

# Sports Performance Boost

Increase your performance with High Performance Training





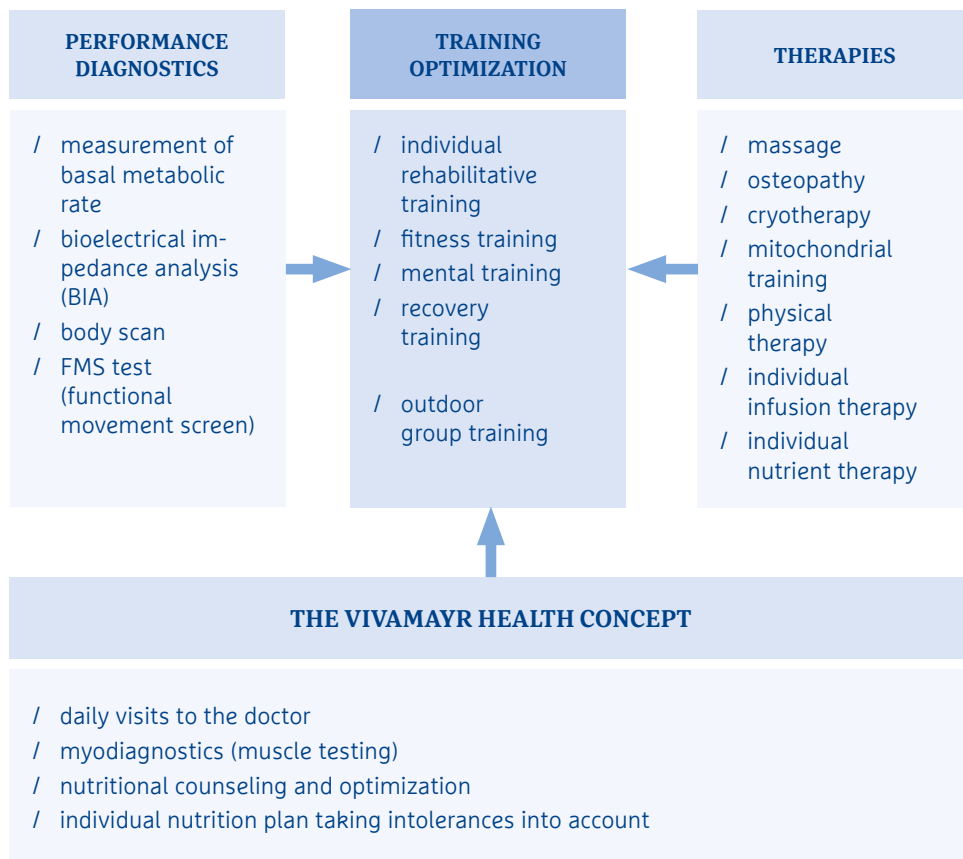
## Increase your performance with VIVAMAYR's Sports Performance Boost

### **KEEP IN SHAPE THROUGH REGENERATION & PREVENTION**

With the new 10-day VIVAMAYR Sports Performance Boost Program you will increase your athletic performance with the help of our experts and achieve long-lasting excellent health with the VIVAMAYR Health Concept. With this program we are able to identify and correct your deficiencies so that your body can regenerate, reach optimal health and achieve a higher performance thanks to an abundance of energy. All this with a focus on individuality – taking into account your personal intolerances, needs and goals.

## SPORTS PERFORMANCE BOOST

# Program design



# Increased performance

## WITH THE VIVAMAYR HEALTH CONCEPT

The VIVAMAYR Health Concept forms the foundation of the Sports Performance Boost program. This establishes the essential prerequisites for a sustainable athletic performance by means of:

- / identification of intolerances
- / reactivation of self-healing powers
- / reduction of hidden inflammations
- / improvement of the overall organ performance

To round out the VIVAMAYR Health Concept, the current state of endurance performance is determined via a targeted selection of performance diagnostics. Based on the results of the 24hr heart rate variability (HRV) measurement in combination with the parameters of the performance diagnostics, the training plan, training monitoring and competition planning are determined. The evaluation of the HRV measurements is carried out by the experts from Holdhaus & Nord.

Part of the training optimization involves specific individual preparation in order to achieve the defined performance potentials. The potentials are utilized and tested in the outdoor group training sessions, which last several hours: Here you can put into practice what you have learned in the training optimization.

This is followed by targeted regeneration training. The varied, individually prescribed therapies such as massage, osteopathy, cryotherapy (cold chamber at -110°C), mitochondrial training (altitude training) or physical therapy specifically support the process of performance improvement. Infusion therapy additionally helps you to compensate for nutrient deficiencies.

The diet individually prescribed by your doctor plays an important role in this.

# Who is the Sports Performance Boost program suitable for?

The Performance Boost Program is designed for ambitious amateur athletes, competitive athletes, and all those who want to sustainably improve their performance. The foundation for the increase in performance is the 100% personalized VIVAMAYR Health Concept combined with professional performance diagnostics.

