

Vitalium®



## Vitalium Medical Wellness Centre

- Traditional Hévíz treatments
- Alternative massages
- Baths
- Refreshing treatments
- Humino treatments
- Cryosauna
- Kinesio Taping
- Spinal traction bench 'Batbench'

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Vitalium®



## SPORTS ACTIVITIES



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Our hotel places a great emphasis on facilitating a health-conscious lifestyle: one of its main elements is regular physical activity. We have expanded the offering of our sports programs which ideally supplement the healing effect of the traditional cures applied in Hévíz and are also important factors in wellness and medical wellness services. We prepared our sports programs according to the demands of our guests so that each one of them can find the most suitable form of exercise which is also appropriate for their health condition and can be performed gladly and joyfully. It is a priority in every workout that we perform the exercises in a spine-friendly manner that is also easy on the joints, both in water and on the floor or ground.

In our weekly program guide we distinguish the various forms of exercise by colours. Also, we used signs to indicate the venues of sports and exercise programs:

- 🧘 MediMotion room
- 🏊 Pool area (adventure bath)
- 🏋️ Fitness room
- ☀️ Sauna (ReneSanarium)
- 📍 Meeting point in the lobby
- ★ Registration carries a fee

You find the times of the sports and exercise programs in our current weekly sports program guide.

Happy relaxing!

### Important information:

We advise our guests to wear sports clothing, socks and sport shoes during the exercises. Please spread a towel on the sport mats. Please participate in the trainings at your own risk. If you suffer from internal or motor diseases, please ask for your physician's or kinesiologist's advice before taking part in the trainings. If necessary, physical therapy in training room or water is available for individuals or groups. If desired, individual **exercise therapy** is also available, in the room or in the pool.



### Good morning exercises (20')

This exercise is a general musical morning exercise.

It provides comfortable movement and warm-up for all the muscles, preparing the body for the daily activities. A different type of exercise program is offered each day: It consists of Pilates or Yoga, or Stretching or Aerobic exercises.

### Soft-Ball® training (20-25')

Soft-Ball is the 'younger sibling' of Fit-Ball. Belying the 'soft' name, it is a new type of efficient, playful, fun and intense form of exercise similar to Fit-Ball. **Effects of training:** strengthens muscles (abdomen, back, chest, rump, legs) while ensuring maximum protection and stability of joints, improves balance and posture.

### Fit band training (20-25')

Using the band, one can do very simple, efficient, diversified exercises which move and strengthen every muscle group. The different colored bands are of different strength, so that each participant can choose the band strength appropriate for their fitness. The band can be held by hand, can be used by sitting on the middle of it, standing on its ends, binding it around the ankles or hands.

### DISC'O'SIT training (20-25')

DISC 'O' SIT is a disc-shaped instrument filled with air. During the exercises, it provides physiological support for the various strengthening exercises. Sitting or standing on it helps improve balance, muscular strength, or even helps strengthen the problematic areas most efficiently (thighs, buttocks, abdomen, arms).

### **NEW!** Senior Circuit training (20-25')

During the training we do fun, interesting, strength, endurance, coordination and balance enhancing exercises using various types of equipment (Fit Ball, Soft-Ball, etc.). Sport shoes are recommended for this workout!

### **NEW!** Spine training (20-25')

With our contemporary lifestyle, most of the adverse mechanical impacts affect the spine. Our spine is overburdened, causing waist, back and neck problems. This type of training moves the spine, strengthens abdominal and back muscles and stretches the muscles shortened by sedentary work and exercise-deprived lifestyle. The exercises are performed with Fit Ball, Soft Ball or band.

### Core-Balance training (20-25')

During the exercises performed with unstable tools (Fit-Ball, DISC'O'SIT, BOSU) the core (postural) muscles (the muscles responsible for correct posture) are involved in the movement automatically. During the exercises, the body is in an unstable position in which it must maintain its balance continuously and actively.

### **NEW!** Senior Fit-Ball® training (20-25')

This is a dynamic, fun and joint-friendly aerobic training. Positive biological effects of Fit Ball: develops aerobic fitness, burns fat while preserving muscle mass, fights cellulite, strengthens the muscles, prevents postural defects, improves posture, improves the fluid circulation of the spinal disks, prevents osteoporosis, improves coordination and balance, refreshes the entire nervous system. Sport shoes are recommended for this workout!



