

EDEM CLINIC

UKRAINE

PROGRAM «FITHEALTH WOMAN» 7 days

7-Day Functional Balance, Healthy Body Composition & Longevity Program. The FitHealth Woman program is a comprehensive 7-day wellness journey designed to restore functional balance, optimize body composition, enhance women's health, and promote 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 each guest's individual physiological characteristics, adaptive capacity, metabolic profile, and personal health goals.

FitHealth Woman is designed to improve physical fitness, normalize body composition, support women's health, increase energy levels and endurance, and establish sustainable healthy lifestyle habits. The program enhances movement quality, activates the body's natural recovery mechanisms, and strengthens the foundations of long-term health and longevity.

Who is this program for?

ESSENTIAL:

Designed for women who wish to improve their overall well-being, restore energy balance, normalize body weight, increase physical activity, and receive a comprehensive assessment of their health.

PERFORMANCE:

Designed for women seeking maximum results in improving body composition, stimulating metabolism, restoring the body's resources, and benefiting from advanced anti-age and 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 _____ 5
- 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 Barre Training Session _____ 1
- 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:

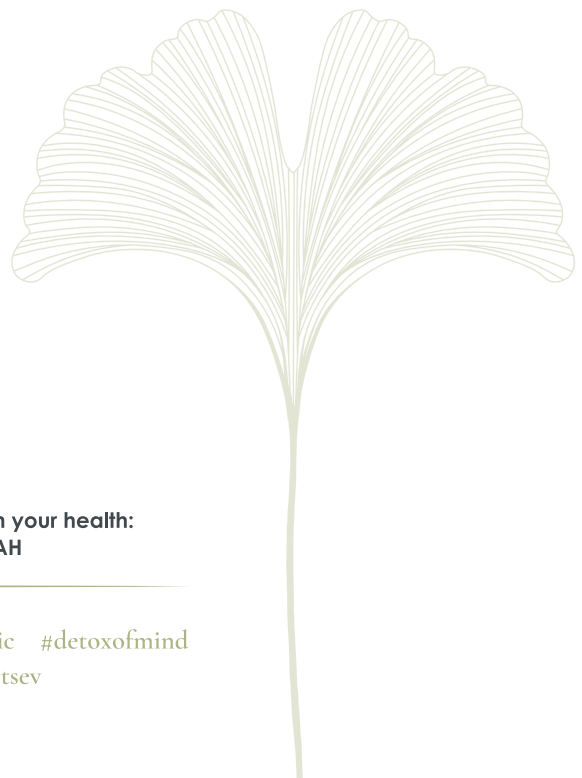
- Unlimited access to the SPA area, including: swimming pool, fitness center, Roman sauna, steam bath, Finnish sauna, hammam relaxation lounge, hydromassage pool, Swiss (Circular) shower, Kneipp path, Ice fountain, phytobar
- Personalized Nutraceutical Support
- Individual selection of vitamins and micronutrients 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 _____ 2
- Whole Body Cryotherapy Session _____ 2
- Wonder Body Sculpting Technology _____ 2

Advanced Training:

- Black Roll Training (Lymphatic Drainage Protocol) _____ 1

Notes:

- Accommodation is not included in the program price.

**Total cost of investing in your health:
173 000 UAH**

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