Avani Hotels Shares Insta-tips on How to Keep Fit During Turbulent Times

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Bangkok, 15 April 2020: In these challenging times, with our lives disrupted and plans put on hold, Avani Hotels (www.avanihotels.com) is doing its bit to keep the spirits of the armchair travellers up by partnering with four fitness influencers to produce a series of simple AvaniFit-inspired home workout routines.

Steph Elswood (@stephelswood) prepared her workout video during a recent stay at Avani Victoria Falls Resort in Zambia. An Instagram influencer with over 240,000 followers, Steph's healthy living tips reflect her personal interests and range from nutrition to fitness.

Mickey Allapach Na Pombhejara (@mickey.a.np) is a certified fitness educator and coach based in Bangkok, with key focus on strength and sports performance. Mickey holds a Bachelor's degree in Exercise Science from the Oregon State University in the U.S., as well as a Master's degree in Strength and Conditioning from the Edith Cowan University in Perth, Australia.

Dubai-based personal trainer Lea Radojicic (@lea_rebeldxb) is about to add a "nutrition coach" degree to her credentials. Outside of her day job at Rebel Dxb Sports, Lea's been providing online training to those looking for personalised solutions.

An Indonesian foodie and fitness blogger, Pinkan Solang (@pinkands) shares healthy eating tips, vegan recipes and easy-to-follow exercise routines.

"As many of our guests have shifted to digital lifestyle and with at-home fitness on the rise, we wanted to connect with the global community in a way we know best – by providing inspiration. Wherever they are in the world, we hope past and future Avani guests make better lifestyle choices

as a result of this fits-tagram collaboration”, says Javier Pardo – Vice President of Operations for Avani Hotels & Resorts.

Guests can access the videos on Instagram.com/Avani_Hotels or follow #AvaniFit hashtag to check out the latest workout routines and tips from digital influencers for daily at-home fitness inspiration.