



www.biggestloserresort.com
888.945.6737



TRANSFORM YOUR WAY OF LIVING



*"The most difficult thing is
the decision to act, the rest
is merely tenacity."
—Amelia Earhart*



The Biggest Loser


Your Journey Begins Here

Many people know of the renowned television program, The Biggest Loser. Each week, participants competed with their own goals and one another to become The Biggest Loser. Whether you are a die-hard fan of the show or know about it casually, we know you are on your own journey of transformation, and we are ready to help.

The Biggest Loser Resort Niagara is a guided weight loss intervention focused on wellness with individualized support to achieve your goals. We do so through individualized fitness programs, lifestyle coaching, nutrition guidance, relaxation, restoration, and community support. Here is a glimpse of what you can expect during your time at The Biggest Loser Resort Niagara.

Individualized Goals

At The Biggest Loser Resort Niagara, your goals are our goals. Every attendee at our resort is respected and treated as an individual. Through one-on-one coaching, a carefully curated plan to achieve your goals is developed and becomes YOUR roadmap for the week.



"Challenges seem like they are breaking you. However, in truth, they are making you into the most limitless and versatile version of yourself."

—Hiral Nagda

Embracing New Goals and Challenges

During your stay, we encourage you to reach all your goals by challenging yourself to the best of your ability to work hard and stay focused. With this approach, you can become the “best” version of yourself according to your own definition of what “best” means to you.

Emotional Safety

Challenging yourself each day takes sacrifice, determination, and vulnerability. At The Biggest Loser Resort Niagara, we provide a non-competitive, supportive community throughout your time at the resort. Your coaches will support you. The chef and kitchen staff will support you. Your fellow attendees become a network of support. And most of all, you learn to support yourself.

Educational Tools

When you attend The Biggest Loser Resort Niagara, not only do you learn how to integrate fitness into your daily life, but you also receive assistance from certified trainers on how to understand the ins and outs of personal wellness and the impact it has on various aspects of your life. These sessions help to provide the intellectual wellness necessary to be successful. At The Biggest Loser Resort Niagara, we know that knowledge is power.



“Wellness is the complete integration of body, mind, and spirit - the realization that everything we do, think, feel, and believe has an effect on our state of well-being.” – Greg Anderson



Spaces to Grow

One-of-a-Kind Facilities and Experiences

While the key to your success comes from within you, it is critical to have the right facilities and experiences that provide the tools for personal growth. At The Biggest Loser Resort Niagara, we have all the onsite facilities needed to support your journey throughout the week, all surrounded by the beauty and serenity of the resort.

Train

- Fully equipped gym
- Indoor aquatic center
- Yoga and movement studio
- Outdoor challenge courses and climbing wall

Meditate

- Beaver Hollow Resort's proprietary Mindful Mile
- Miles of hiking trails
- Outdoor pavilions for reflection, yoga, and movement

Recreate

- Pickleball, basketball, bocce, shuffleboard, billiards, and horseshoes
- Rowboats and fishing
- Outdoor swimming pool
- Cross-country skiing and snowshoes
- Nightly bonfires



*"True enjoyment comes
from activity of the mind
and exercise of the body;
the two are ever united."
– Wilhelm von Humboldt*



Curated Cuisine

At The Biggest Loser Resort Niagara, we recognize that for many, it is a struggle to find the right balance when it comes to eating and achieving healthy lifestyle goals. From feelings of guilt to using food as a reward and everything in between, the struggle is a constant burden. In our program, we work to create meals and snacks that taste exceptional, have outstanding nutritional value, and are realistic to prepare for yourself when you return home.

Highlights of our dining program include:

Individualized Planning

Our registered dietitians carefully design menus to make sure that your dining supports the challenging work that you put into the physical and emotional goals that you set before and during your time at The Biggest Loser Resort Niagara. At the beginning of your week, they will work with you to make any necessary modifications.

Perfectly Prepared

The Biggest Loser Resort Niagara has a team of certified chefs and registered dietitians that bring amazing menus to life. The meals created are not only healthy, they are satisfying and taste delicious! All food is made with the finest and freshest ingredients, that are organic and often locally sourced.

Experiential Learning

It's easy to eat right while you are here. Sustaining proper eating habits and cooking healthy meals is often the biggest challenge our participants face when they leave. Our Demonstration Kitchen is hands-on, and designed to teach you the necessary culinary skills to sustain a balanced, healthy diet at home.

Community and Camaraderie

At the beginning of each week, you and a group of individuals come together to achieve success as you define it. After a day of learning and doing, the group can gather to dine and discuss the day. In your own private dining area, this is a wonderful time to relax together and support one another before beginning your free evening of relaxation.

