

# Physical activities in your every day life!

## Balance exercises

Exercises on trampolines during which coordination and stability are improved. It is good for the heart function; it lowers blood pressure, relieves stress, improves digestion and has a detoxification effect. In addition, it burns fat very fast and strengthens the entire body. For elderly people, the exercise is designed for maintaining stability and strengthening the torso through easy stabilising and strengthening exercises on the trampoline.

## Exercises in the sitting position (while seated)

During exercising, the training of coordination of movements with correct breathing is used. The exercise is done exclusively in a sitting position using different tools such as sticks, dumbbells or over balls.

## Exercise with an over ball and a fit ball

The aim of the exercise is to correct the muscle imbalances, to release the shortened muscles, to do the body shaping, to strengthen the muscle corset and the pelvic floor muscles.



## Harmony and health

The set of exercises includes 12 stretching exercises, each one purifies one of the acupuncture pathways of the body and at the same time it affects the part of the body that belongs to it and so the entire body is gradually exercised. The exercises are done in standing and sitting positions with emphasis on correct breathing.

The aim of the exercises is to get to know your body and create harmony of all organs in the body.



## Healthy back

The exercise is designed to release the shortened muscles and to strengthen the weakened muscles and to practice good posture, in particular, development of strength of the back muscles. The exercise is done in standing, sitting, lying down and kneeling positions with an emphasis on correct breathing. Various tools - mallets, over balls, fit balls and wall bars are used to diversify the exercise.

## Nordic walking

It is a dynamic fitness walking in natural terrain during which the walker uses special sticks. It improves metabolism, is suitable for weight reduction, it is also an effective breathing gymnastics. It belongs among the best physical activities against osteoporosis.



## Pilates

It is an exercise that strengthens your back and abdominal muscles, creating a foundation for good posture, balance and coordination of all muscle groups. It is done in lying position with a focus on correct breathing, which oxygenates the muscles and supports blood circulation.

## Rehabilitation in the pool - Hydrokinezioterapy

An active therapeutic exercise in water is designed for improvement of the range of motions and strength of the muscles, strengthening the muscles using upward push and resistance of water, stress relief and familiarisation with the water environment also for the non-swimmers. There is no fear of falling. During exercises, the particular muscle groups are gradually exercised; the exercise with tools (rings, papillotes) is not only to make the exercise more varied but also to use the mild water resistance.



## Spinal exercises

The exercise is done while lying on the back and on the belly with relaxation after each exercise. The group of muscles along the spine is involved in the exercise and the whole spine is gradually exercised segment by segment and the emphasis is laid on correct breathing.

## Bodyshaping

The exercise is aimed primarily at improving physical fitness, strengthening the muscle groups and problem areas of the body, as well as weight reduction. The exercises are particularly gentle to your joints and tendons. They improve the muscle strength, coordination and range of motion. The exercise is done in standing, sitting and lying positions using such tools as fit balls, thera-band and flexi-bar.

## Yoga

The main focus of this exercise is to create physical and mental harmony. It is a practice of physical and mental fitness. Yoga elements are used here with an emphasis on correct breathing. The exercise is designed to relax the body and subsequently to release the muscle tension of the whole body.

## EXERCISE - HEALTH - ENERGY



## Spa receptions:



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HEALTH SPA PIEŠŤANY



# Regular physical activity is the easiest way to improve and maintain your health!



Spa Piešťany is the leading health spa in treating the musculoskeletal apparatus and has a long term tradition. We closely cooperate with leading rheumatologists and institutions to provide the ultimate rehabilitation and prevention in treating rheumatological diseases.

Recent scientific findings show very clearly an improved effect of spa treatments, when combining classical treatments with active (group) exercise.

The basis for any spa stay is an initial medical examination and prescription of appropriate treatments according to the client's health condition.



Providing active treatments at the same time, weaker muscular groups are strengthened and the blood circulation is improved, resulting in reduction of swelling, relief from pain, improvement of mobility and better quality of life.

At Health Spa Piešťany these exercises are focused on degenerative diseases of the spine and joints of the lower limbs (Osteoarthritis/Osteoarthritis), inflammatory diseases of joints and spine (Arthritis, Ankylosing Spondylitis), conditions after surgery of spine and joints, Osteoporosis, Obesity, conditions after stroke also with present paresis.

We combine both, passive treatments (mud wrap, mirror pool, bath, massages, electrotherapy, etc) and active treatments (group gymnastics, water gymnastics, Nordic Walking, swimming, etc).

During the spa stay, the passive treatments relieve the stiffed and shortened muscles. This effect can be even further improved by active training of the affected areas with physiotherapists.



## Indications

### Conditions after the stroke

It is advised to do exercises in water, training of walking, strengthening the affected limb muscles.

### Conditions after the joint surgery

The recommended practice is a gradation of exercises according to the schemes developed by the specialists.

### Conditions after the spinal surgery

In this case it is very important to learn how to use the spine-saving mode, to do a set of special exercises and exercises in water.

### Degenerative joint disease

The group rehabilitation is aimed at achieving and maintaining optimal and useful movements, especially straight walking, improvement of the range of motions and strengthening of the muscles.

### Inflammatory diseases of joints and spine

In this disease it is important that the targeted physical exercise is led by an experienced physiotherapist in order to prevent shortening of muscles, thereby preserving mobility, self-care and ability to move.

### Obesity

It is recommended to do endurance aerobic activity of minimum 30 minutes per day, Nordic walking, swimming exercises in the water and strengthening, all under the guidance of a fitness trainer. In order to prevent obesity, it is recommended to do daily physical activity lasting from 45 to 60 minutes.

### Osteoporosis

The basis for treatment of osteoporosis is the long term regular physical therapy that supports absorption of calcium into bones.

### Spine (back) pain

In the chronic stage of this disease, it is important to do exercise under the guidance of a physiotherapist in order to learn how to use the spine-saving method, „school of the back“, how to do toning of back muscles - torso corset, toning of the abdominal muscles, ensuring the correct posture.