### Pilates (20-25')

Joseph Pilates worked out a unique exercise method which is based on the natural posture and movement of the human body. His program consists of stretching and strengthening exercises focusing on the center of the body.

Pilates was convinced that 'you are as old as you feel spine feels.' In other words 'you are only as old as your spine is.'

**Effects of training:** strengthens the deeper back and abdominal muscles in a joint-friendly way, paying attention to the functioning of pelvic base muscles; improves posture; preserves the youth and flexibility of the spine; results in well-shaped and fit thighs, buttocks and abdomen; ensures the symmetric movement of the body from head to toe; teaches special correct breathing techniques; strengthens the immune system.

During the training, slow, continuous special exercises are performed **with band, weights and ball**.

### Stretching (20-25')

Stretching means stretching out and elongation.

**Effects:** holds the muscles, sinews and connective tissue flexibly; protects against strains and injuries; ensures better blood supply and metabolism; relieves muscular tension caused by stress; helps physical and mental relaxation.

Stretching exercises with balls (**Fit Ball, Soft Ball**) can stretch certain muscles, muscle groups even more efficiently than without balls.

### Balance training – Proprioceptive training (20-25')

A correctly developed proprioceptive system ensures that we act swiftly to unexpected events our body is exposed to every day and that we regain our balance. Unfortunately, it is not perfect in everyone, but it can be developed voluntarily. In the workout we enhance our balance to slow, pleasant music by various types of balancing, coordination and yoga exercises.

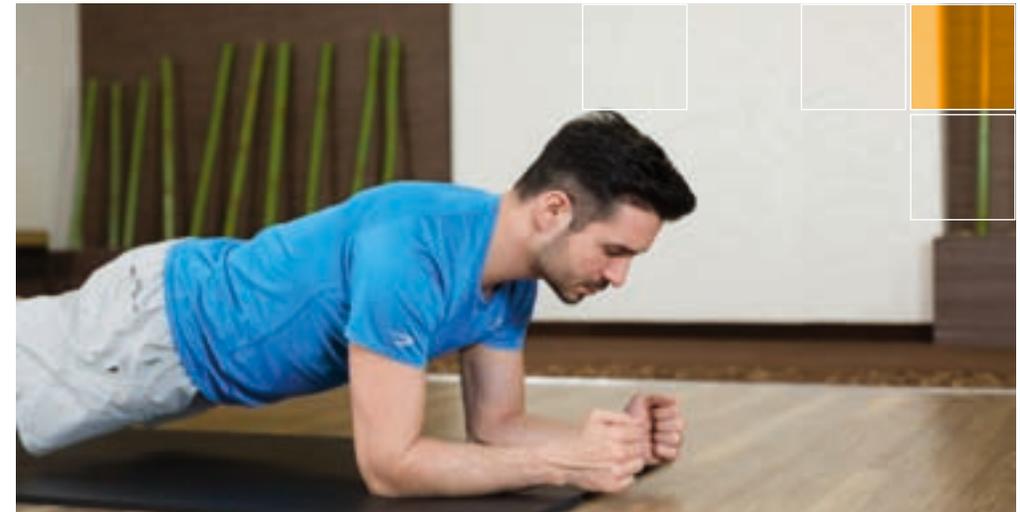
**Effects of this worldwide novelty training:** develops balance and coordination, prevents injuries, improves posture, strengthens sole muscles, prepares the body for winter sports (skating, skiing).

### Reflex-Ball (20')

Exercises are performed on a slow, soft musical background, then at the end of the exercise, the tired muscles and reflex points are massaged with a porcupine ball.

Under the massage, the muscles are relaxed, blood circulation improves, consumption of substances deposited in the connective tissue is accelerated, therefore it helps remove cellulite, too.

Massaging the soles and the palms has an effect on the reflex points located there which can influence the functioning of internal organs, too.



### 'smovey®' (VIBROSWING oscillating ring) (20')

During the exercise, a new and special Austrian fitness and therapeutic tool, the 'smovey' ring is used. Inside the 'ring', there are 4 smaller metal balls which create 60 Hz oscillation while moving, stimulating the reflex points of the palm.

The rhythmic, powerful coordination exercises performed with this magnificent ring have a beneficial impact on nerve tracts and help the balanced functioning of the nervous system.

**Effects of the 'smovey' ring:** moves 97% of the body muscles; helps weight loss; helps muscle and joint regeneration; improves coordination and balance; tightens the connective tissues; stimulates metabolism; intensifies detoxification; intensifies the functioning of the immune system; reduces stress and anxiety; improves concentration and learning. Its benefits are proven by clinical research, this type of training can be used not only in prevention but also in rehabilitation.

