

HEALTH & HOLIDAY

SUNPARK HOTELS ALANYA

“Balanced Nutrition Is An Art...”

Sustainable Health Programme



ERKAN YAVUZ
Diyetisyen



SUNPARK
Hotels

Sustainable Healthy Living (4 Seasons Health)

Nowadays, healthy life awareness and consciousness are increasing day by day. Balanced and adequate nutrition, maintaining a healthy life, contributing to the healing process of chronic diseases or existing health problems by proper nutrition has become the priority of every individual. Since obesity in the world is progressing at an unstoppable rate, we serve people with our expert staff and comprehensive programmes during weight loss and in the field of healthy balanced nutrition.

To organise camps in groups with the diet programmes we will apply, to include our existing hotel guests in detox programmes in the short and long term, to provide services in programs and events with and without accommodation from within and around Alanya, to provide services to corporate closed groups, pre-wedding groups (wedding preparation) couples, to create a beautiful environment by bringing together rest, fun and healthy nutrition in these processes.

As Ibn-i Sina said, "Everything we eat can be poison and everything we eat can be healing" philosophy and our greatest wish is to leave a mark in the hearts of everyone who enters this door to healthy life. Our guests will act within the programme prepared for them as a result of the measurements and analyses at the first entrance, and they will have witnessed a tremendous experience by providing socialisation, entertainment, rest, education, information and purification.

Dietician ERKAN YAVUZ

Dietician Erkan Yavuz; He graduated from Erciyes University Nutrition and Dietetics Department in 2007 with a thesis on sports nutrition. After serving in Taksim German Hospital for a while, he established FormTime Life Centre in Alanya in 2009 and started to provide consultancy services. Alanyaspor and Turkey Cycling Federation has given consultancy on sports nutrition.

Starting with the philosophy of "balanced nutrition is an art"; weight control, detox, healthy nutrition, purification, regeneration, sports nutrition, nutrition in chronic diseases (such as diabetes, obesity, heart diseases) provides holistic and functional services with applications that offer comprehensive and effective programmes.

CHEF YİĞİT ULUS

Chef Yiğit Ulus was born in Ankara in 1985. While studying law faculty, he changed his career and turned to cookery. He studied Professional Cookery and Food and Beverage Management at the Culinary Arts Academy. After completing his internship in high-level restaurants such as Mikla, Nicole and Museum Changa, he opened and managed his own restaurant called Cilvarda in Alanya in 2018. After 4 years of moving this restaurant to another location by establishing a profit partnership, it operated for 1 more year and closed. In 2023, he is involved in the HOUSE OF BOHEM project and works as the business manager and head chef.

