

Fitness retreats have nothing to do with indoor gyms

By Tyler Graham, Bloomberg

Instead of going to a gym, Erwan Le Corre climbs trees and shoulders heavy logs. And on your next vacation, he wants you to join him.

Le Corre's Santa Fe, N.M.-based MovNat is one of a handful of fitness outfitters offering getaways centered on the notion that our Stone Age genes are a mismatch for our Google-age environment. Unlike spa-centric wellness retreats from the likes of Canyon Ranch, these strenuous multiday excursions in places such as California, Kenya and Thailand aim to reconnect the office-bound, white-collar set with the motions our bodies were intended to make in the natural world.

At MovNat's outposts in Costa Rica, Mexico and Spain, for instance, days are spent mastering what Le Corre classifies as the basics of human movement: climbing, crawling, jumping, running, swimming and lifting. Le Corre says his approach helps reverse the damage done by our sedentary lives.

The day might begin with a group outing into the forest, where a MovNat-certified instructor teaches participants how to properly crawl through the underbrush or vault over a branch blocking a trail; later, you might find yourself lifting 50-pound logs or scaling a tree, branch by branch.

Each movement Le Corre champions engages the entire body, he says, rather than targeting a specific muscle group like most gym workouts. If a client is unable to perform a given activity, trainers will modify the task accordingly.

The 150 spots at this year's PrimalCon, as the event is known, sold out almost immediately, spurring him to add dates in

South Lake Tahoe and Austin.

Read the whole story