

*We say thank you. For three decades, we have been helping guests from around the world to achieve a healthier lifestyle at Park Igls Medical Spa Resort.*

# PARKZEIT

30 YEARS

## PIONEER

*“I would do it again!”*

**Park Igls’ success story is inextricably linked to Swiss lawyer Dr Albert Gnägi. Thirty years ago, he and like-minded people invested in a hotel project with a medical outpatient clinic. In doing so, he was instrumental in forming the foundation of what is today one of the world’s most renowned health centres for Modern Mayr Medicine.**

William Jefferson “Bill” Clinton became the 42<sup>nd</sup> President of the United States, Europe’s single market became a reality, Germany’s men’s national basketball team became European champions for the first time and children were able to communicate with each other even without TikTok or WhatsApp. The year was 1993 and the “spa and wellness industry” had not yet even been born yet, nobody was mentioning professional health or medical tourism. In Innsbruck-Igls, Dr Martin Winkler and Dr Stephan Beck established a health centre.

Stephan Beck and Martin Winkler turned their plans into reality, transforming a traditional hotel in Igls into a modern sanatorium under the banner of Modern Mayr Medicine. They founded the “Kurzentrum Parkhotel Igls” and soon attracted important investors in Dr Albert Gnägi and Dr Otto Schwarz to help them get started, i.e. by carrying out the necessary structural renovations and extensions to the existing building, which not only has a long history, but is now being returned to its former glory. It is worth remembering that Igls was already a climatic health resort in the days of the Austrian monarch Emperor Franz Joseph I. Well-to-do middle-class people from all over Europe came here to relax, and from 1908 they indeed

received rejuvenation in a “fine bourgeois family hotel with doctors, adjoining spa and baths and special dietary cuisine.”

Back to the future. From the mid-1990s, under the leadership of Albert Gnägi, the Parkhotel was taken over by an operating company. Together with Dr Martin Winkler, the Swiss developed it into a modern health centre – and the duo established Modern Mayr Medicine. By now, Albert Gnägi has long since retired from operational management. Today, his daughter Andrea operates Park Igls as a manager along with fellow managers Werner Chizzali and Dr Peter Gartner with great success. They have developed the Park Igls Medical Spa Resort into an international brand and a renowned and highly sought-after health destination in the field of preventive medicine. “The highest medical competence, discretion and privacy in a unique natural setting – that is part of the Park Igls DNA. So too are the warmth and care with which our staff look after our guests. And that’s what sets us apart. And I always say that is also our recipe for success. That’s it. Sounds simple. However, living it – at the highest level – is anything but simple. Nonetheless, our team manages it perfectly. Becoming successful is already tough enough, but staying successful is even tougher,” says Albert Gnägi.

When time permits, Albert Gnägi still likes to spend time in Innsbruck-Igls. Sometimes to make big business decisions concerning Park Igls, but more and more it is simply to enjoy, to spend precious time with his family, his daughter Andrea and granddaughter Leonie, to recharge his batteries and to spend relaxing

days on the idyllic sunny plateau. He feels the same way as the many regular guests: Park Igls boasts a very special atmosphere, “tranquillity and strength that does you good.”

So how did it happen that a highly successful Swiss lawyer invested in a hotel project with a medical focus in Tyrol? “At that time, as a lawyer, I had many professional contacts with the medical industry and was often in Tyrol as a result. It is one of the most beautiful mountain regions in the world, you don’t have to inflate that, it just is. I learned to appreciate and love this region early on. In the end, the right people came together, and the project came to me. It wasn’t like I was actively trying to invest in a hotel project here. Moreover, Park Igls was not a conventional investment case, but rather the financial commitment was based on a very altruistic approach, a matter of the heart. I would do it again in a heartbeat. That is to say that I would never have invested in a normal hotel. But the idea that people can take a healthy break and do something for their health in this magnificent natural setting – with medical supervision from doctors – that was what fascinated me and what I believed in.”



Andrea Gnägi, Albert Gnägi

Park Igls 

MEDICAL SPA RESORT

## To those who make it possible



On this occasion, for a change, we are popping the champagne corks at our health centre, raising our glasses to say thank you from the bottom of our hearts!

Park Igls was founded 30 years ago by Medical Councillor Martin Winkler, the owner of the property Stephan Beck and my father Albert Gnägi. They laid the foundation for a remarkable success story and I personally have the highest possible respect for this.