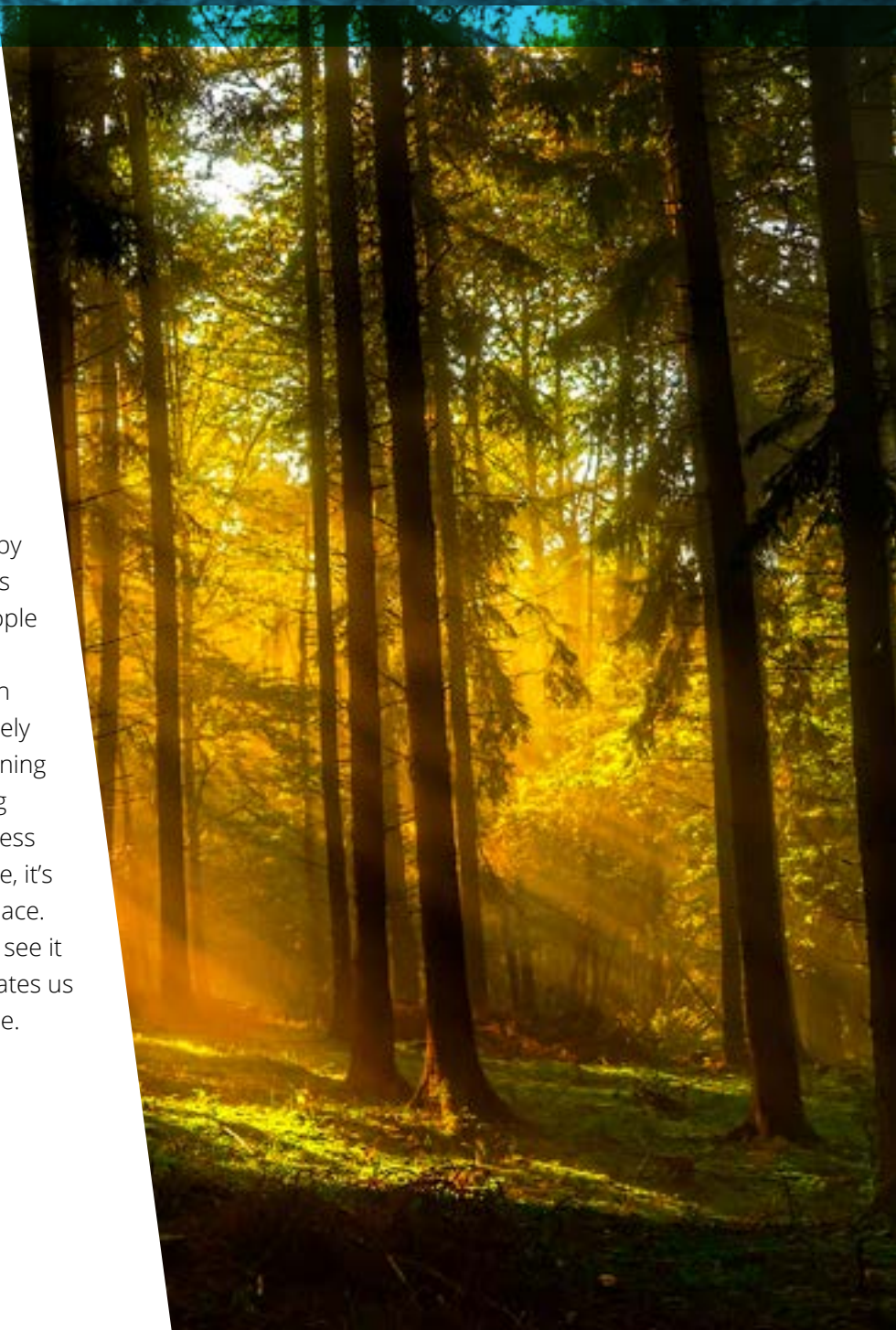




The Perfect Backdrop for Transformation

The Biggest Loser Resort Niagara is located on the beautiful property of Beaver Hollow, a renowned conference and retreat center in Java Center, NY just 45 minutes from Buffalo International Airport. With more than 300 acres (about half the area of Central Park in New York City) of private, natural beauty, Beaver Hollow provides a perfect setting to work towards your goals of self-growth.

Beaver Hollow is renowned for leaving guests renewed, refreshed, and impacted by their time in such a special place. Maybe it's the peaceful, natural setting that helps people leave their worries at the entrance. Some may say it's the opportunity to connect with others and themselves in a place that actively invites them to do so. For others, it is regaining inspiration and motivation for healthy living through our unparalleled fitness and wellness offerings and healthy dining choices. Maybe, it's simply the opportunity to be and feel at peace. Whatever the reason, at Beaver Hollow we see it in our attendees each day. It is what motivates us to serve you. It's our goal for every attendee.





For guests of The Biggest Loser Resort Niagara, we offer a variety of lodging options to suit your personal preference.

Guests may choose from a private ensuite room or a private villa that provides a living area, kitchenette, bedroom, and bathroom. Both styles of lodging are surrounded by beautiful forests and walking trails marked with inspirational messages and are a leisurely walk to classrooms and fitness facilities. When making your reservation, remember to select your preferred lodging to make sure your stay is exactly how you want it to be.

"There is a serene and settled majesty to woodland scenery that enters into the soul and delights and elevates it and fills it with noble inclinations."
– Washington Irving





**We are committed to helping you renew, connect,
and be inspired to achieve your goals.**

Contact Us Today

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*"Success is peace of mind which is
a direct result of self-satisfaction in
knowing you did your best to become
the best you are capable of becoming."
– John Wooden*

