

## GETTING AWAY FROM IT ALL



When we talk about wellness, rarely do we include get away from the rat race. Even just for one night.

Well that is just what Laura and I did and we headed to Lorne for one night and a day. It was the best thing we have done together for a long time.

We forgot about our stresses and just enjoyed each others company, but also enjoyed some amazing sights, scenes, smells and the amazing energy of the great outdoors.

We walked along the beach. We went to the Erskine falls (above). We went to some look outs with amazing views. We walked through rain forest.

Then after all that exercise we sat down at the beach and enjoyed a fantastic barbeque with prawns, lamb and bbq'ed vegetables. It was delicious and nutritious.

All in all it was one of the best 24 hours I have had for a long, long time.

It really got me thinking about all the wellness benefits of getting away, even for just 24 hours:

- Laughter and fast
- Quality time with the loved ones
- Time away from other stresses in lives
- Healthy activity
- Healthy eating
- At one with nature
- Fresh air
- Clearing the mind & putting things in perspective
- Coming back renewed and invigorated
- More sleep
- Great sex

What other reasons do you need? Get online and book your day or two away NOW!!