

## BETTER MOBILITY PROGRAM

Physical activity is essential for a healthy life, creating a sense of well-being and energy. Still, knee or shoulder pain can be discouraging when practicing sports. So that you don't have to give up on your favourite activity, our Better Mobility program offers complete care to help you optimise your movements. By targeting the source of the pain or discomfort, then working to strengthen your body in a specific manner, you can improve ease and comfort during your training sessions. This is our program's goal: to help you be physically active at your peak.

### OUR PROGRAM INCLUDES

- Six nights with full board, from Sunday to Saturday
- A medical check-up: laboratory analyses, ECG
- Two evaluations, at the beginning and end of the program, with a rheumatologist and physiotherapist
- An abdominal ultrasound
- Daily follow-up by an attendant doctor, and nursing care
- Eight 45-minute sessions with a physiotherapist offering physical therapy, massage, specific muscle stretches, mobility and muscle strength exercises, as well as improved balance
- A Tecnobody evaluation (measurement and ratio)
- Dietetic follow-up upon request
- Personalised advice at the Center for Aesthetic Medicine and the Beautymed Center
- Five 60-minute high-touch treatments of your choice
- Three personal cardio training sessions
- Group fitness and aqua gym classes (on request)
- Access to the fitness center, swimming pool, sauna, steam room and vitality pool
- Limousine services from/to the airport or train station
- All non-alcoholic beverages

### ADDITIONAL ACTIVITIES RECOMMENDED FOR THEIR COMPLEMENTARY NATURE

- Dermatology consultation
- Cardiology consultation (stress test)
- Pneumology consultation (respiratory function, etc.)
- Nutritional consultation
- Sophrology and relaxation

