

EDEM CLINIC

UKRAINE

PROGRAM «FITHEALTH MAN» 7 days

7-Day Functional Recovery, Fitness Optimization & Longevity Program. The FitHealth Man program is a comprehensive 7-day wellness journey designed to improve physical performance, optimize body composition, enhance recovery, and support healthy longevity.

Developed within the concepts of preventive medicine, anti-age medicine, and longevity medicine, the program integrates evidence-based fitness methodologies, functional diagnostics, and proprietary personalized protocols. Every stage is tailored to the guest's individual physiological characteristics, adaptive capacity, metabolic profile, and personal health goals. FitHealth Man not only helps improve physical fitness but also provides a deeper understanding of one's body, efficient movement, recovery strategies, and energy management. The program focuses on developing strength, endurance, coordination, healthy body composition, and sustainable lifestyle habits.

Who is this Program for?

ESSENTIAL:

Designed for men who want to improve their physical fitness, restore energy balance, normalize body weight, increase endurance, and receive a comprehensive assessment of their overall health.

PERFORMANCE:

Designed for men seeking maximum results within a short period of time, aiming to enhance functional performance, accelerate recovery, and benefit from advanced longevity medicine technologies.

ESSENTIAL PACKAGE:

Diagnostics:

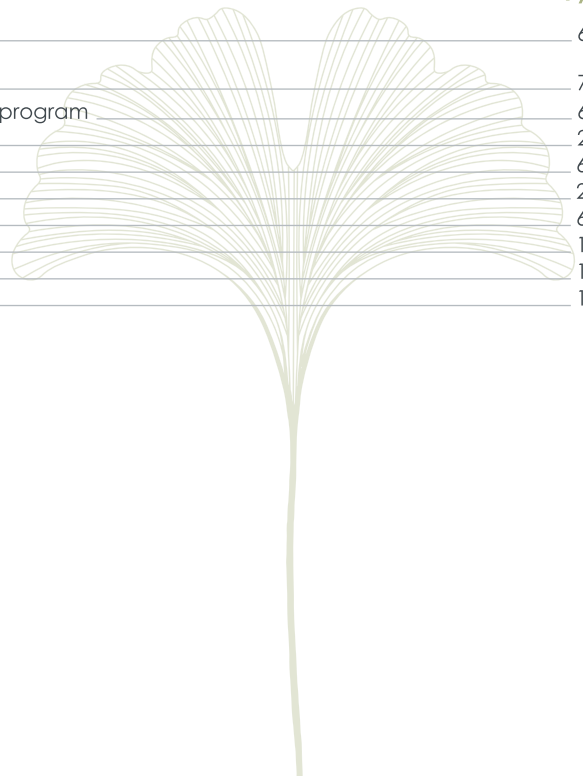
Service Qty:

▪ Cardiopulmonary Exercise Test (CPET) with determination of aerobic and anaerobic thresholds and fitness level	1
▪ Echocardiography (Heart Ultrasound)	1
▪ Electrocardiogram (ECG)	1
▪ Resting Basal Metabolic Rate Assessment	1
▪ Medical supervision throughout the program (initial consultation, follow-up consultation with laboratory interpretation, final consultation with personalized recommendations)	1
▪ Dietitian consultation with an individualized nutrition plan	1
▪ InBody 770 Body Composition Analysis (56 parameters)	2
▪ Edem Comprehensive Laboratory Screening	1
▪ Comprehensive Ultrasound Examination (liver, gallbladder, bile ducts, pancreas, spleen, kidneys, urinary bladder, adrenal glands, thyroid gland)	1
▪ Visceral Fat Ultrasound Assessment	1

Training & Recovery:

Service Qty:

▪ Personalized training sessions based on proprietary methodologies	6
▪ Group fitness sessions (Nordic Walking, Black Roll Training, Aqua Aerobics, TRX, Bit Zone, Morning Exercise, Fly Yoga)	7
▪ Sports Recovery Massage targeting muscle groups during the training program	6
▪ Personalized Hypoxi Training Session	2
▪ Mineral Recovery Baths (Sports Mineral Bath & Sulfur Bath)	6
▪ Phytomud Therapy with Floating	2
▪ Energizing Hydro Massage (Sports Charcot Shower)	6
▪ Scalp & Cervical Collar Zone Massage	1
▪ Manual Abdominal Massage	1
▪ Manual Connective Tissue Massage	1



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Nutrition & Nutraceutical Support:

- Full Board according to the «Free Choice» Menu _____ 7

Additional Benefits:

- Unlimited access to the SPA area, including: swimming pool, fitness center, roman sauna, steam bath, Finnish sauna hammam relaxation lounge, hydromassage pool, Swiss (Circular) Shower, Kneipp Path, Ice Fountain, Phytobar.
- Personalized Nutraceutical Support
- Individual selection of vitamins and micronutrients based on clinical assessment and identified deficiencies included

Notes:

- Accommodation is not included in the program price.

**Total cost of investing in your health:
153 000 UAH**

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PERFORMANCE PACKAGE:

Includes everything from the ESSENTIAL Package, plus::

Performance technologies:

- EMS (Electrical Muscle Stimulation) Fitness Training _____ 1

Advanced Recovery:

- Oxygen-Hydrogen Barotherapy with Chromotherapy _____ 3
- Whole Body Cryotherapy Session _____ 3
- Wonder Body Sculpting Technology _____ 3

Advanced Training:

- Tae Bo Training Session _____ 1

Fascial Training:

- Black Roll Fascial Training (within the functional training program) _____ 1

Notes:

- Accommodation is not included in the program price.

**Total cost of investing in your health:
183 000 UAH**

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