By founding a private preventive medical healthcare facility at the highest international level, they not only demonstrated courage and entrepreneurship at that time, but above all farsightedness – especially since three decades later it has become apparent that the need and demand for medical services like the ones we offer here at the Park Igls Medical Spa Resort all year round remains as strong as ever.

Together with my colleagues Peter Gartner, Head Physician, and Werner Chizzali, Commercial Director, I would like to express my special thanks to all our loyal guests. They are the ones who make our long-lasting success possible in the first place. So far, we have been able to support more than 40,000 people in achieving a healthier lifestyle. This fills us all with great pride!

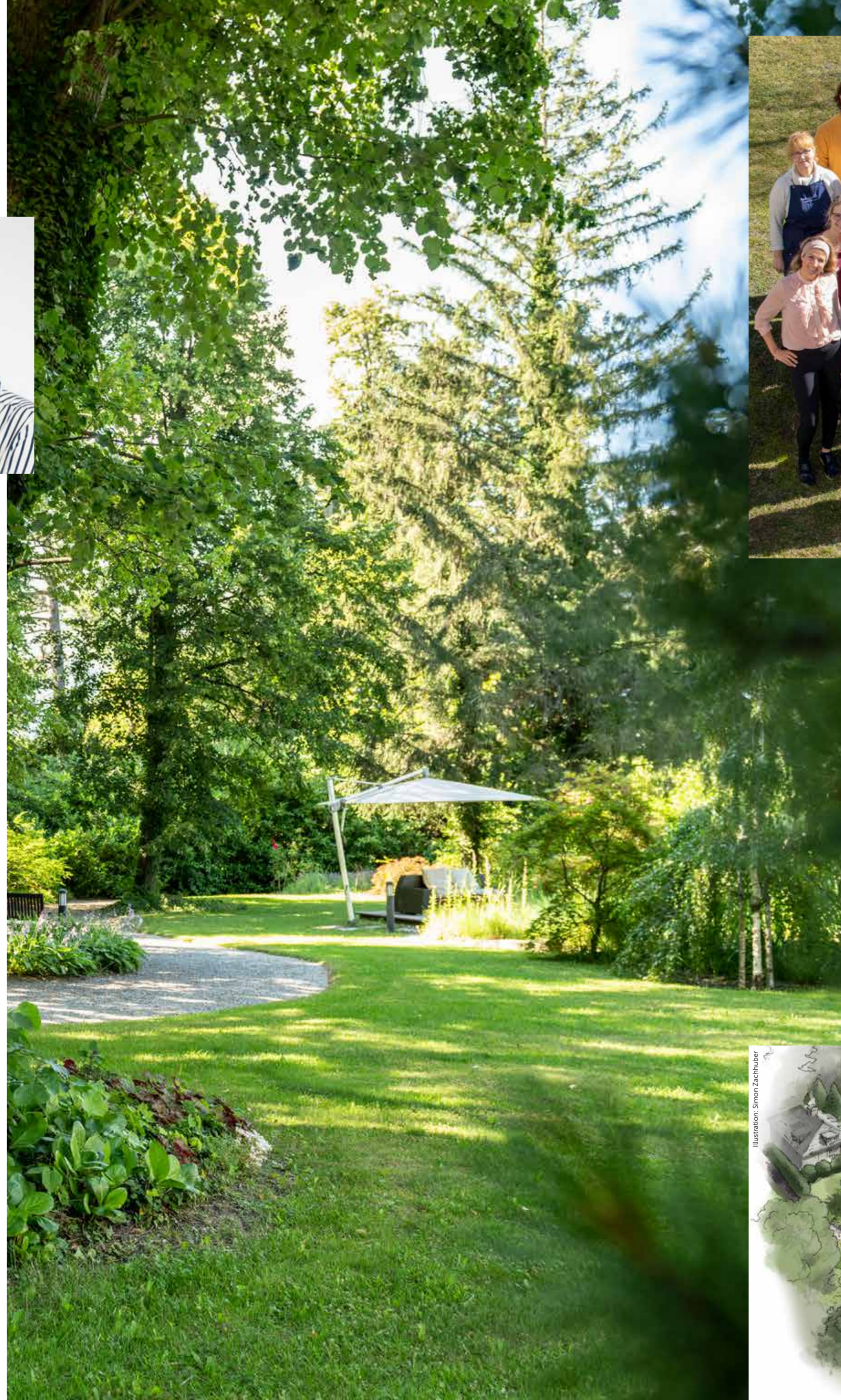
Success is always achieved by many people, and this is also the case at our company. There are so many great people, supporters and enablers who, through their actions and commitment, have contributed and are contributing to the fact that Park Igls is one of the best in the world – as was confirmed this year when we won the Condé Nast Traveller Wellness & Spa Award. Many thanks to all our business partners, suppliers, cooperation partners and fantastic employees!

