



The Thermae and Prevention of Cardiovascular Pathologies
SCIENTIFIC RESEARCH PROGRAMS Season 2020

I Seminar:

Soft Program: 7 nights: 21st March – 28th March

Intensive program: 14 nights: 21st March – 4th April

IMPROVE YOUR HEALTH - CHANGE YOUR LIFESTYLE - REDUCE YOUR BIOLOGICAL AGE

! THANKS TO THE NUTRITIONAL AND PHYSICAL EXERCISE REGIME PROVIDED DIRECTLY BY RESEARCHERS OF THE UNIVERSITY OF PADUA.

! THANKS TO THE EFFECTIVENESS OF A VALIDATED PROTOCOL THAT INTEGRATES THERMAE AND SPECIALISED MEDICINE.

! THANKS TO A PROGRAM OF TREATMENTS THAT BOTH HEAL AND EDUCATE, DEVELOPED WHILE ON A COMFORTABLE HOLIDAY.

! THANKS TO AN ALL NEW PROGRAM THAT INTEGRATES THE PAST PROTOCOLS WITH A LYMPHATIC MASSAGE THERAPY CYCLE AND MAKES IT POSSIBLE TO EXTEND THE STAY TO 14 NIGHTS, IN ORDER TO ACHIEVE MORE AMBITIOUS RESULTS.

Wonderfully set in the Abano Terme Spa Resort, the holiday that will improve your life: beauty, health and fitness. **The Ermitage Bel Air - Medical Hotel 2020 date with Scientific Research now in its Eleventh Edition:** "strategies and lifestyles for healthy slimming, prevention of cardiovascular pathologies and fitness"

Exclusive services and conditions for Participants in the 2020 Research programme:

- Direct consultation with Professor Domenico Corrado (Cardiologist and Sport Medicine University of Padua) and Professor Fulvio Ursini (a Biochemist with the University of Padua), with suggestions taken from basic research, on "Positive medicine", a practice founded on optimal nutrition and a customised training programme.
- Custom treatments, supervised by the Ermitage Medical Hotel specialist thermal medicine and physical rehabilitation doctors, to promote balanced weight loss and the objective improvement of the main physiological parameters.
- Physiological check-up (BEFORE and AFTER) with specific and immediate information on the obtained results. It includes:
 - Anthropometric measurements,
 - Blood chemistry analysis,
 - Direct assessment of Basal Metabolic Rate,
 - Aerobic Capacity measurement and Bioelectrical Impedance Analysis of Body Composition.

7 (or 14) nights full board stay in suite-category rooms, free access to the thermal swimming pools and the Cardio Fitness circuit, SPA KIT (bathrobe, slippers, swimming pool towel),

- Complete physiological check-up (BEFORE and AFTER), medical examination upon arrival and consultation with a nutritionist.
- Nutritional program with customised caloric regime and a menu that follows the latest guidelines for correct nutrition and the prevention of cardiovascular pathologies,
- Customised cardio fitness programme with personal trainer 5 (or 10) sessions, complete cycle of 5 (or 10) thermal therapies (thermal mud treatments, ozone baths, reaction massages), cycle of 3 (or 6) 30-minute sessions of manual draining lymphatic massages (Original Vodder Method) for the body and the upper and lower limbs.
- Final medical examination for the assessment of results and delivery of the customised maintenance programme.

Sanitary Treatments available upon request not included in the rates:

- Autogenic Training and/or neuropsychological assessment (individual session)
- Resting ECG and cardiac examination

Prices valid for the participants in the research programme only:

Soft Program 7 nights,

(includes 2 days of check-up visits, BEFORE and AFTER, 5 days of treatment)

€ 1330 instead of € 2034 *

Intensive Program 14 nights,

(includes 2 days of check-up visits, BEFORE and AFTER, 10 days of treatment)

€ 2400 instead of € 3768 *

**2020 price list*

Maximum number of participants in the seminar: 20 people. Should the number of applications be higher than that, priority shall be given to new participants and to guests interested in the 14-day intensive program.

IMPORTANT INFORMATION FOR ALL PARTICIPANTS

THE FOLLOWING CHARACTERISTICS ARE REQUIRED: **1)** The health status of the participants must allow them some moderate (NON-COMPETITIVE) physical exercise, as proven by a medical certificate issued by the participant's primary care physician. **2)** Participants are required to comply with all the therapy and nutritional instructions of the programme (with the exception of any food sensitivity and/or allergy), to avoid compromising the outcomes of the research. **3)** Participants shall bring the appropriate clothing for physical training in the gym and swimming pool.

Next Seminars in the 2020 Season:

II Seminar:

Soft Program:

7 nights: 6th June - 13th June

Intensive program:

14 nights: 6th June – 20th June

III Seminar:

Soft Program:

7 nights: 24th October – 31st October

Intensive program:

14 nights: 24th October – 7th November

NB 1. Please remember that it is possible to participate in all the described programs all year long, although at full price.

In exchange for the guest participation in the scientific research program, all clinical assessment, the specialised medical consultations, the customised physiological check-up, the customised nutritional program and the individual training program are provided **free of charge** by the team of researchers from the University of Padua, led by Prof. Domenico Corrado, and helped by the health care staff of Ermitage Medical Hotel. This is possible only during the research seminars in the dates mentioned above. Participants are required to follow all the instructions for the described protocol and to adhere to any further medical instructions following the admission assessment, and to comply with their assigned nutritional program.

Guests interested in participating in the described programs without following the nutritional programs included in the research should please contact the hotel during the year, to book their stay as private guests, outside of the dates of the research seminars.

NB 2. The quoted prices Do Not include: Any food and drinks from the Bar and Restaurant, and treatments requested by the guest and not included in the protocol.

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