

# WELCOME TO YOUR HEALTHY FUTURE

**WITH THE TRIANGULAR  
ALDAVIA® TRAINING CONCEPT**  
*for people who want to take control  
of their own health and destiny*





# Health is not only a question of age, as how one deals with the demands and challenges of modern life is the most important factor.

*Never before has it been so important to bring self care to one's well-being and aging process. Never before has control over one's personal control been this easy to achieve.*

**Fewer people these days see their own health as just down to fate. There is an increasing understanding that one's health and performance can be optimised actively by oneself and whilst having fun.**

**Taking one's own control of health and well-being is a major opportunity. Whilst legacy health systems are increasingly seen as dysfunctional, life expectancy is increasing as are one's expectations for the quality of life and an active life itself. The good news is that more and more people aged 40 and older are rethinking their way of life and wish to take control and understanding of their health and well-being into their own hands.**

Accepting responsibility for one's own personal well-being has become an expression of social responsibility and the move to personal autonomy and responsibility. The new world of social and economic development demands increasingly more of each and everyone of us, and the competitive edge to keep up is personal control and understanding of one's good health whether busy managers, sportsmen or the elderly.

## **Fighting widespread diseases and modern symptoms**

Mental and physical fitness with emotional stability are the foundation of any

individual's best life plan and maintenance of all their faculties. The increase in widespread ageing and mobility diseases as well as "modern" stress and burnout symptoms are the consequence if one's health and well-being is not maintained.

- >> **sitting-associated diseases**
- >> **burn-out prevention**
- >> **sleeping-disorders**
- >> **back pains**
- >> **dementia deferral**
- >> **fall prevention**
- >> **reduction of fractures**
- >> **meditation**
- >> **and more**

The recovery and preservation of well-being and performance from the age of 40 have become fundamental tasks – for the benefit of individuals, society, and also the economy. Every personal advantage is required for performance and winning in the new competitive globalised world. The triangular training concept ALDAVIA® was developed to meet all these demands and focuses on these demographics.

## **ALDAVIA® for four selected target groups**

The branded triangular "Brain & Body"-training concept ALDAVIA® provides both preventative and therapeutic relief and is especially attractive to Companies, Consumers, Senior residences, Hotels and Premium gyms. Elements of ALDAVIA® are clinically proven and all are a completely natural, pleasant alternative to the chemically based "one size fits all" big pharma.



# The triangular ALDAVIA® training concept combines mental strength with physical fitness and delivers emotional stability.

Lasting personal well-being and performance can be achieved by employing tailored and self-served ALDAVIA® strategies. The triangular ALDAVIA® concept is based on a holistic approach which synchronizes and puts into order the three major human pillars of the mental, the physical and the emotional level.

Developed by renowned health experts, the ALDAVIA® concept draws on scientific findings and clinical research as well as highly specialised devices and employs latest digital innovations which provide the client with continuously updated information about their individual medical history and therapeutic performance and progress. ALDAVIA® is designed to

promote and preserve mental strength, physical fitness and emotional stability as well as measure progress against each client's own personalized input objectives in this way, each client can meet their needs for changing therapies and so maintain their optimum wellbeing state through different phases of life.



## Healthy with the ALDAVIA® method

**The triangular ALDAVIA® concept employs a sophisticated method which supports each person individually in achieving their goals.**

The implementation of the ALDAVIA® concept utilizes unique IT-based health services, many of which are based on clinically and medically certified products and technologies which all provide individual customized therapeutic support. All devices are orchestrated by the digital health manager VITAVULT®, which provides absolutely secure cloud-based data integration to store and manage personal health data always under the sole control of each client. This means that the client can access and check their own health diary and therapeutic progress at any time and from anywhere. Furthermore, if the client wishes, such information can be shared with family, therapists or doctors, and accessed by them during their visit to a

doctor's office. No technical knowledge is required to operate the digital health manager, which can be accessed via computer, tablet or mobile phone.