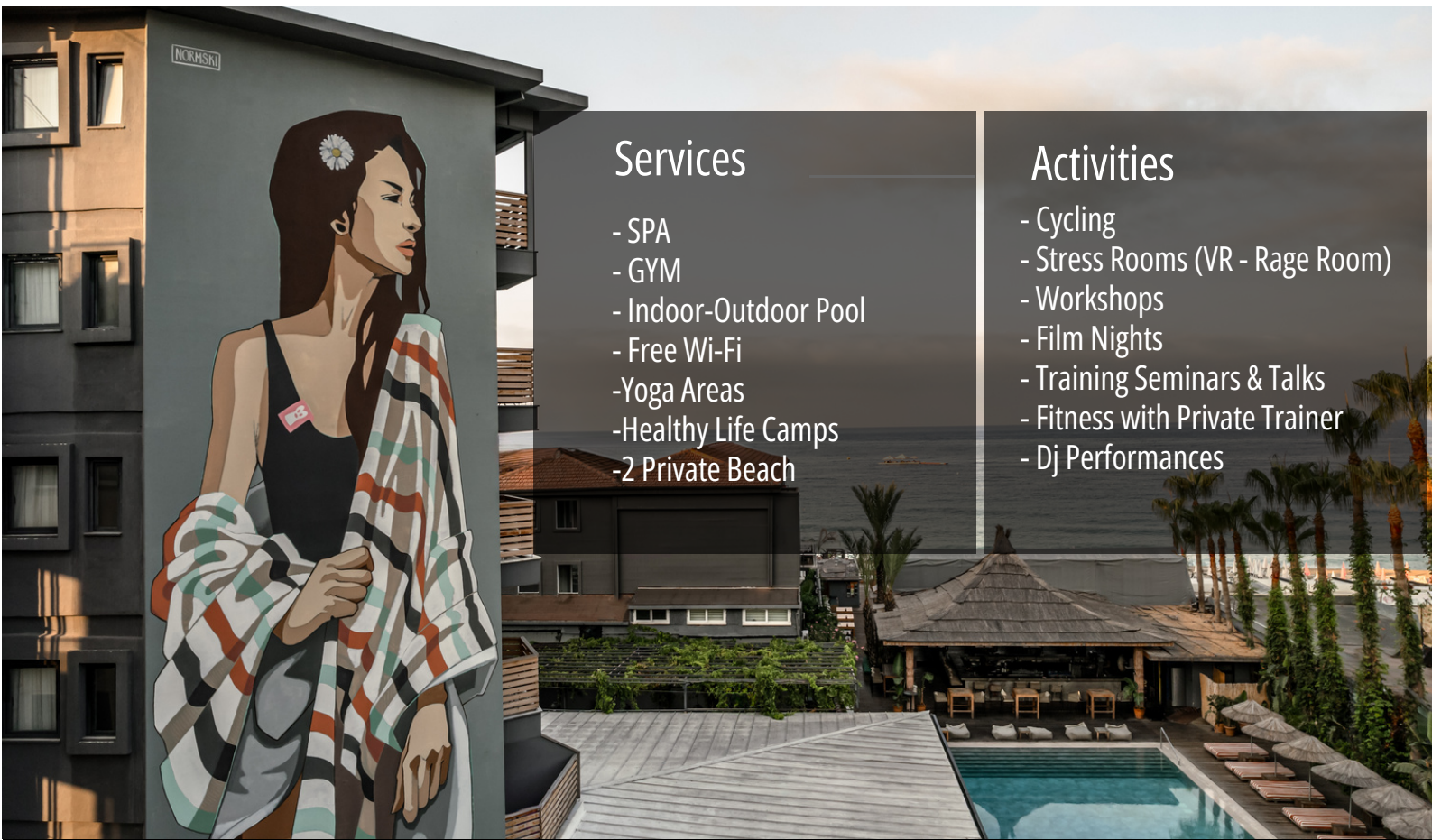
Cook's Club ALANYA

- Direct Flight Opportunity
- 4 Seasons Favourable Weather Conditions
- Beachfront Location
- Magnificent city-sea view
- Night Entertainment
- Private Beach
- Professional Fitness Centre
- Indoor-Outdoor Pool
- Adult Hotel (+12)
- Meeting Rooms

Antalya's Alanya district, the most preferred location of the Mediterranean in Cleopatra Beach, which is the most preferred location of the Mediterranean, consisting of 5 blocks in its own private area, 3 outdoor pools, 1 indoor pool, 4 pools, 2 private beaches, spa, Turkish bath, sauna, 2 special restaurants with world cuisine (House Of Bohem, Cantina), Our hotel, which has a meeting room, fitness centre, mini disco for your special events, rage room (stress room), VR room (virtual reality room) and franchising The Irish Pub, The Mexican Pub and Waffle Planet, hosts thousands of guests from various countries of the world with many events.

Our hotel, which has 4 seasons of health project with 4 seasons of suitable weather conditions, offers a comfortable service to everyone who participates or does not participate in detox programmes as a healthy nutrition, entertainment, purification and renewal centre in the comfort of the hotel. For our guests who do not want to take a break from business life, we offer both holiday and health services in summer and winter with meeting rooms, comfortable working environments, healthy nutrition and sports complex.

Our kitchens offer specially prepared specially prepared flavours supported by clean ingredients carefully prepared for healthy nutrition and a personalised nutrition list.



Services

- SPA
- GYM
- Indoor-Outdoor Pool
- Free Wi-Fi
- Yoga Areas
- Healthy Life Camps
- 2 Private Beach

Activities

- Cycling
- Stress Rooms (VR - Rage Room)
- Workshops
- Film Nights
- Training Seminars & Talks
- Fitness with Private Trainer
- Dj Performances



