age: 40's



From: United Kingdom



Retreat Length: 7 Weeks



Weight Loss: -5kg -7cm

BEFORE



AFTER



BEFORE



AFTER



COACH REVIEW



Craig recently ran our Body Transformation package and came into it with an open mind! The exact attitude you need when running a course like this. Accepting that the scales was not moving, trusting the process and dropping body fat by the week. Post retreat Craig's cardio is great and he has some amazing personal records in the gym, meaning he is lifting weight and consistently progressing. The future of exercise and health is looking great for this guy!



HARRY



Age: 30's



From: United Kingdom



Retreat Length: 10 Weeks



Weight Loss: -6kg -5cm



CLIENT TESTIMONIAL

I booked the body transformation package with befitreat for 10 weeks and wasn't disappointed. Firstly where you stay is amazing, it's a full street dedicated to fitness and bettering yourself, every person there is there for the same reason as you. The accommodation was really nice and clean.

The host Steph was very accommodating, answering any questions I may have had. The meal prep was very good, just a short walk away, never having to worry about my meals was perfect for me to push on with my training. Tiger Muay Thai was a great gym to train in, very good coaches and very good facilities.

I had 2 pt sessions a week with befit coach Mike and he pushed me to my limits each time! You make friends for life and at the end you'll wish you don't have to leave. I Will 100% be returning and recommend to anyone thinking of bettering themselves in some Thailand sun.



BEFORE

AFTER



IRYANA



Age: 30's



From: Germany



Retreat Length: 5 Weeks



Weight Loss: -6kg -5cm



PRAVEEN



Age: 20's



From: India



Retreat Length: 4 Weeks



Weight Loss: -10kg -15cm

BEFORE

AFTER



COACH REVIEW

When Praveen first joined he was very insecure of his appearance, this lead to lack of confidence in classes and in social environments. While being here with us, Praveen mainly focused on his PT sessions and ensuring he followed the meal plan.

At the end of his time with us, he lost 10KG's and was extremely proud of the progress he made, as are we!





CONTACT

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