

STAY

'My pants didn't fit': Travelers checking in at fitness resorts to drop pandemic pounds

Abby Ellin, CNN • Updated 2nd August 2021



Movara Fitness Resort in Ivins, Utah, was recently sold out 18 weeks in a row.

Courtesy Movara Fitness Resort

And the urge to drop pandemic pounds extends beyond the United States.

Slimmeria, a weight loss, detox and fitness retreat operator in the United Kingdom, has been sold out since May. "I think due to the Covid situation people are taking their health very seriously and started practicing self help," says Slimmeria owner Galia Grainger.