### **Get healthy at any ALDAVIA® Studio**

The ALDAVIA® studios play an especially important role in the implementation of the triangular ALDAVIA® concept. These "health and wellness stations" are neither medical establishments as such nor common gyms. They are special places of self-awareness. Places of playful engagement with one's own health-related needs and goals. They also provide a space for yoga or Pilates classes, or courses on body stabilisation or relaxation techniques.

### **Profit from ALDAVIA®'s advantages with your own branded in store facility**

Not only clients who wish to take charge of their health themselves can benefit

from the ALDAVIA® concept. Forward thinking companies, exclusive hotels, responsible senior residences as well as efficient licensees can profit if they partner to install ALDAVIA® in-house. The benefits of ALDAVIA® installed in-house include, healthy employees, in-house guests and patients, an attraction which increases guests and new client visits and revenues, and a socially conscious and profitable new business line.

### **ALDAVIA® studios for doctors, therapists and their own patients' treatment**

Local city-based ALDAVIA® studios offer partnership opportunities for doctors and therapists who can by prior agreement rent the studio and utilize either the full ALDAVIA® triangular concept, or individual applications and devices for delivery of their own customized treatments of their own patients.

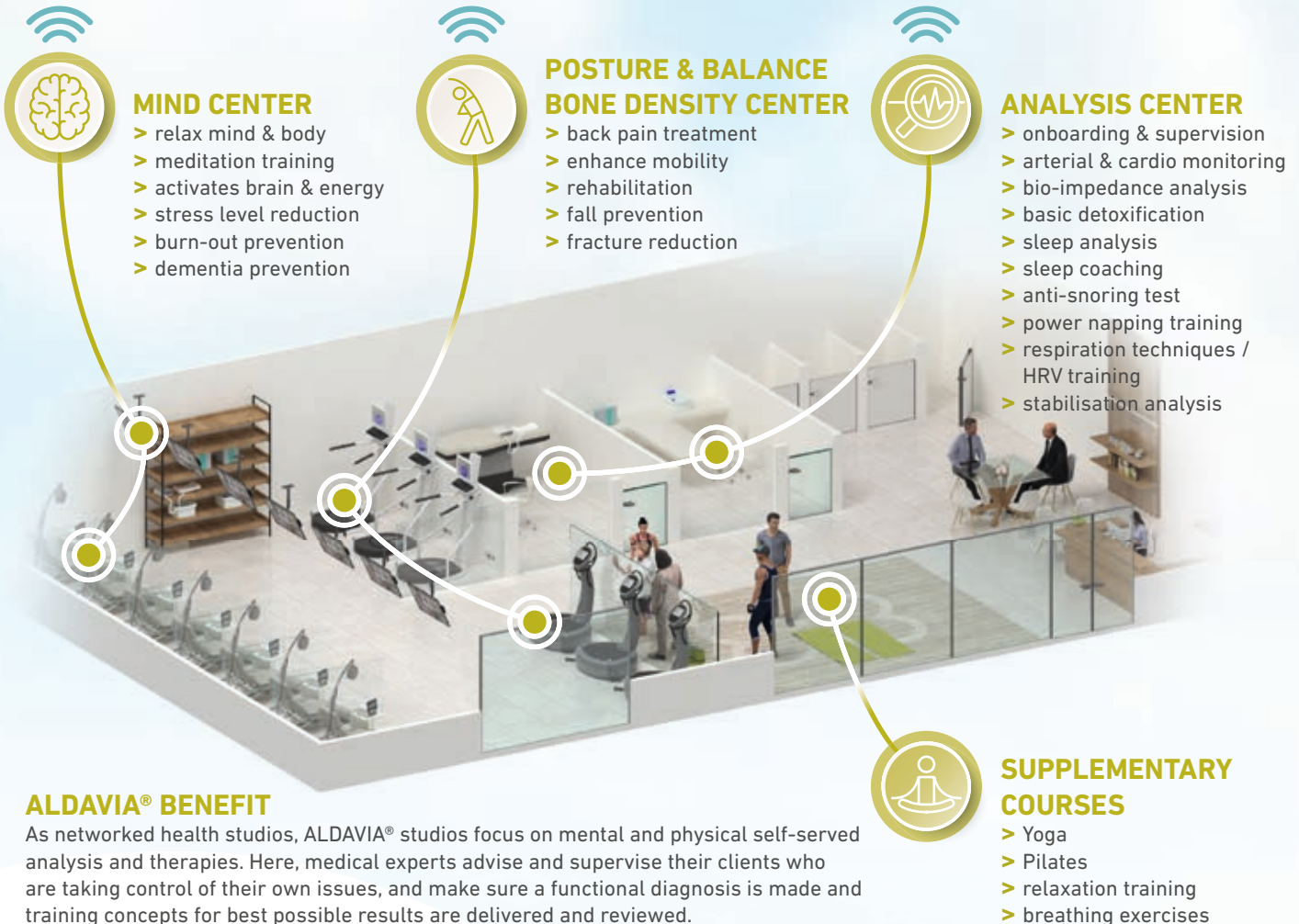


# Welcome to the ALDAVIA® studios!

An ALDAVIA® studio is neither a medical establishment nor is it a gym. Here, people who listen to their inner voice, who appreciate scientific expertise and enjoy self-served therapies and feedback from modern technological devices and want to work on their physical and mental state in a pleasant atmosphere enjoy taking responsibility to learn and better their health and emotional well-being. Every visit to an ALDAVIA® studio is accompanied and supervised by a trained ALDAVIA® expert and also monitored by the digital health manager VITAVault®, which automatically updates each individual's success diary using their personalised health data and progress feedbacks.

## VITAVault®

DIGITAL HEALTH MANAGER  
proactive digital health manager  
based on personalised mental  
and physical criteria and areas  
of application