Cook's Club | Alanya

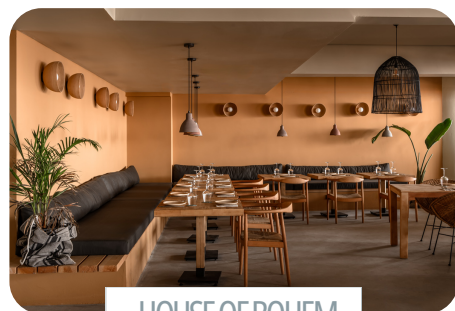
OUR FACILITIES



IRISH PUB



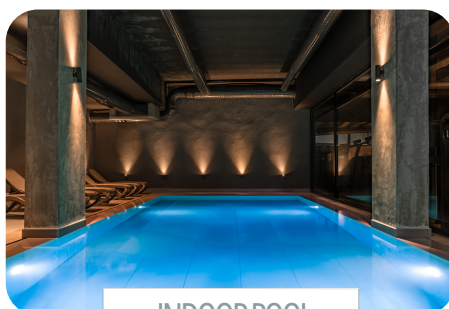
MEXICAN PUB



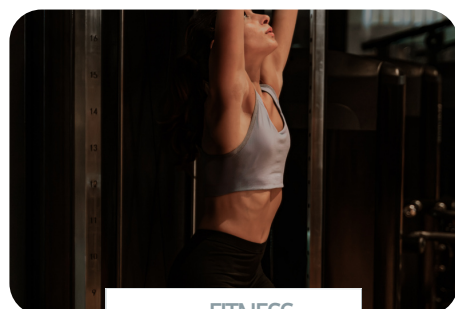
HOUSE OF BOHEM



WAFFLE PLANET



INDOOR POOL



FITNESS



STANDART ROOM



* 16-20 m²
* Balcony

* Television
* Wi-Fi

* Hair Dryer
* Safe Box

* Water Kettle
* Mini-Bar

* Air-Condition
* Land View

STUDIO ROOM



* 20-25 m²
* Balcony

* Television
* Wi-Fi

* Hair Dryer
* Safe Box

* Water Kettle
* Mini-Bar

* Air-Condition
* Land View

SUITE ROOM



* 30-25 m²
* Balcony

* Television
* Wi-Fi

* Hair Dryer
* Safe Box



* Water Kettle
* Mini-Bar

* Air-Condition
* Land View

SUITE ROOM SEA VIEW



* 30-25 m²
* Balcony

* Television
* Wi-Fi

* Hair Dryer
* Safe Box



* Water Kettle
* Mini-Bar

* Air-Condition
* Sea View



COOK'S CLUB ALANYA



ABOUT OUR PROGRAMMES

Our programmes include metabolic therapies, physical exercises, intolerances (gluten, constipation, bloating, lactose intolerance), healthy nutrition. It aims to encourage individuals to live a healthy life with purification (spiritual, physical) detoxes and to adopt this lifestyle permanently.

Detox Healthy Diet Plan

In today's conditions, it may be necessary to detoxify and detoxify in order to be able to be purified from the toxins accumulated in the body in the most effective way, to be protected from the diseases brought by modern life and to age healthily for many reasons such as air pollution, stress, inactivity, processed foods consumed and many more.

OUR CAMPS

Gluten-Free Diet

Vegan Diet

Vegetarian Diet

Ketogenic Diet

**Intermittent Fasting
Nutrition**

Elimination Nutrition

The Mediterranean Diet

Functional Nutrition

Sports Nutrition

Food Map Diet

Low Carb Nutrition

Lactose-Free Diet

The Dash Diet

Weight Loss

***Our programmes can be attended with or without accommodation.**

***The programmes to be implemented will be supported by cell renewal, probiotic and prebiotic supplements.**

OUR PROGRAMMES

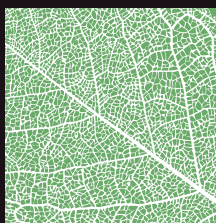
- Accommodation
- Detox and healthy nutrition programme
- Certificate of clean eating
- Body composition analysis (2 sessions)
- Camp period nutrition for professional and amateur sportsmen
- Water sports
- Institutional closed group programmes
- Nature walks
- Gym, pool, sea, pilates, bicycle
- Weight loss - weight gain
- Yoga-meditation events
- Motivational support
- Cinema Nights
- Individualised nutrition support
- Chronic diseases training with Specialist Dr.
- Cold sea activities
- Online service support at the end of camp
- Walking around the orchards and fruit picking
- Pre-wedding packs
- Group discussions and trainings on healthy living with our dieticians
- Gala at the end of programme

***Gluten-free, lactose-free, refined sugar-free, refined sugar-free, vegan, vegetarian products specially prepared for our guests participating in the programme are carefully prepared with expert support.**

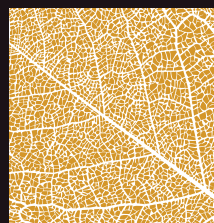


Benefits in Short Time

- *Cleansing from Toxins, Cell Regeneration
- *Weight Loss *Energy Increase
- *Skin Brightness *Improved Sleep Quality
- *Stabilised Blood Pressure and Diabetes
- *Enhanced Immunity
- *Gut Microbiota and Intestine Purification and healing of flora
- *Regulation of Digestive System
- *Healthy Nutrition Habits



• Summer Season:
30° - 40°
(April - October)



• Winter Season:
9° - 17°
(October - March)

Elimination Nutrition

- **Contributes to the elimination of digestive and excretory problems such as constipation, bloating, stomach cramps and nausea, diarrhoea and gas problems.**
- **Helps to relieve irritable bowel syndrome**
- **It regulates the metabolic rate by strengthening the intestinal flora and is a nutritional model with high expectations for both health and weight loss**



DETOX

- **It is an application aiming to purify the body from toxins and weight loss**
- **3,5,7,13 days programmes**
- **It is applied in the form of full liquid or solid liquid nutrition programmes**
- **Detox programmes are successfully carried out in an environment suitable for both spiritual and physical purification**

KETOGENIC

- **Our main goal is to regulate the metabolic syndrome we create with ketogenic nutrition and increase the metabolic rate**
- **In this way, our expectation of efficient weight loss thanks to a high metabolic rate**
- **Stabilising insulin levels and blood sugar**
- **Eliminating the constant feeling of hunger**





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