I look forward to the future with great anticipation!  
Stay healthy!

Sincerely yours,

*A. Gnägi*

Andrea Gnägi



CONDÉ NAST TRAVELLER WELLNESS & SPA AWARD 2023

## PRESTIGIOUS AWARD

**"This is what first-class integrated healthcare looks like: comprehensive and compassionate, safe and perfectly executed,"** says the Condé Nast Traveller Wellness & Spa Guide in praise of Park Igls, winner of the "Destination Health" category. The 35 hotels and medical facilities mentioned in the renowned spa guide are amongst the very best in the world and the five category winners are the cream of the crop. This particularly prestigious award now complements the already long list of accolades and prizes that have been awarded to Park Igls.

Andrea Gnägi: "We are extremely proud that this important award has once again been presented to Park Igls. We are considered to be amongst the best in the world in terms of our diagnostic, therapeutic and preventive healthcare services under the banner of Modern Mayr Medicine; this is a great honour. We are deeply grateful to our staff who, with their great commitment and care for our guests, make such prestigious awards possible in the first place. I would also like to take this opportunity to thank all our business partners for their trust."



### NATURE PARK EXTENSION

Good news: The idyllic nature park surrounding the Park Igls Medical Spa Resort will be expanded to a total of approx. 6,000 square metres (!). Shady giants, the colourful natural splendour of trees and plants, and as of yet undiscovered favourite places beckon. During your stay, chance upon a beautiful spot to read a book beneath the warming rays of the sun, find space for mindfulness and retreat, enjoy the beauty of nature and life, and get out there and be active with others in the fresh, clean air. The expanded park is scheduled for completion and opening in summer 2023.



## MODERN MAYR MEDICINE

# OLD BUT NEW

**At the beginning of the 20<sup>th</sup> century, Austrian physician Franz Xaver Mayr recognised the importance of the intestine for our health. Even though the concept, now established as the F.X. Mayr Cure, has evolved over the decades, the basic pillars have always remained the same.**

Early on, physician Franz Xaver Mayr focused his work on the intestinal region and recognised that his patients' recovery could be enhanced by rehabilitating the intestines. He combined dietetics and therapeutic fasting with classical medicine, developing an overall medical concept for maintaining good health. "Mayr postulated that digestion begins in the mouth and that the focus in promoting health should be on the intestine because it is connected to all parts of the body. The difference between now and then: What Mayr suspected in his day has meanwhile been substantiated by numerous studies. Research indicates that pathological processes in our bodies are directly or indirectly related to the intestine. As a result, we can truly say that Mayr was spot on. He just didn't have the tools to prove his theories," says Peter Gartner, who has worked at Park Igls for around twelve years, eleven of which as Head Physician.

One reason why the intestine plays an essential role in our health and well-being is that it is by far the largest internal human organ. If you were to spread out the surface of the mucous membrane of the small intestine, which is folded and covered with small villi, it would be the size of a tennis court. At the same time, however, the intestine is probably

the most underrated organ and unjustly so: In addition to its primary function as a digestive organ, the intestine is also centrally responsible for our immune system.

## ALWAYS THE RIGHT CALL

Traditional or modern, the principles of Mayr medicine are unshakeable. This is due in large part to the fact that it is not subject to fads and trends. As a result, there has been no need for fundamental change, simply because it has always been good. Which is not to say that it hasn't evolved: According to Gartner, the most significant change is its rise in popularity in combination with exercise: "People have realised that by adding protein to the regimen, you can and even should exercise. And that's a good thing, because exercise – in the right amount – is generally a very effective medicine."