### Sun greeting yoga exercises (10')

The Sun Salutation is the classic yoga warm-up exercise which consists of 12 interrelated postures.

An excellent exercise for the morning which can be performed any time of the day, regenerating body strength.

### Five Tibetan yoga exercises (10')

The Five Tibetan Rites exercise restores balance in the energy centers of the human body, stimulating hormone production.

The human body has seven main energy centers called chakras (wheels). In a healthy human, these wheels rotate round and round at the same high speed. Illnesses and aging is caused by the slowing or halting of the rotation of these energy wheels.

The Five Tibetan Rites in which the secret of 'eternal youth' lies can be learned easily and require little time.

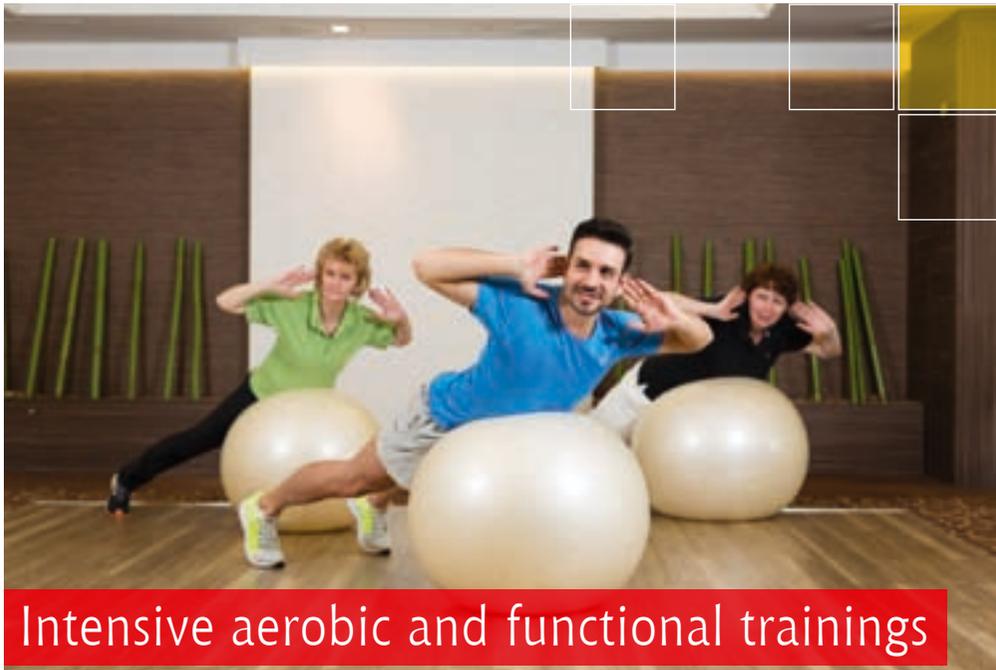
### NEW! Chi Kung (30-40')

This energy exercise and meditation is based on Chinese traditions going back to several thousand years. The special form of Chi Kung consists of the Wai Tan Kung series of movements, it collects the energy by vibrating the hand and the legs, and dissipates it in the body by the appropriate movements of the arms and the legs. Internal attention, concentration is very important when doing these exercises. It is an exercise for the entire body, which improves blood circulation, gives a general feeling of well-being and has a liberating and relaxing effect on the nervous system.

### NEW! Tai Chi Chuan (20')

This is a martial art that belongs to the so-called internal schools of Chinese martial arts, focusing on the development of internal strength. Tai Chi Chuan is a system of rounded movements that exercise the entire body and lead to harmony.

Its slow stretching and rotating movements relax the joints, the spine and the tight spots in the human body and restore the flow of energy in the body. As it is easy on the body, it can be done by people of any age.



## Intensive aerobic and functional trainings

These trainings are recommended for the young people.

### **NEW!** Fit-Ball® body shaping training (45-50')

This is a dynamic, fun and joint-friendly aerobic training.

Positive biological effects of Fit Ball: develops aerobic fitness, burns fat while preserving muscle mass, fights cellulite, strengthens the muscles, prevents postural defects, improves posture, improves the fluid circulation of the spinal disks, prevents osteoporosis, improves coordination and balance, refreshes the entire nervous system.

Sport shoes are recommended for this workout!

