

Reviving & Relaxing

# A DAY

## IN THE LIFE OF A HEALTH BUFF

Story by Lynette Lee Corporal;  
photos by Kornkaew Nokkaew and featured companies



Therapeutic healing massages, world-class fitness centers, state-of-the-art hospitals that cater to medical tourists are Bangkok's prime offerings in the healthy lifestyle department. But did you know that bustling Krung Thep still has a few secrets up its sleeve when it comes to healthy living that goes beyond the same old boring gym routine? Whether you are a long-time expat or a tourist only visiting for a few days, there are many ways to immerse yourself, at least for the weekend, in alternative - and fun - activities that promote a sound body and mind. Here's a suggested itinerary by Lynette Lee Corporal for a lazy but ultra-healthy weekend.

11:00:00

Before you get a serious midday sunburn, come on over to Pilates Studio to check out their pilates open mat class. This fitness and rehabilitation technique founded more than 80 years ago is a popular fitness choice for Thais and foreigners alike. Aimed at strengthening the body's core muscles, Pilates improves mind, body and spirit coordination via proper muscle use and breathing, offering flexibility and strengthening the immune system.

The studio is just off BTS Ploenchit. Visit [www.pilatesbangkok.com](http://www.pilatesbangkok.com) or call +66 (0) 2 650 7797 for regular or private classes.