Especially in the field of microbiome research, great progress has been made in recent years. The term "microbiome" refers to the aggregate of all bacteria that reside in our intestines. And we're not talking about a small amount here! Hence, the intriguing nature of the intestine does not stop with its organic structures, on the contrary. The most fascinating aspect is the flora of the intestine. Gartner: "In my view, the most important finding in recent years is how these bacteria communicate, e.g. with the brain. People have long spoken of the gut-brain axis; but for a long time, we didn't know how it worked. But now we are getting closer to the secret." Simply put, bacteria secrete particular transmitter substances that control many of

our decisions. "Bacteria determine the big things," according to Gartner, which means that the phrase "gut feeling" is no accident and further underlines the importance of good gut health.

Mayr medicine has long since emerged from its niche as a complementary or alternative medicine and has received scientific backing. At Park Igls, however, a wide range of offers has developed based on Modern Mayr medicine, which follow a wide variety of objectives in addition to the classic cure. Detoxifying the body is always the most important step. "In the beginning, most guests came with the intention of losing weight. In recent years, the range of diagnoses has become broader and broader. Many patients have previous medical histories, ailments or rare diseases for which they hope to find a cure or at least relief with us," summarises Gartner. The diagnostics at Park Igls have also been expanded enormously, so that many guests come precisely for this reason, i.e. to have a comprehensive holistic check-up, for preventive care or for secondary prevention, because they already had health problems in the past. This has also altered the age structure of the guests somewhat. "More and more young people are coming to us, but the overall average age is still rather high, which I consider to be something positive. Often, this is also due to the fact that guests, some of whom have really been coming to Park Igls regularly for thirty years, are getting older and healthier and are still actively involved in improving their health well into old age."

## DOCTOR-PATIENT RELATIONSHIP

# *It's all a (not at all easy) matter of trust, empathy and communication*

**What a healthy, functioning doctor-patient relationship needs and why it is essential for successful treatment.**

the ability to listen and to respond to the patient's needs and concerns. This requires open, clear and transparent communication.

## EMPATHY & RESPECT

In addition to trust and communication, empathy is needed. A good doctor has the requisite empathy and can put him/herself in the patient's shoes in order to understand their needs and concerns in a holistic way. Being empathic also means treating patients with respect and compassion and responding to their individual needs. Empathic and compassionate care makes a big difference.

## THE ADVANTAGE OF CONTINUITY

A good doctor-patient relationship also requires a certain degree of continuity. When a doctor attends to a patient over a long period of time, progress can be monitored. This enables the doctor to understand the patient's progress – but also any regressions – and to make adjustments to the treatment if necessary. Patients, in turn, can rely on the doctor and feel safe, supported and in good hands.

Numerous international studies have shown that patients expect three things in particular from their doctor: trust, empathy and communication. However, doing justice to this sounds easier than it often is. Why? Because listening and responding to people individually requires time that is no longer sufficiently available in many medical practices today. "This is different here and clearly an essential advantage that our guests enjoy during their stay with us and which they also greatly appreciate," says Dr Richard Kogelnig, Deputy

Medical Director. Dr Irene Brunhuber is convinced that, like any relationship, a positive doctor-patient relationship always involves a certain amount of effort and personal commitment. In her eyes, it is crucial to have a good, appreciative and respectful relationship.

Guests at Park Igls come into contact with a member of the experienced medical team, their assigned doctor, for the first time during their initial medical examination. "This is the beginning of what we hope will be a trusting doctor-patient, often long-lasting, relationship," says Dr Peter Barth. Only rarely does it happen that guests request a change in care afterwards. "Even though a change would not be anything unusual, because chemistry does matter. Only when this chemistry is right can we achieve the best possible results in care, treatment and therapy. Our maxim is simple: Facilitate the best possible doctor-patient relationship for every guest and an ideal environment for the period of their medically supervised stay," explains Head Physician Peter Gartner.

More than 75 percent of the guests at Park Igls come back after their first visit to seek competent medical care here. Many of the doctor-patient relationships with our medical team have been in place for decades. Currently, the longest ones have existed for 15, 20 and almost 30 years.

**“Trust, empathy and good communication are essential for a positive doctor-patient relationship. That's where we really excel.”**

Dr Richard Kogelnig, Deputy Medical Director





MOVING AT THE SPEED OF LIFE

# CONSTANTLY EVOLVING

**Modern Mayr Medicine is no flash in the pan. Instead, it is based on an unshakeable foundation that has been further elaborated into individual concepts and programmes at Park Igls according to the latest scientific findings.**

is also very popular,” explains Dr Gartner. The yoga programme has been expanded to include spiral dynamics, which ensures anatomically healthy movement in everyday life in the long term in order to avoid improper strain and early signs of wear and tear.

