

smoove

*A Life Changing Experience*



# THE CONCEPT



Our lives get out of synch when we exercise too little, sleep too little and eat irregular meals with unbalanced levels of nutrition.

With the holistic SMOOVE Med Fit Concept, we want to support people to take control of their own health, to improve their performance and ability to regenerate and to feel young through a change in lifestyle. That's the task we dedicate ourselves to with heart and soul. Physical and mental performance require lifelong training but also a method that is both efficient and sustainable.

People need a break, ideally in an inspiring location, to breathe deeply and discover their potential. In our retreats you can still find a piece of unadulterated nature, a place for your complete withdrawal and focus on the self.

Challenges are part of life - without them we would waste away. What is critical is how we handle them and how we manage to be healthy and perform well despite the stress. At the SMOOVE Med Fit Retreat, you will learn to produce endorphins, build inner and outer strength and achieve great things with just a small amount of effort.

We would be delighted to support you on your way.

Petra and Fredy Geisser

# Connected TO NATURE

Hectic everyday life evokes a longing for a simple, elemental life in many people. Nature as a source of power provides plenty of space for new things but also an understanding of our needs. In the beneficial silence amongst magical landscapes, your gaze can roam endlessly and your soul can be at peace. Here, you can reorder your thoughts and increase your awareness of the essentials and of yourself.

The triad of exercise, relaxation and healthy nutrition strengthens people in a holistic and sustainable manner, ideally in connection with nature. Giving yourself the gift of time, recharging your body and your mind and battling the challenges of life with more strength and freshness. That is SMOOVE, the core of our philosophy.



PRIVATE

# THE SMOOVE MED FIT RETREAT

At the SMOOVE Med Fit Retreat we will give you a temporary home - a place to pause and reorientate yourself. The magnificent environment and the almost untouched nature ensure deceleration.



PREVENTATIVE

# THE SMOOVE MED FIT & LIFESTYLE CHECK

## **What sets the “SMOOVE Med Fit & Lifestyle Check” apart from other fitness tests?**

It is not just physical fitness that counts in our test. We look at the person as a whole, so we also collect data about how the person lives their life. Alongside other factors, sleep, happiness, mindfulness and nutrition also impact performance. We use the results to target the lifestyle plan to your individual needs. This helps both body and soul. People who are efficient and work out compensate for stress better.

The SMOOVE Med Fit & Lifestyle Check is based on the latest research. It is based on the latest studies in preventative and geriatric medicine.

## **What is the point of determining a Fitness Index?**

Feeling good in your body is important. Only if you feel good do you go through life satisfied and radiating this satisfaction. Small changes can have a big impact.

A requirement for this, though, is to know where you are starting from.