### MIND CENTER



### POSTURE & BALANCE BONE DENSITY CENTER



### ANALYSIS CENTER



## How experts respond to the ALDAVIA® concept

“As a specialist, I am frequently consulted by patients on orthopaedic surgeries. One-to-one conversations then often show that their problems are more of a mental nature. This is where the ALDAVIA® concept comes in, it connects mental fitness and physical functions of the human body. This way, such discomforts can be contained prematurely and major surgeries can be avoided.”

**Dr. med. Matthias Lemberger** / D – internationally active orthopaedic surgeon and clinic advisor

“Scientific studies have shown that balance, strength and endurance training twice a week improve physical and emotional well-being at any age. The ALDAVIA® concept magnifies this effect through individually adjusted training programmes as the technology is very modern, the ALDAVIA® studio well-equipped and tastefully furnished.”

**Dr. med. Marietta Coloini** / AT – Clinic Augarten, GP and specialist in Chinese medicine

“As a Doctor who believes in Holistic medicine rather than a Pharma alternative each time, I consider the ALDAVIA® concept as something very positive because it delivers functional medicine and provides a pleasant but very effective method of staying fit and healthy through one's phases of life. We know from our own experience that the balance of mind, body and soul are essential to prevent chronic diseases as far as possible.”

**Dr. med. Heinrich Hechenblaickner** / AT – Head of Theragnos Institute, regulative therapies in holistic diagnostics

“I am thrilled with the ALDAVIA® concept for two reasons: Firstly, because it helps companies to meet their occupational health responsibilities and to retain employees as well as their health and performance, and secondly, because I have experienced myself how quick and positive an effect it can have on our general well-being.”

**Dr. Wolfgang Weidl** / AT – Board of Directors at Feratel AG and OÖ Versicherung

“For years, the health expenditure in relation to the Gross Domestic Product has been increasing in most OECD-countries. The increase of expenditures on medication is even larger. This is why it is not only in the interest of each individual but also in society's interest that people accept responsibility for their own health. For this, the ALDAVIA®-concept is a unique option.”

**Dr. Holger Auerbach** / CH – health economist, Winterthur



### INFORMATION:

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