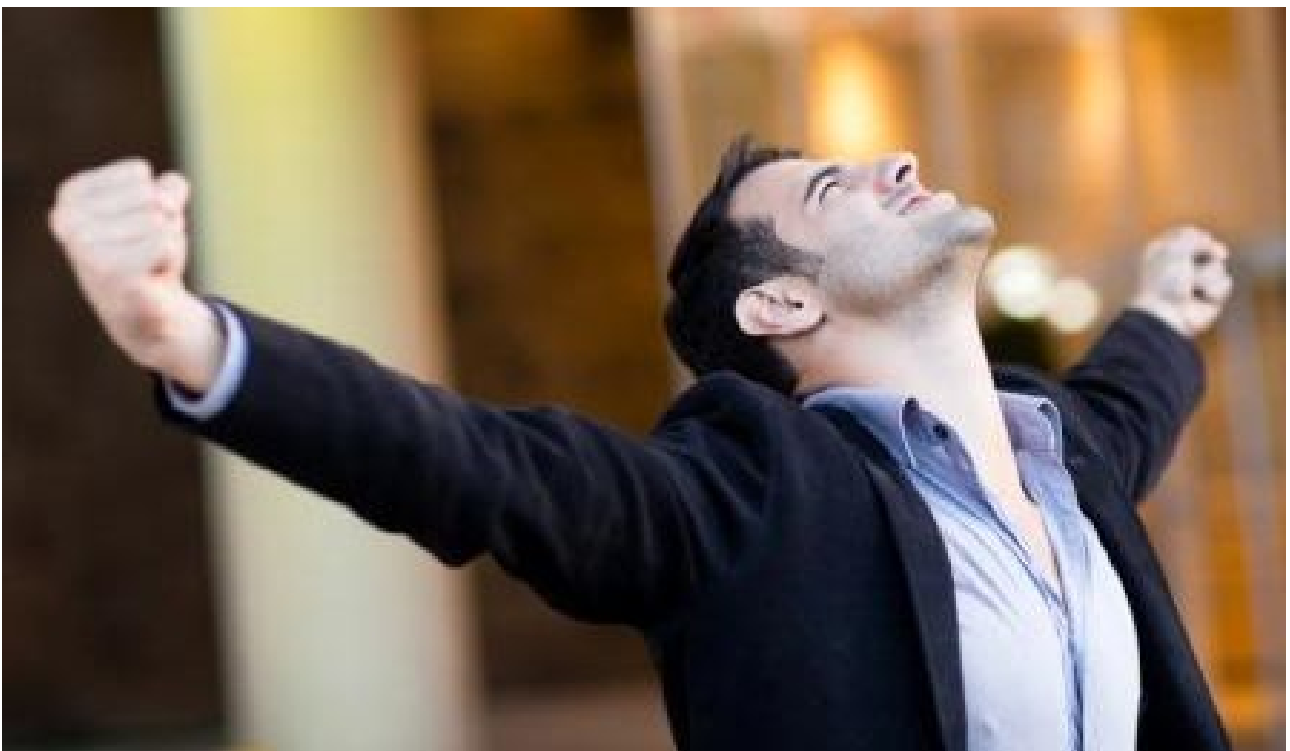


KörperManagement® **BodyManagement**



Your Personal Training

Abstract

1	KörperManagement® (BodyManagement)	3
2	Diagnosis	4
2.1	Biomechanical function analysis of the spine	4
2.2	Endurance test on a treadmill or ergometer	4
2.3	Strength and flexibility test of your locomotor system.....	4
2.4	Coordination test	4
2.5	Body analysis	4
2.6	Nutrition protocol.....	4
2.7	Analysis of nutrition intolerance	4
2.8	Stress test	4
3	Personal training and coaching.....	4
4	Training in our institute	5
4.1	CardioManagement.....	5
4.2	KörperManagement (BodyManagement)	5
4.3	CalManagement.....	5
4.4	StressManagement	5
4.5	MobilityManagement.....	5
5	Training plan	6



KörperManagement®
Ihr Körper. Ihr Kapital.

1 KörperManagement® (BodyManagement)

To stay healthy in your job and to sustain and improve your life quality is an important goal. Here is our health strategy for you:



2 Diagnosis

We start with a scientific anamnesis and check your individual condition:

2.1 Biomechanical function analysis of the spine

We check muscular imbalances to reduce or prevent back pain.

2.2 Endurance test on a treadmill or ergometer

We analyse your endurance to recommend the proper heart rate for your training.

2.3 Strength and flexibility test of your locomotor system

Unbalanced exposure in the office or in your private life leads to muscular imbalances.

With a special test we can identify them and can provide you with a compensating personal exercise program.

2.4 Coordination test

Coordination helps to manage our daily life, prevents injuries and trains our brain. The test analyzes your stability, sensomotor skills and balance and indicates needs for improvement.

2.5 Body analysis

The body analysis shows the body fat-, muscle - and water composition. It helps us to recommend the best training for you.

2.6 Nutrition protocol

Do you get the right amount of vitamins, minerals and other nutrition components? Does your calorie intake fit the daily activity level? You get an answer by our nutrition protocol analysis and a recommendation from our nutrition expert.

2.7 Analysis of nutrition intolerance

You get an analysis set from our special lab that test your blood sample on immunological reactions to aliments. We discuss your results and diet plan.

2.8 Stress test

We discover your personal stress level by a hormone test or questionnaire and advise you how to reduce your stress potential.

3 Personal training and coaching

We provide you with a diagnosis based personal training and individual coaching by a qualified trainer with flexible schedule in our institute or at home.

4 Training in our institute

We have some motivating and goal-oriented programs for you. They contain the anamnesis, a high value diagnosis, training planning, 24 supervised training sessions (about 1 hour per unit) and a re-check including measuring your training values. Furthermore you get a sport scientific coaching within a training group of maximum three people. When you perform the training regularly you get excellent training results and a successful strategy for health.

4.1 CardioManagement

This program is for your prevention of cardio vascular diseases and to improve your endurance.

4.2 KörperManagement (BodyManagement)

The program is a good combination of endurance, strength, flexibility and coordination training. It contains about 20 minutes of personal training and 40 minutes of endurance training.

4.3 CalManagement

This especially helps to reduce weight. It contains a nutritional consultation and endurance training.

4.4 StressManagement

This concept is all about reducing your stress level. A blood test shows your stress hormone level and we provide an endurance test and training to lower the stress. Special relaxation methods help you to resist stressful situations.

4.5 MobilityManagement

This program is especially for elderly people. It improves your locomotor system. We do endurance, strength and coordination tests which are necessary to handle your daily routines.

Each program is customized! You get the right concept and training for your individual goals!

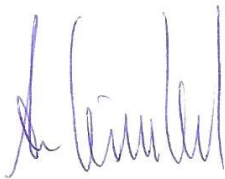
5 Training plan

We provide you with a unique training program based on a diagnosis for your individual goals. You get a documentation of your diagnosis and exercises.

We will be happy to provide you with your individual **KörperManagement® (BodyManagement)**-Strategy.

Let us get started!

Your **KörperManagement®**-Team



Alexander Gimbel
Sports economist and CEO
KörperManagement® KG

Contact us:

Institute
KörperManagement® KG

Westerbachstr. 23 A
D-61476 Kronberg/Ts.

phone: +49 (0) 6173 3250962
email: a.gimbel@koerpermanagement.com
web: www.koerpermanagement.com