

## **DESIRE FOR HEALTH: THE AQUA DOME OFFERS MEDICAL WELLNESS ON THE HIGHEST LEVEL WITH THE MEDICAL COMPETENCE CENTER 4HEALTH**

Competent coaching for new life quality: The AQUA DOME – Tirol Therme Längenfeld combines thermal spa pleasure with sophisticated medical wellness. The name *4health* stands for the concept of the in-house medical competence center of the renowned Tyrolean thermal spa. Based on the four pillars being preventive medicine, physiotherapy, sports medicine and nutrition the team of specialists, sports scientists and physiotherapists offers high-quality prevention and support in a sporty-exclusive ambience of the AQUA DOME that creates desire for a healthy way of life in every detail.

### **Holistic concepts with a lasting effect**

„We work holistic“, says Dr. Hermann Köhle, Medical Director of 4health, “meaning that we do not focus on only the symptoms but also search for the cause of the problem”. The team has a diagnostically conclusive armamentarium available with check-ups on the newest scientific level to test the current health and fitness level of guests. These results built the foundation for a profound and lasting treatment concept, which also includes tips to take home.

This way the encompassing sport check – ideal for runners, bikers or other athletes – offers an exact training plan for the next three months additional to detailed diagnostics and scientific sports counselling. Guests who book the metabolic balance® program for a stable healthy weight, good skin and new efficiency are also supported at home via phone and e-mail by our specifically trained employees. Lasting solutions for mental problems are also provided by *4health*: The profound mental-check as well the advanced course mental training classic offer intensive consulting and effective support for everyday life – from individual anti-stress-programs to relaxation techniques to diverse methods for more balance and enjoyment of life.

### **Medical technology on a high level for perfect diagnostics**

Additional to the competence of the staff, 4health provides outstanding facilities: most modern training equipment such as space curl – developed by the NASA – or the vibration device Galileo as well as newest medical equipment for encompassing preventive diagnostics.

“Especially for stressed guests it is very pleasant to take care of the elementary important topic of prevention on holiday. Severe illnesses can be avoided with targeted prevention but many people do not have time for it in everyday life“, explains Dr. Hermann Köhle. “We offer the possibility to use their stay at the AQUA DOME not only for relaxation and enjoyment but also for health.”

Regarding the fact that cardiovascular diseases rank among the most common cause for diseases in the industrial nations, 4health offers specific prevention strategies for the cardiologic field. In 90 percent of the cases risk factors are clearly

identifiable – from dysfunction of the lipometabolism to high blood pressure and diabetes to the consequences of malnutrition, smoking, lack of exercise and stress. A timely change to a health-conscious way of living can make a big difference. Furthermore the high-quality prevention offer of the AQUA DOME is supported by natural surroundings of the Ötztal valley. Studies have shown a number of times that a stay in middle heights has a positive effect on blood pressure, weight and the cardiac cycle as well as the stabilisation of the immune system.

*4health* im AQUA DOME ist Teil des medalp-Kompetenzzentrums. Weitere Informationen unter [www.aqua-dome.at](http://www.aqua-dome.at) oder [www.medalp.com](http://www.medalp.com) sowie telefonisch unter +43 (0)5253 64888.

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