### **NEW!** Circuit training (40-45')

During the training we do fun, interesting, strength, endurance, coordination and balance enhancing exercises using various types of equipment (Fit Ball, Soft-Ball, skipping-rope, etc.). Sport shoes are recommended for this workout!

### **NEW!** Fit Tube training (40-45')

The Fit Tube training i.e. training with a rubber tube is similar to the band training. The tube has ergonomic handles at its ends for comfortable exercise. Similarly to the bands, the rubber tubes are of different colors, so that each participant can choose the tube colour and strength appropriate for their fitness level.

Sport shoes are recommended for this workout!

### **NEW!** BOSU® training (40-45')

The functional workout performed with BOSU® trains the entire body from head to toe, in a way that is easy on the joints and works every muscle in a concerted manner.

We can perform the exercises while standing, sitting, lying, leaning onto or kneeling on the machine.

### **NEW!** Body-Balls shaping training (45-50')

Taking advantage of the features of Body Ball (it can be squeezed, etc.), during the entire session we specifically work all the muscular groups of the body, especially the critical zones (belly, bottom, thighs, arm).

**Impact:** it creates nice and well shaped muscles, increases flexibility and improves coordination.



## Presentation, condition survey

### **NEW!** The Bat Bench®

The hotel offers you the opportunity to try out the new Hungarian invention: the Bat Bench® treatment, which can be very effective in the treatment of various ailments of the spine.

### **BMI and body fat measuring**

Measurement is performed with a hand-held body fat measuring tool which is based on the bioimpedance principle. It is essential that the measurement is performed before eating (before consuming food or beverages). Ideally, it is performed in the morning hours. Another important requirement is to avoid sauna and physical activity before performing the measurement.

BMI (body mass index) shows the level of obesity.

The body fat percentage shows the ratio of our fat tissue to total body weight.



## Fitness room programs

**Opening hours of the fitness room:** 6:00 a.m. – 7:00 p.m.

**Important! Children under the age of 14 years** are not permitted access to the fitness gym. Parent or trainer supervision is required for children between 14 and 16 years. You need to wear an **appropriate sports outfit** (T-shirt, training slacks, training shoes, etc.) to use the machines in the fitness room. You **must not** use the machines in the fitness room barefoot, half-naked, wearing a bathing suit, a bathrobe, sandals or slippers! Before using the fitness room please read the rules displayed in the room.

### **NEW!** The following machines are available in the fitness room

- Life Fitness cardio machines (treadmill, ellipsis trainer, upright and recumbent stationary bikes)
- Life Fitness Signature Cable Motion D.A.P. multifunctional strength machine
- Concept2 rowing machine

### **NEW!** Presentation of the fitness room and the sport programme

During the presentation, a professional presents the correct use of the machines and the training appropriate for our fitness and health condition; the various sports and exercise options and their impacts.



The outdoor programs are available depending on the weather! We do these trainings in the beautiful protective forest around the lake and on the esplanade.

### **Nordic Walking program as a health preserving and spine training (35-40')**

This sport originates in Finland and skiers had used it as early as the 1950s for their summer exercise. Good activity for the entire family.

**Its effect:** research shows that the use of rods reduces stress on the hips, knees, ankle joints and spinal disks by 30%; engages 90% of body muscles; strengthens the bones in a joint-friendly way, reducing the risk of osteoporosis; improves posture; relieves the stress and pain in neck and shoulder muscles; significantly improves movement coordination and balance; improves blood circulation which helps brain function and concentration.

### **Presentation of the Nordic Walking technique (10-15')**

During the activity, we learn and practice the correct Nordic Walking technique.

### **Power Walking program (35-40')**

During Power Walking, we advance by long and powerful steps, helping leg activity by powerful arm movements. During the program, we can perform strengthening exercises with rubber band, too.

### **'smovey®' – Walking (20')**

This is none other than walking with the special 'smovey' ring. The exercise has a similar effect as Power Walking, but engages the cardiovascular system more intensively, and burns more calories, too. Moreover, during this walking you can benefit from the excellent effect of the 'smovey' ring, too.



### **Train in the water – be fit outside the pool!!**

Taking advantage of the miraculous physical properties of water, it has a beneficial effect on the entire human body:

- the buoyancy of water relieves the bones, joints and ligaments
- movements performed against the resistance of water strengthen the musculature
- tightens the connective tissue
- improves coordination and the sense of balance
- in water even those can do the exercises easier who cannot swim or are overweight.

