

EDEM CLINIC

UKRAINE

«FITHEALTH» PROGRAM 7 days

It makes use of the most effective leading fitness techniques and combines only the best and time-tested, underpinned by research which aims at achieving the maximum results through consistent study and understanding of the training process. The Program involves an in-depth medical approach with well-reasoned examination, namely ultrasonic investigation, a comprehensive spectroscopic analysis of the hormonal background and their correlation in the body, doctor's advice, sports testing with the help of equipment manufactured by the leaders in the field.

The Program will make you understand more clearly the self-control and self-discipline skills required when you are in training and the balanced nutrition process as well as it will contribute to bringing the weight back to normal and restoring the energy state.

Diagnostics:

The number of procedures:

▪ Cardiopulmonary test (determination of the threshold of anaerobic/aerobic metabolism and fitness)	1
▪ Ultrasound of the heart	1
▪ Electrocardiogram	1
▪ Determination of the basal metabolic rate at rest	1
▪ Doctor's advice (primary and concluding consultations, case follow-up, interpretation of additional examination techniques and doctor's consulting support)	1
▪ Dietarian's advice with scheduling an individual nutrition plan	1
▪ InBody Test (56 parameters)	2
▪ Edem laboratory screening: analysis of protein metabolism, inflammatory markers, liver and kidney tests, deficiency states	1
▪ Comprehensive ultrasound investigation of organs (liver, gall bladder, biliary ducts, pancreatic gland, lien, kidneys, urinary bladder, atrabiliary capsules, thyroid gland)	1
▪ Ultrasound measurement of visceral fat	1

Procedures:

▪ Individual training classes in line with dedicated techniques of rehabilitation doctors	6
▪ Morning group training classes (Circular Yoga Dance, Aqua Aerobics, Power Balance, Body Tonic, Running, Scandinavian walk)	7
▪ Sports and restorative massage of various muscle groups during a training session	6
▪ Hydro-, phyto- and aromatherapy (mineral sports and remedial baths: sulfur and sports baths)	6
▪ Mud treatment and phytotherapy with floating	2
▪ Energy hydromassage (Charcot's shower – sports treatment)	6
▪ Massage of the head hair coat and cervical collar zone	1
▪ Belly massage (combination of manual, mechanical and contrast techniques)	1
▪ Connective tissue massage	1
▪ Nutraceutical support (adaptogens, vitamins, amino-acid mixtures)	7
▪ Visiting a SPA zone (a swimming pool, a gym, a Roman sauna, a Russian bath, a Finnish sauna, armchairs for hammam, a hydromassage mini swimming pool, Swiss shower (circular shower), Kneip track, an ice fountain and a phytobar)	7
▪ Mineral water selection according to physical condition and deficiencies	
▪ Detox phytotherapy	
▪ Healthy Life nutrition menu	7
▪ No floating accommodation rate	

Note:

- The Program cost excludes accommodation.

**The total investment in your health:
94 440 UAH**

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