

# Vitality Sport Rehabilitation

*Vitality*

**Sport, physical performance diagnose / rehabilitation training development plan / prevention of new injuries**

- Complete physical examination to assess general health and cure status
- Complete laboratory examination, including hormonal status, virology and vitamin status
- Examination of the heart and circulation at rest and under load (cardiac ultrasound, vascular ultrasound of the neck vessels)
- Ultrasonic examination of abdominal organs (liver, bile, kidneys, pancreas, prostate, vessels and thyroid gland)
- Lung function measurement load test to determine performance (lactate test, spiroergometry, bicycle ergometer, tread ergometer) as a basis for the training recommendations
- Optional further diagnostics with computer or nuclear magnetic resonance imaging, colonoscopy (colonoscopy),
- Training recommendations for sports activities, medical training control, individual training, medical training therapy, examination of the eye and visual activity
- Consulting on healthy life style like diets, physical activity and, if necessary, weight loss
- Detailed final discussion of results and, if necessary, further therapy (preparation of a health record / plan)

## ***Vitality Sport* – also includes:**

- Transfers from; airport – hotel – airport
- 6 nights stay at the **Holiday Hydros Wellness & Spa**
- A full diet of Mediterranean cuisine;  
6x breakfast and 6x dinner
- Use of the facilities in the SPA and fitness areas, the indoor and outdoor pool and the adjoining open spaces.

*\*Use of the facilities at the other hotels on the resort, including the Beach Club on the beach, are open from April to October*

**Hotel Holiday Hydros:**

<http://vitalitygroup.es/wp-content/uploads/2018/01/Hotel-Hydros-Holiday-World.mp4>

**May, June and September (July+August on request)**

Type	Price in € p.p.	
suite	2490	<a href="#">view...</a>
penthouse suite	2690	<a href="#">view...</a>
2 bedroom suite	2290 (min. 4 pers.)	<a href="#">view...</a>

**October – April**

Type	Price in € p.p.	
suite	2290	<a href="#">view...</a>
penthouse suite	2490	<a href="#">view...</a>
2 bedroom suite	2090 (min. 4 pers.)	<a href="#">view...</a>

**For further Information and to Reserve:**