## WHAT YOUR NEW LIFESTYLE WILL FEEL LIKE

regenerated &  
energized

healthy, strong &  
dynamic

motivated &  
powerful

detoxified &  
vibrant

## Achieve your goals in a sustainable manner

The goal of the Sports Performance Boost Program is to identify the body's potential for improvement and increase athletic performance based on this. The improved absorption of nutrients as a result of the intestinal cleansing leads to a faster and more extensive regeneration. The risk of injury is also minimized thanks to a better and individually customized nutrient supply. In addition, the Sports Performance Program improves mental strength. This is due to the fact that the health status of the intestines has a significant influence on the mental state and resilience via the intestine-brain-axis. Your customized training concept will ultimately help you achieve your personal goals.

# The plan of action



\* If the lead time between booking and arrival date is less than 2 weeks, the HRV measurement cannot be performed. Shipping only possible within the EU, to the UK, Switzerland and Russia.

\*\* optional

Immediately after booking, we will send you an HRV measurement kit with a return label. The results will then be analyzed and discussed online by the experts from Holdhaus & Nord at the beginning of your stay at the VIVAMAYR Medical Health Resort Altaussee. Your individual potentials are derived from the analysis.

Optionally, we also offer an additional pre-treatment lab analysis, which should be performed 2-4 weeks prior to your arrival. On request, we will send you lab kits for blood and stool tests, which you can then send to our laboratory with a return label.

You will then be able to discuss the results with your VIVAMAYR doctor during the initial examination. Further tests will be carried out during the Sports Performance Boost program.

With VIVAMAYR Postcare, we offer continued care as an option to guarantee the maintenance of the performance improvement at home. This includes training coaching, medical consultation, and nutritional counseling. Here you will learn how to nourish yourself optimally in the long run, provide your body with the correct nutritional supplements and thus maintain your newfound physical performance levels over the long haul.

# Your therapies

The constant exchange with your supervising physician and sports scientist guarantees optimum therapy and performance success for you. Diagnostic procedures, regenerative treatments and nutritional counseling form the basis, in addition to medical and sports science care.



## MEDICAL CARE

We begin with a comprehensive clinical examination to provide your doctor with the full picture of your current state of health and your individual intolerances. Based on this examination, you will also receive your individual nutrition plan.



## NUTRITION COUNSELING

One central element is strict adherence to your personal nutrition guidelines. Potential food intolerances are taken into account during the intensive therapy at VIVAMAYR. A personal nutrition plan helps you achieve your fitness goals and integrate optimized nutrition into your daily routine.



## DETOXIFICATION OF THE BODY

The elimination of toxins to unburden the metabolism leads to more energy and vitality while also counteracting diseases and injuries.



## PERFORMANCE DIAGNOSTICS

Before the program even starts and on the first days of your stay, your current state of health will be put to the test by the VIVAMAYR expert team.



## MOBILITY & FITNESS

Blockages in the musculoskeletal system and incorrect movement patterns are corrected with targeted exercise therapy sessions. Your individual training program will help you sustainably achieve your personal fitness goals.



## REGENERATION & ACTIVATION

Massages, the cold chamber, oxygen training (IHHT) or detox wraps not only support your body in its regeneration, but also promote cell renewal, boost the metabolism and thus activate the self-healing powers.



## MENTAL RESILIENCE

Alongside the physical cleansing, emotional detoxification also plays an important role for your long-term health. Mental coaching sessions also help you achieve your fitness goals without unnecessary stress.