## THE RIGHT TRAINING

The special IHHT cell training, which stands for “Interval/Intermittent Hypoxia Hyperoxia Therapy”, has recently been introduced at Park Igls. While the name might sound a bit cumbersome, the therapy itself is a true silver bullet: While lying comfortably in a semi-recumbent position, the patient alternately breathes in a mixture of oxygen-rich and oxygen-poor gases through a tightly fitting mask. In extreme cases, this simulates altitude training at elevations of up to 6,000 metres, which according to sports medicine stimulates the formation of red blood cells and increases oxygen supply and thus performance, among many other positive effects. Alternately inhaling the oxygen-rich and oxygen-poor mixture also ensures that old mitochondria are effectively eliminated. Mitochondria, often referred to as the power plants of the cells, are tiny globules in the cells and have the important task of producing energy. If mitochondria break down, the cell ages. If, on the other hand, mitochondria stay fit and fresh and are regularly renewed, they prevent ageing, especially in combination with the Mayr cure, which in itself has anti-ageing effects. “Add medically supervised training to the mix, and you would be hard pressed to find a better programme for staying young,” says Gartner. And the best part: With IHHT, you don’t have to do much. You simply let your cells train. In addition to its anti-ageing effects, this new treatment has positive impacts on blood pressure, improves lung function and respiratory performance, strengthens the immune system, can accelerate the healing of injuries or surgical scars, balances hormone production (there are actually more and more people with hormone imbalances) and

supports the formation of new blood vessels, which is particularly beneficial for circulatory disorders. In summary, IHHT has enormous potential. And one last thing: It improves the liver’s energy supply, stimulating detoxification, which in turn perfectly complements the Mayr approach.

If you want to do something positive for your liver, you can do so in the form of a liver cleansing package developed at Park Igls and based on the Modern F.X. Mayr cure. The foundation of this package is milk thistle, which has long been used in traditional medicine to protect the liver. Should you happen to poison yourself with a tuberous-leaf fungus (which we don’t recommend!), silymarin, the active ingredient in milk thistle, is actually the only substance capable of protecting the liver from breaking down. But the worst-case scenario need not occur for you to experience its benefits; milk thistle can be effective even in the absence of acute distress. At Park Igls, silymarin is administered in the form of four infusions, which are given on two consecutive days; this is followed by an oral cure with highly effective liver detox capsules, which, in addition to the milk thistle extract, also contain artichoke, ginger and dandelion extracts. During your stay at Park Igls, your detox package will be supplemented by the intake of bitter substances that stimulate the flow of bile and, with the help of bitter tea, subsequently flush excess bile out of the intestines. As a lunchtime starter, chef Markus Sorg will serve specially developed green smoothies. Your liver will thank you!

For instance, a state-of-the-art Haemo laser has recently been added to our range of services, with which red laser light is applied to the patient’s bloodstream. This has, among other things, an analgesic and anti-inflammatory effect. This type of intravenous laser therapy yields considerable improvements, especially with regard to Long Covid (see page 12) and is used, among other things, to treat rheumatic pain. As regards therapy, Park Igls has also implemented Feldenkrais® treatments – a technique that helps to improve mobility patterns and posture in order to become physically and mentally fitter. “It is impossible to imagine our sports programme not including therapy climbing, and our bellicon® trampoline



## Summer Salad

### SALAD INGREDIENTS

Lettuce hearts, baby spinach, golden oyster mushrooms, yellow courgette

### DRESSING INGREDIENTS

Olive oil, lemon juice, lemon zest, a little cold vegetable stock, Dijon mustard, honey, Maldon sea salt, pepper

### PREPARATION

Wash and pluck the lettuce thoroughly; brush rather than wash the golden oyster mushrooms and cut the courgette into small wedges.

Dressing: Mix all the ingredients (except for the olive oil) and stir together. Then mix with olive oil.



Melanie Robertson, Thomas Blasbichler

## MENTAL HEALTH

# A MATTER OF RELATIONSHIP

At some point or another, we all make his acquaintance: our “inner saboteur”, “inner critic”, “perro fiel”, “preguiça interna” or, as we say in German-speaking countries, our “innerer Schweinehund”. Our relationship with this internal figure, who prevents us from carrying out unpleasant activities, is complicated. Let’s examine the importance of finding a good way to deal with our “inner weakling”.

“We should accept it as part of ourselves and work together with it.”