In the hotel several types of water programs are available for the guests:

### **Water gymnastic (20')**

This is a general morning water exercise with music which moves the entire body. Exercises can be performed with or without tools (water weights or water noodles).

### **Aqua training (30-35')**

This exercise is performed with special tools (water weights, water noodles) and cheerful music. These exercises improve fitness, muscular strength and flexibility.

### **NEW! Aqua Aerobics (30-35')**

Recommended for completely healthy people who suffer from no heart or blood pressure issues and reported no joint or spine pain. During a workout we do aerobic exercises, jumps, runs and strengthening exercises using water dumbbells.

### **NEW! Circuit training in water (30-35')**

This workout is similar to a circuit training done in a room.

During the workout we do exercises using various tools (water dumbbells, pool noodle, balls, bands, DISC'O'SIT, etc.).

### **NEW! Water-Cycling (20')**

A new popular form of water exercises is the aquatic version of indoor cycling: water cycling. The exercise can be performed with music or in groups, but individually, too.

**Effect:** trains the cardiovascular and respiratory system; builds lean and fit muscles in a joint-friendly way; offers recreation and physical and mental relaxation.

**(Registration: at the Programs desk – at a charge)**



## Children's programs

**NEW!** **'The jungle' health preserving children's program for preschoolers and young schoolchildren (40')**

This program is a fun house preserving program developed by the hotel. During playtime the children will learn how the human body functions and about right nutrition, relaxation methods by using puppets (giraffe, turtle, dolphin, flamingo, pelican, wombat, monkey). During the programme we do playful gymnastic exercises (designed to improve posture, strengthen the muscles of the sole of the feet, those involved in breathing, balancing, walking, etc.) by using various equipment (such as balls, etc.). Children who complete the programme receive a gift. The book containing the exercises done in the programme and the puppets are available for purchase.

**NEW!** **Playful workouts for children ('EuroBall', 'Hedgehog', 'Jumping Jack', 'Jittery', 'ZOO', 'Mirror') (30')**

In the workouts we enhance the movement, posture of the children in a playful form, using various paraphernalia (such as balls, beanbags, rice bags, DISC'O'SIT, kerchiefs, bands, etc.). These workouts are recommended for preschoolers and young schoolchildren. Children who complete the programme receive a gift.

**NEW!** **Family workout (30')**

In the workout the children do interesting strengthening, endurance, coordination and balancing exercises in a playful form, together with their parents, using various accessories (such as balls, bands, DISC'O'SIT, BOSU, beanbags, etc.).



## Additional recreational program opportunities in the hotel

### Bicycle rental

High quality Merida bicycles are available for rent for customers of any generation.

### Rental of sporting equipment:

(a deposit is required) e.g.: Nordic-Walking stick, Petanque, polar belt, 'smovey', Soft Ball, etc.

**NEW!** **Petanque**

From children to senior persons anybody can play petanque, in a team or even in a pair.

### Ping-pong (in summer)

### Badminton

### Vossball



## Erika Gönye

Sports and health manager, physiotherapist

Erika is deeply committed to sports, exercise and a healthy lifestyle, which is clearly demonstrated by the high number of qualifications that she can be rightfully proud of (degreed physiotherapist, degreed health developer, wellness therapist, sport instructor, sport organizer, fitness, spine school therapist). She has organized and conducted various preventative and recreational sport and exercise programs for several years in our hotel for children, young people, senior citizens, both in and outside the pool.

Over the years she has completed various fitness and wellness courses (e.g.: Fit-Ball®, Thera-Band, Aqua-Fitness, Pilates, Nordic-Walking, Relaxation, Oriental movement therapist, prevention and rehabilitation of incontinence, Exercise for pregnant women, Baby-mommy exercises, Posture improving exercises, etc.). Based on her experiences and research she considers the prevention and elimination of disorders caused by a sedentary

lifestyle and little exercise the most important, including the need for prevention to start during childhood already, so that we should be able to remain fit and healthy even as senior citizens.

She keeps publishing in various magazines, and she has also developed several programs of her own, both for adults and children, such as: 'Jungle' exercises for children, 'Fit back' spine training and spine school program. Responding to the needs of the customers, she has expanded the offering by several new sport and exercise programs (BOSU® workout, Body-Ball, spine school, relaxation for children), which made our hotel the one offering the most varied range of sports programs in Hévíz.

**If you have any questions concerning sports and exercise programs or healthy lifestyle, please do not hesitate to contact us!**