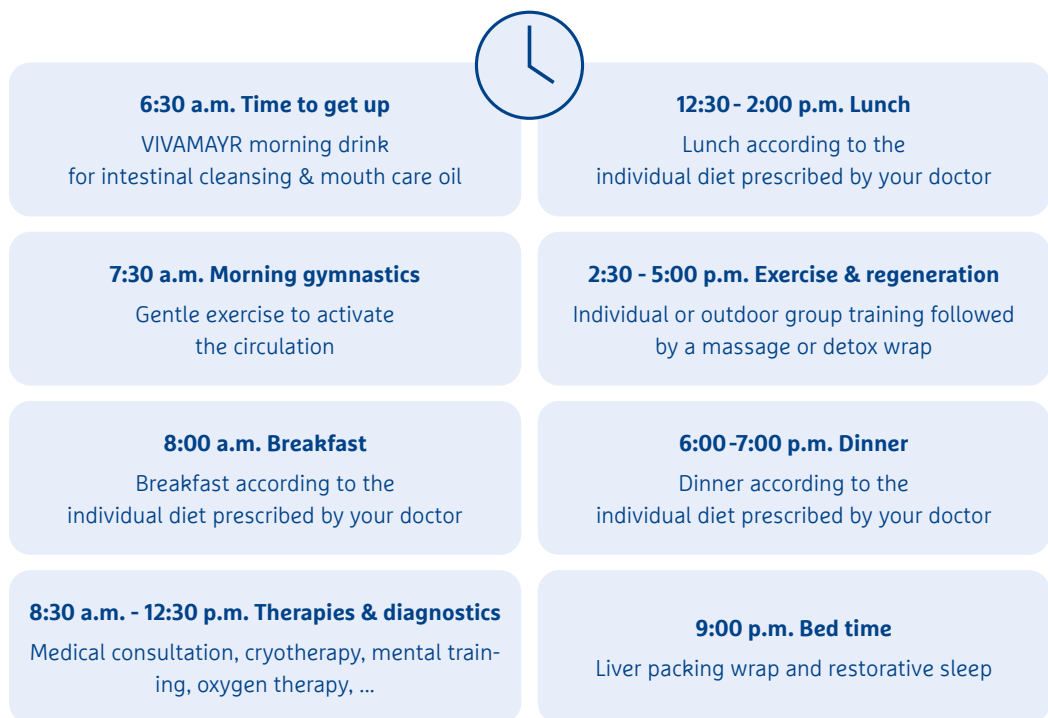






# Your individual daily routine

Based on the results of the performance diagnostics as well as the optimization potential identified by the VIVAMAYR doctors and sports scientists, we develop a therapy and sports program that is specifically tailored to you. The Performance Boost Program also leaves room for individual therapies, depending on your needs and requirements. The empathetic support of our medical staff will help you on your personal path to your ideal state of health and fitness.



Your personal therapy plan consists of performance diagnostics, training optimization, therapies from the Sports Performance Boost program as well as your individual therapies and outdoor group training. The daily exchange with your attending physician as well as the individually tailored nutrition plan are also essential components. The focus will vary throughout the 10-day program:

**Days 1-3:** Focus on performance diagnostics and training optimization

**From day 4 onwards:** Focus on outdoor training and rehabilitation

**Before departure:** Preparing for the sustainable continuation of the program

# The program in detail

## MEDICAL SERVICES

- / Initial medical examination
- / Functional Myodiagnosics
- / Manual abdominal treatments
- / Final medical examination
- / Transitioning back to daily life

## Diagnosics

- / Acid-alkaline and mineral nutrient analysis
- / Free radical and biological antioxidant potential
- / Urine analysis
- / Resting metabolic rate measurement
- / Bioelectrical impedance analysis (BIA)
- / Body scan
- / HRV measurement \*
- / Lactate test
- / Body measuring

## INDIVIDUAL THERAPIES

- / Breathwork
- / Nutrition counseling
- / Cryotherapy
- / IHHT Hypoxytraining
- / Movement therapy
- / Massage therapy
- / Osteopathy
- / Indoor group activities
- / Outdoor group classes

You can also select additional therapies depending on your medical consultation and individual needs. The price of the program is based on the number of therapies actually performed.

Program costs excl. overnight stays.

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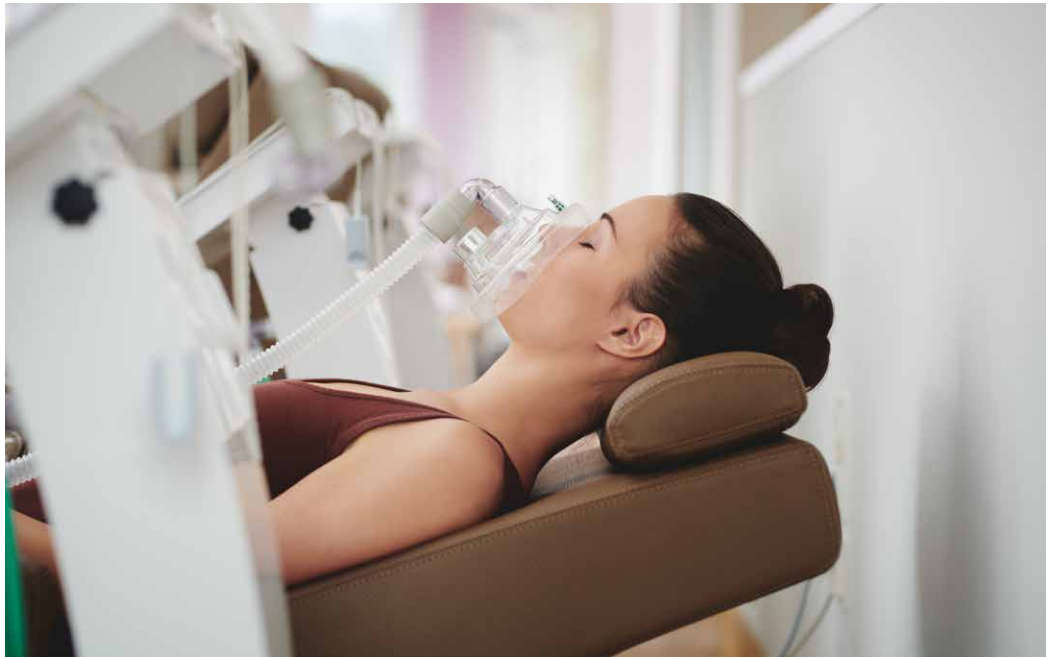
## 10 DAYS

1  
1  
5  
1  
1

1  
1  
1  
1  
1  
2  
1  
1  
1

1  
1  
5  
4  
2  
4  
1  
4  
5

10 days  
starting at  
€ 5,730



## Our product recommendations for the Sports Performance Boost Program



BASEPOWDER



MOUTH CARE OIL



LINSEED OIL

Order now and prepare for the program.

**VIVAMAYR**  
ONLINE SHOP