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TRAMPOLINE TRAINING WITH BELLICON®

Gentle exercise at Park Igls Mayr clinic

The Park Igls Mayr clinic's activity programme includes an intriguing new exercise concept: bellicon® mini trampoline training. It's a workout that fits really well with Modern Mayr Medicine's principle of gentle exercise. Today's trampolines dispense with metal springs and instead are made with highly elastic rubber rings that allow the elasticity to adapt to body weight and dynamics. This means exercise is gentle on joints and extremely beneficial to motor control. Just five minutes of regular training per day is enough to achieve noticeable effects in a short time.

The cardiovascular system and all muscles are strengthened, balance is improved, cellular metabolism is activated, lymphatic drainage is stimulated and the immune system is boosted, posture is improved, knee and hip joints are relieved and the pelvic floor is toned. In addition, mini-trampoline training is joint and back-friendly, it prevents osteoporosis and is considered an excellent tool for people with Parkinson's disease.

The upward swinging motion relieves strain on the skeletal system – landing back on the trampoline causes the body to contract gently, with no negative effects on the spine and joints. This alternation of tension and relaxation means that the intervertebral discs can soak up the fluid needed for their cushioning function and thus can remain (or become) healthy and supple. This expansion and contraction is echoed throughout the body's organs and cells. A slight tingling sensation under the skin becomes noticeable as the cells receive oxygen, blood and nutrients. No other form of exercise offers such gentle yet effective cellular training for the whole body.

In addition to the activation of muscles, tendons and cells throughout the entire body, trampolining stimulates the adrenal glands to produce happiness hormones. Simply put: exercising on a mini trampoline makes you happy!

The mini trampoline's target group is large, embracing the young, the elderly, exercise newbies and elite athletes. The options for various super-effective bellicon® exercises are equally comprehensive and set (almost) no limits to the imagination. As is often the case, the key to maintaining a regular exercise routine on the mini trampoline lies in its simplicity. The device takes up very little space and bellicon® also offers a model with folding legs for easy storage.

Basic position for all bellicon® mini trampoline exercises

- Stand barefoot on the trampoline with legs hip-width apart
- Bend the knees slightly – but don't let them cover the tips of your toes
- Push your bottom back – just a touch!
- Tense up abdomen and buttocks
- Keep your back straight and pull your shoulders back and downwards
- Chest out, head up and tip of your nose pointing straight ahead

The Mayr clinic advise to always begin exercises in the basic position with a gentle swinging motion. Keep swinging gently for around a minute while keeping both feet on the trampoline before starting any of the other exercises. Don't overdo it to start with. It's a good idea to try the first exercise units with the help of an experienced instructor.

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Effects of five minutes daily bellicon® exercises

- Stronger cardiovascular system and muscles
- Improved balance
- Activated cellular metabolism throughout the body
- Stimulates lymphatic drainage and boosts the immune system
- Improved posture
- Exercises are gentle on joints and back
- Relieves pressure on the knees and hips
- Tones the pelvic floor
- Prevents osteoporosis
- Beneficial for people with allergies and diabetes
- Reduces stress and fatigue
- Releases happiness hormones
- Excellent for people with Parkinson's

Park Igls

Park Igls is one of the leading health retreats in Europe. The 'house in the park' offers personalised exercise, nutrition and regeneration concepts and state-of-the-art diagnostics based on Modern Mayr Medicine. Guests can choose between different therapeutic modules, ranging from Mayr Classic, Mayr Intensive and Mayr De-Stress to Musculoskeletal System, Metabolism & Detox and Heart & Circulation. The range of matchless diagnostic modules includes the Super Medical Check, Men's Medical Check and the Ultrasound Screening Package. Innovative forms of exercise including kybun® and TheMedGolf® are exclusive to Park Igls. Facilities include a high-tech medical department and modern destination spa, spacious relaxation rooms, fitness studios and a well-equipped gym. Modern Mayr cuisine is an integral component of the innovative services on offer. Park Igls is a recipient of the prestigious Condé Nast Traveller 'Most Effective Medi-Spa' Spa Award and regularly features in influential spa guides.

Advance reservation is essential. Standard single rooms from €1,071 per week.

Reservations: www.park-igls.com / +43 512 377 305

Park Igls Mayr Clinic is included in Niche Destinations' distinctive portfolio:

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