Thomas Blasbichler

Our “innerer Schweinehund”, i.e. our inner weakling, is a phenomenon with which you are probably all too familiar no matter where you live. It is deeply human. It whispers in our ears that remaining in our comfort zone is preferable and that there is actually no reason to leave it. Our inner weakling is the personification of our incessant inner resistance and always looms large and ostentatious in our path, e.g., when we have just decided to go for a jog rather than sit on the couch.

An inner weakling dwells deep within us in the limbic system, one of the oldest parts of our brain, which is responsible for emotions and the development of urges and thus also our driving force. Specifically, it makes itself at home in the amygdala, which is responsible for storing memory content linked to emotions. It plays a particularly important role in the

development of fear, but also for emotional expressions such as anger or joy. The limbic system also releases endorphins, i.e. happiness hormones, which are released when our needs are satisfied. Because our inner weakling is an unpleasant fellow, it regards our need for comfort and a sense of well-being as being met more quickly by what we are accustomed to, i.e., when we make ourselves comfortable on the sofa at home with pizza and tortilla chips, rather than doing exercise or enjoying a healthy low-carb Buddha bowl. The good news: There’s nothing wrong with explaining to your inner weakling that exercise can be fun, as well. The not so good news: One of the inner weakling’s salient traits is its fear of change. As is so typical with habits, it takes time and, above all, consistency to change them and create new ones. So it will take a while until the inner weakling is ready to rise up and go for a walk.

“It is remarkable that guests leave our facility very motivated. Thanks to our coaching sessions, we usually succeed in removing inner blockages and thus boosting motivation in terms of good self-care.”

Melanie Robertson

Incidentally, it is much easier to establish new habits in everyday life than to get rid of bad habits. The latter are usually deeply embedded in our subconscious mind and are impossible to shake without help such as through hypnosis or hypnoacupuncture, which have been offered at Park Igls for about five years. Adopting new, healthier habits, however, can be trained. Habits, like muscles, grow through use: The more often you do things, the easier they become, and your ability to motivate yourself improves.

### THE MANY FACES OF YOUR INNER WEAKLING

Guests come to Park Igls for a variety of reasons. For many, the goal is to lose weight and do something good for the body in general, while others are consciously looking for peace, relaxation and a break from everyday stress. The latter can be understood as mental detox, i.e. processing stress, treating sleep disorders or dealing psychologically with diagnoses such as cancer or Alzheimer’s or with serious physical injuries. Though the starting point for each and every person is different and individual, they all have one thing in common: Staying at Park Igls is not only beneficial for physical health, but also for mental health to a great extent. It is important for people to talk about topics that are rarely discussed in everyday life in a protected environment. Telling stories provides answers, which in turn help people to cope with crises, problems or stresses. Mental health offers therefore play a decisive role at Park Igls, because internal tensions, pressure and stress can be alleviated through conversations, and you can literally get your worries off your chest.

This kind of short-term therapy may also help to identify one’s personal inner weakling and to understand where the roots lie that often make it difficult to get going. This can be due to internal factors such as exhaustion or stress as well as physical limitations in the musculoskeletal system. Subsequently, strategies can be developed to consciously

confront one’s inner weakling. During coaching sessions at Park Igls, the main goal is to strengthen intrinsic motivation to improve one’s life in the long term. This process should start with the question of what you want to achieve during your discussions and stay at Park Igls, and which areas of your life you want to change or improve in the long term. In achieving this, it is important to set realistic goals, to think about very specific initial steps for implementation and to tackle them immediately. In other words, to walk the talk, so to speak, and not tomorrow or the day after, but today and preferably right away.

By the way, not everything about your inner weakling is bad. Sometimes it protects us from overexertion and reminds us to take it easy on ourselves. Overall, it’s a matter of coming to a good understanding with it. “Taming or fighting your inner weakling takes considerable strength and energy. First, we should accept it as part of ourselves and work together with it,” says Thomas Blasbichler, who along with Melanie Robertson forms the team of psychologists at Park Igls. Guests at Park Igls usually manage this quite well, even after their stay, as Robertson knows from experience: “It is remarkable that guests leave our facility very motivated and consequently also manage to sustain changes or adaptations in everyday life with a certain amount of perseverance. Many come to us regularly, regain momentum at their bi-annual or annual stay, or move on to the next change.” Still, there will always be days when your inner weakling will get the upper hand. That’s perfectly fine. “You should allow for setbacks and not be too harsh on yourself so that you don’t lose your joy,” advises Blasbichler. “Enjoying outdoor activities, running, swimming, yoga, cycling or relaxation exercises are the biggest motivators, so my number one tip for perseverance is: Don’t worry, be happy.” This also includes not being too much of a perfectionist. You don’t always have to be 100 percent, sometimes 80 percent is enough. Giving high priority to your own well-being is the first step. Taking care of yourself has nothing to do with egotism but is absolutely necessary. Take yourself seriously!

