



LONGEVITY
RECOVERY PROGRAM

REBUILDING YOUR HEALTH



MEDICAL PARK



TWO WEEKS PROGRAM FOR LONGEVITY & INNER STRENGTH

Program Overview

This two week program is designed to help you regain your physical strength, boost your cardiovascular health, and build your emotional resilience. The program is tailored to your individual needs and is especially suitable for those who are recovering from rehabilitation or looking to optimize their overall well being.

Program Benefits

- ✓ **Rebuilding Physical Strength:** Increased muscle mass, flexibility, and mobility.
- ✓ **Improved Cardiovascular Health:** Enhanced heart function, endurance, and fitness.
- ✓ **Mental Clarity & Resilience:** Building emotional strength and reducing stress with proven mindfulness techniques.
- ✓ **Preventive Health:** Early detection of potential health issues through advanced check-ups and diagnostics.

PROGRAM CONTENT

Duration: two weeks

Location: Medical Park Bad Wiessee St. Hubertus
(at the shore of lake Tegernsee by Munich)



Comprehensive Health Check-Ups

- **Orthopedic Check-Up:** Assessment of bone health, posture, gait, and muscle function using advanced diagnostic methods such as X-rays, 4D spinal measurements, and bone density tests.
- **Cardiovascular Check-Up:** Detailed heart examination with ECG, stress tests, echocardiogram, and blood tests to monitor heart health and prevent risks.



Personalized Rehabilitation & Physiotherapy

- Strength and mobility exercises to restore muscle function, flexibility, and balance.
- Progressive cardiovascular training to improve endurance and heart health.
- Targeted training to strengthen the core and correct posture.



Mental Resilience & Inner Strength

- Regular mindfulness practice and meditation to promote emotional clarity and stress reduction.
- Strengthening mental resilience and fostering a positive mindset using methods from Cognitive Behavioral Therapy (CBT) and systemic therapy.
- Gentle Qi Gong and Tai Chi to harmonize body and mind.



Nutrition Advice & Lifestyle Tips

- Expert team optimizing your energy, enhancing performance, and supporting long term health.

TAKE THE FIRST STEP TOWARDS A HEALTHIER FUTURE

Whether you are recovering from surgery or a chronic illness, or simply want to optimize your health, this program offers a holistic approach to longevity and well-being.

Contact us today to reserve your spot and begin your journey to a stronger, healthier, and more resilient self.

GET IN TOUCH

✉ **via email:**
international.department@medicalpark.de

☎ **or call us:**
+49 175 7237738



For more information
and specialities visit:
www.medicalpark.com