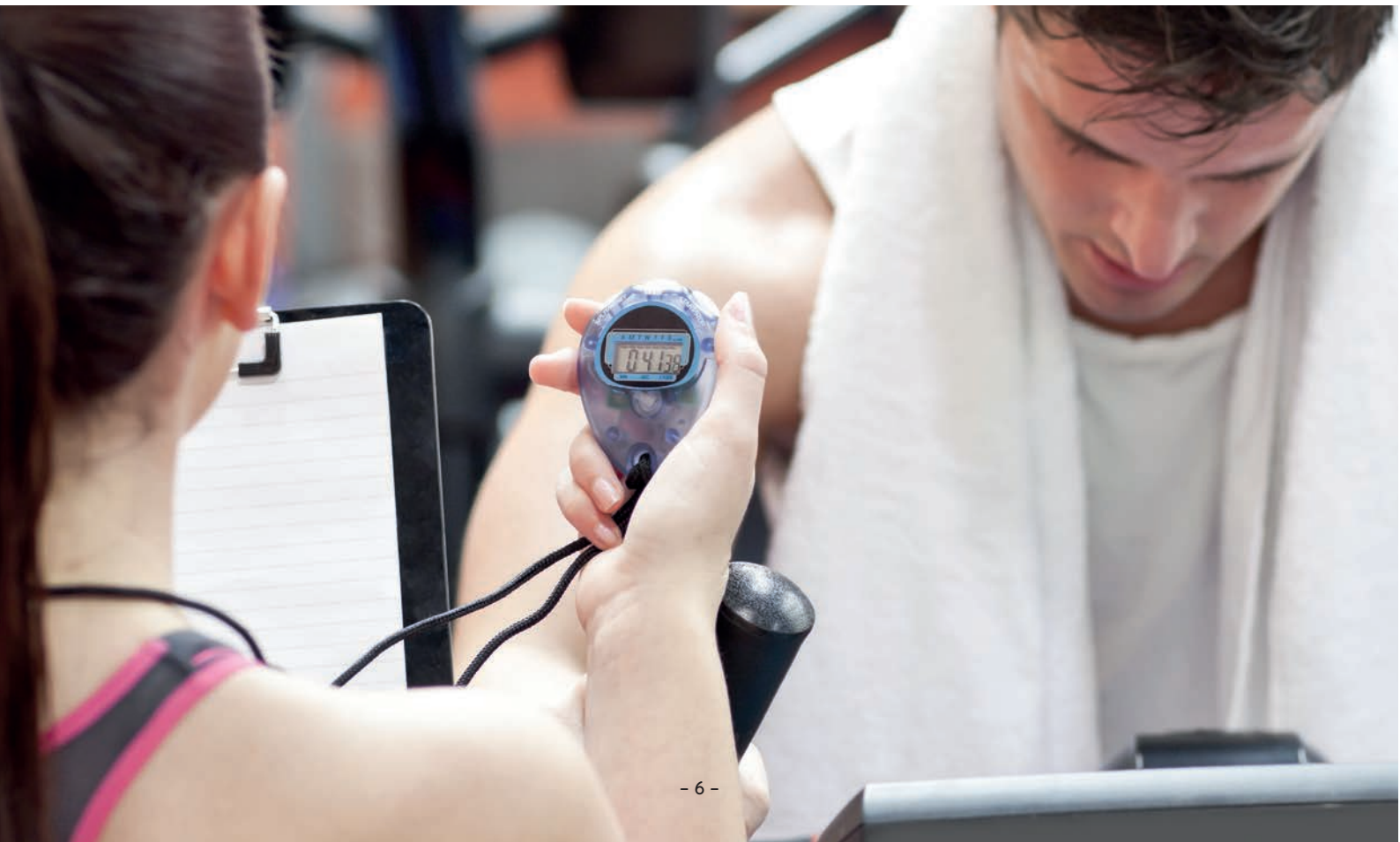
## **Biological age**

The years we have spent on the planet don't necessarily reflect our true ages, because it's our lifestyles that have a significant impact on our biological performance. That's why we developed the “SMOOVE Med Fit & Lifestyle Check”, which determines a person's precise fitness age.

SMART

# THE SMOOVE BASIC FITNESS CHECK

Our Basic Fitness Check gives an indication of your main physical features such as stamina, coordination, strength and speed. We analyse, test and check your cardiovascular performance, stability and balance and determine your body fat and body muscle percentages. Through this survey, we can identify how fit you are and the activity type to which you belong. This test is limited to basic individual skills and tells us your current condition.



BALANCED

# THE SMOOVE MEAL PROGRAMME

Our SMOOVE meal programme is based on a scientifically confirmed nutritional concept and is the optimal supplement to your training programme. With the right combination of carbohydrates, protein and high quality fats, you will stay high-performing, concentrated and full of energy. We rely on original, organic products when choosing our foods. Eating the highest quality of foods with a maximum level of nutrients ensures optimal digestibility and plenty of energy.

Through our workshops and talks, we will expand your culinary horizons together. We will show you how to get more nutrients into your food by choosing the right foods, with fun and enjoyment being the top priorities.







EXPEDIENT

# SMOOVE COACHING AFTERWARDS

Studies have shown that lifestyle changes are simply more effective when people are supported while making them. You will receive six weeks of health coaching based on your medical history. The programme is based on the pillars of mindfulness, optimising nutrition and optimising exercise to achieve your lifestyle objective in the long term.

**Our services include:**

- Targeted questions
- Six weeks of health coaching via telephone and email
- Support exclusively from highly qualified sports scientists and doctors
- An individual nutritional and exercise concept
- Weekly discussion with your coach
- Training plans
- Recipes
- Motivational support
- Introduction to strength training
- Recommendations on stamina training
- We are available at all times if you have any questions or want any tips
- The training programme can be adapted as needed.



# WHY SMOOVE?

The modern working day places new challenges on our bodies. The hectic pace, 24-hour availability and hardly any exercise have serious consequences for people. The only way to ensure a high quality of life even in older age is to maintain your mental and physical performance. The SMOOVE Med Fit Retreat is a first important step in this direction.

## **What's the idea behind it?**

The founders, Petra and Fredy Geisser, both know what it means to balance a demanding job with a private live from many years of personal experience. The management consultant and former manager in the fashion industry Petra not only lost her physical fitness to her hectic everyday life, but her performance dropped noticeably too. While she was on holiday she looked for healthy, holistic options, but neither a spa holiday nor a bootcamp was quite the right option.



**The idea**

We made it our goal to help people to make their lifestyles noticeably healthier in the long term. An idea was generated from the need for a holistic concept, and this ultimately became SMOOVE. Our retreat is not only about an extensive check but also about a learning process. Our team of experts will teach you knowledge and skills so each individual can achieve their personal fitness and health objectives in the long term despite a demanding professional life.

**The environment**

The SMOOVE Med Fit Retreat was created as a place where you can consciously focus on your needs and goals. Body and mind come here to rest and return to everyday life with new energy.

**Individual solutions are essential**

Every person is different. Each phase of life brings different needs with it. In order to improve something, each individual must first know where they stand. With the SMOOVE Med Fit & Lifestyle Check, we identify where your weaknesses and strengths are individually and precisely. In addition to exercise, we also include your lifestyle. This is the only way to create a tailored programme that will help you to achieve your personal fitness and health goals quickly and safely.



**Perform better and achieve joie de vivre in a holistic manner**

The SMOOVE Med Fit Concept sees people as a whole and is based on the three pillars of “exercise, relaxation and nutrition”. Each of these three components is important in our holistic concept. Through individual and group training sessions, participants learn how they can perform better and become more energetic and just happier. This is also the best way to live a long life with a high quality of life.



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## Imprint

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Design  
Weissblau Media, Munich

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