*These five tips will help you establish new habits.*

### 1. FIND YOUR MOTIVATION

What is my personal motivation for making lasting changes? What do I expect from this change and what benefits will I experience from it? This is where imaginative exercises or guided imagery can help, because the power of imagination is often stronger than willpower.

### 2. SET SPECIFIC GOALS

Set a goal that is realistically achievable and measurable. We often set the bar too high for ourselves or have overly high expectations or demands, which almost inevitably leads to frustration.

### 3. CREATE INCENTIVES

Work with intermediate goals and reward yourself when you reach one.

### 4. DEFINE THE PATH

Think about how you want to achieve your goal and build “supports” into your daily routine: For example, keep healthy snacks handy, take your sports shoes with you to work, or avoid temptation by not having sweets at home at all.

### 5. SEEK ALLIES

Get others on board and arrange to do sports together, for example, in order to pursue a common goal. This way, the inner weakling will have strong competition.





## THE JOY OF MOVEMENT

**M**ovement is a central pillar in the concept of Modern Mayr Medicine, which quickly becomes apparent when glancing at the Park Igls activity programme: There are up to eight hours of daily exercise and usually up to 40 hours per week on the "sports menu". This includes active and passive regeneration, endurance and aqua-fit, yoga and circuit training, and everything in between. Each session is supervised by an experienced and caring member of the sports science or physiotherapist team at the hotel. "We even have guests who plan their stays based on whether their favourite exercise coach from our eight-member team will also be at the hotel," says Lisa French. "That's one of the nicest compliments, because it proves that we provide important inspiration for having more fun when it comes to exercise and training." The high level of personalised support, variety and quality of what we offer (not to mention actually taking the time) are greatly appreciated.

If you have had the privilege to train in Innsbruck's (in our eyes) most scenic panoramic gym, you already know that it's not hard to get moving while enjoying views like this. Recently, the gym has been completely refurbished with new, state-of-the-art equipment and offers coaches and guests ideal training conditions. If you can't seem to get going against this fantastic backdrop, you will certainly receive help from our coaches.

Whether you are 25, 48 or 65 years old, the recommendations of the World Health Organisation (WHO) for physical activity and better health are the same: 150 to 300 minutes of moderate endurance exercise or 75 to 150 minutes of intensive physical exercise per week, plus strengthening exercises for all muscle groups at least two days a week. Do you already meet these benchmarks? If so, congratulations. If there is still work to be done, here's the good news: "It's never too late to start. You don't have to run a marathon or ascend the highest peak. Exercise is always fun, offers the best preventive healthcare and knows no age," says Lisa French. The important thing is to get started and find the right form of exercise that works for you. "Soon, you too will discover the joy of movement."

"Lisa French and her team at Park Igls make sure that guests get plenty of exercise during their stay. The emphasis is on proper technique."

Lisa French, Head of Movement & Physiotherapy



*These 7 steps will get you training in no time*

### 1. MAKE A SELECTION

Try out different sports/forms of exercise. You'll soon figure out what you enjoy and what you don't. This is essential for staying on track.

### 2. LESS IS MORE

This is especially true in the beginning, so you don't overexert yourself. It's best to start off with short sets.

### 3. THE RIGHT EQUIPMENT

It's okay to be fashionable when it comes to functional equipment for your sport. More importantly: It should be personalised and easy on your musculoskeletal system.

### 4. HAVE A TRAINING PLAN

Structure is quite important, especially in the beginning. Professionals can help you create a training plan so that you can easily integrate exercise into your daily routine.

### 5. JUST DO IT

It is important to stick to the plan. Just do it instead of putting it off! If you look forward to physical activity, it is far easier to get started.

### 6. LOOK IN THE MIRROR

Plenty of exercise has positive effects on more than just your health and your body: Stick it out for the first few weeks and you will soon feel yourself radiating from the inside.

### 7. DO SOMETHING GOOD FOR YOURSELF

The road to more and regular exercise requires consistency and effort. Therefore, don't forget to reward yourself for training successes or milestones.

# FOR YOUR HEALTH

*Questions? Call us, we will be happy to advise you personally regarding your optimal individual health programme and to prepare an offer for your desired length of stay:*  
**+43 (0)512 377 305**

### 4-NIGHT QUICK GETAWAY

## Detox Short Break

Take a short time out to relax physically and mentally with soothing massages, beauty treatments and baths.

### COMPREHENSIVE PREVENTIVE-CARE CHECKS IN 1 WEEK

## Detox Medical Check

Holidays at the docs: comprehensive preventive medical examinations at the highest level. No waiting for doctor's appointments, no queuing. Instead, enjoy the highest level of medical competence and specialist examinations by our team of doctors on site. Featuring an exclusive feel-good ambience and with maximum privacy and discretion.

### THE VERY BEST OF MODERN MAYR MEDICINE

## Detox Intensive

The most popular programme for sustainable weight control. You'll already feel fitter, more revitalised and notice the positive effects on your health during your stay. Your therapy programme will be curated by our team of doctors on a completely individual basis after the initial medical examinations. Recommended length of stay: at least two weeks.



### SPECIALS FOR BODY & SOUL

## Feldenkrais® Week

18 to 25 June 2023

## Yoga Weeks

27 August to 3 September 2023 (in German)

3 to 10 September 2023 (in English)

## Menopause Fit

Our week-long menopause programme, which provides women with a new level of self-awareness, has a stress-reducing, beneficial effect on the body and psyche and readies participants to accept the coming changes and to take a more relaxed approach to a new stage of life.

## Detox Classic

Get fit and healthy by taking a medically guided time out! This therapy module featuring relaxing full body massages is your ideal introduction to Modern Mayr Medicine.



## De-Stress

With our burn-out prevention programme, consciously take time out of your everyday life to discover and strengthen your personal resources.



#### SUCCESS STORY

## HELP WITH LONG COVID

Up until she contracted Covid-19 in January 2022 (almost exactly one year before she was admitted to Park Igls), the then 19-year-old physics student was healthy, able-bodied and, among other things, an active rower on her university team. She now suffers from Long Covid, which manifested itself, among other things, in pronounced fatigue, permanent flu symptoms, muscle and joint pain and violent migraine attacks. She also had difficulty walking and had to rely on crutches. Over the course of the last year, numerous diagnostic and therapeutic attempts were made to help her, but all approaches were unsuccessful. In December 2022, the student made her first visit to Park Igls. Initially, a one-week stay was planned, but this was eventually extended to three weeks. After extensive diagnostics including an extended blood analysis and spirometry (lung function test), the therapy commenced with a moderately strict diet and, among other things, multiple Haemo laser therapies, colon hydrotherapy (intestinal lavage), massages, detox wraps with beeswax and counselling therapies, with the result that the young woman's condition improved considerably! Above all, her energy returned and her mobility improved significantly. The Mayr-Prevent concept thus led to improvements even where all other methods had failed. Once again, giving nature a chance to efficiently carry out the healing process proved to be the key to success.

## Ultrasound Check

An annual ultrasound examination of the abdominal organs, vessels, brain-supply vessels, thyroid gland, prostate or female breast provides you with a wide range of preventive health care, especially cancer screening.

## Immune Booster

Strengthen your immune system and become more resistant to disease. Frequently booked for those susceptible to infections.

## Fit after Covid

Frequently booked for those affected by Long Covid: decline in fitness and chronic infectious diseases.

Anyone suffering from similar symptoms (such as chronic fatigue, lack of energy, headaches or chesty cough or who has problems regaining the sense of smell and taste) can be aided by the specially developed "Fit after Covid" diagnostic and therapy programme. After a comprehensive diagnosis has been carried out to determine the current health status, various treatments are used to promote regeneration. Therapeutically, Modern Mayr Medicine and Mayr Cuisine have a detoxifying and strengthening effect and will sharpen your senses.

## Physio-Fit

Frequently booked for back pain, osteoarthritis, osteoporosis or painful muscle tension.

## Neuro-Fit

Frequently booked with diagnosis of neurodegenerative disease or after strokes with after effects.

*Price information is available at [www.park-igls.at](http://www.park-igls.at)*