

# For a healthy life!

Free Magazine

# pro/vita

We inspire others to live happy, healthy and harmonious lives.

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## Food intolerance

Have you ever considered whether your diet is good for you? As early as the ancient times, the Roman philosopher and poet Lucretius claimed: "What is food to one man is a bitter poison to others". His words are as true today as they were then but unfortunately, we do not always realize that because food intolerance can go unnoticed for hours or even days after eating.



**Marzena Rypina M.D.**  
Manager and leading Nutritionist  
at the Institute of Health,  
Wellness Hotel Pro-Vita.

**T**he feeling of being unwell is hardly ever associated with consumed food. We tend to connect headaches or joint pains with either bad weather or changing blood pressure. We rarely assume that food intolerance is the source of our discomfort as it can develop gradually without indicating any clear symptoms and affect several systems at the same time. A prolonged eating of harmful foods may cause various disorders or even diseases. We don't usually consider that our health problems or inability to maintain a healthy body weight are due to the destructive influence of food. The more our body is exposed to such upsetting factors the greater the likelihood of damaging effects.

Symptoms of food hypersensitivity:

- The respiratory tract - chronic rhinitis, sinusitis, asthma.

- The gastrointestinal tract - bloating, vomiting, constipation, obesity, irritable bowel syndrome, malabsorption syndrome, Leśniowski-Crohn's disease, difficulties in maintaining proper weight (underweight, overweight).
- The skin - atopic dermatitis, acne, psoriasis, eczema, urticaria (hives), pruritus, dry skin.
- The nervous system - headaches, impaired concentration (attention deficit disorder), changes in mood and behaviour, depression, anxiety, fatigue, agitation, insomnia, Attention Deficit Hyperactivity Disorder (ADHD), autism.
- Difficulties conceiving and being able to carry the pregnancy through to full term.
- Rheumatic disorders, muscle and joint pain, fatigue, fibromyalgia.
- Type II diabetes, watering eyes, swollen eyelids, redness of the eyes, high blood pressure.

Deficiency in digestive enzymes, chemical sensitivity and inappropriate reaction of the immune system to particular food may cause food intolerance. The most effective and quickest way to assess our diet is to perform the IgG relative food hypersensitivity test to diagnose poorly tolerated food.

The diagnosis is based on the blood test that identifies the irritable and restricting proper metabolism products. They need to be excluded from our diet in order to ensure a better body functioning. Eliminating harmful products from our diet may eliminate existing complaints and help to avoid taking medication which can also be toxic to our body. ■

### Dietetic Clinic at Wellness Hotel Pro-Vita

- Test for food intolerance (59 products) – est.cost 113 €
- Test for food intolerance MRT (150 products) – est.cost 463 €

**To make an appointment  
please call: +48 94 355 4050**

**[www.hotelprovita.pl](http://www.hotelprovita.pl)**

# Discovering wellness

Wellness is the term that we hear quiet often these days. The Internet offers its endless definitions. It is really interesting that after typing "wellness" into any search engine, we get more than 300 million links to different websites. Wellness is commonly used by various industries from cosmetic to tourism and each has its own self proclaiming definition.

Since Wellness has become so popular, is it really worth exploring its real meaning? Some people associate it with a massage, others with a swimming pool, relaxation or a spa. We come across this term on cosmetic labels and even bathtubs! It is an all-purpose word, but what is its precise meaning? The word "wellness" is derived from English and it signifies "welfare", "well-being" or "prosperity". However, it appears that a dictionary interpretation is not altogether comprehensive! Its essential meaning is much deeper. This term is associated with the idea, and more specifically with the wellness philosophy. "Wellness is a lifestyle, whose purpose is to ensure the harmony between physical, psychological and social well-being of the mind, body and soul". Wellness is not only about physical health, it also represents many areas, in which the quality of life is of the highest importance – explains Beata Woźniak, Wellness Manager. The therapies mentioned above do not fully fulfill the notion of wellness completely. The truth is that a spa or a swimming pool as well as a whirlpool tub have something in common with "wellness" but it is just the tip of the iceberg! There are only few hotels in Poland where the concept of wellness is fully implemented. The purpose of wellness is to achieve the



emotional harmony of mind, body and soul permanently. Omitting one aspect of wellness disrupts the harmony that is the base of wellness philosophy. If you only take care of your body, and mind and leave out the issues related to emotions and relationships, you will not achieve a permanent balance. You may feel a temporary improvement of well-being, but in the long run it may be not enough. Wellness philosophy is all about holistic health prevention. For over 10 years, the Wellness Hotel Pro-Vita in Kolobrzeg has been inspiring to a life in health and harmony un-

der a motto: "Pro-Vita for a healthy life" The idea of wellness is perfectly illustrated by "the tree of wellness", which was created by our Wellness Manager, and has now become our symbol. It is a graphic representation of the integrated approach to human development in emotional, intellectual, physical, nutritional and interpersonal terms. It is worth taking a closer look to draw your own conclusions of

the true nature of wellness. Let the wellness philosophy be no more mystery to you!

**The spiritual aspect of wellness philosophy** is considered as the ability to create a coherent system of values and to set goals in life- its visions and mission. It is also awareness of priorities and a desire to leave a mark on the world.

**The emotional aspect of wellness** accounts for an emotional balance and the ability to overcome problems in everyday life with a positive

attitude. It means optimistic realism, a constructive approach to obstacles, creativity and all the other personality characteristics which define a happy person. It also includes our identity, self-esteem, self-acceptance and beliefs concerning the world, the others and ourselves.

**The intellectual aspect of wellness** concerns the positive forward progress (adjusted to individual pace), the search for information, environmental and world interests resulting in an improvement in the quality of life. It includes: passion, inspiration and knowledge.

**The social aspect of wellness** is connected with our environmental relations. Man, as a social being functions effectively and realizes own potential by building qualitative (and not quantitative) relationships including professional, family and personal relations.

**The physical aspect of wellness** constitutes the energy balance (between work and regeneration) and physical well-being resulting from both effective activity and relaxation. It is connected with a good physical condition as a result of reasonable diet and physical activity, health prevention and the ability to rest and recover.



Jolanta Sokołowska  
Sales and Marketing Manager,  
at the Wellness Hotel Pro-Vita,  
Chief Editor of the magazin

# Holidays only for you

There are many ways to spend the holidays but they are not always related to relaxation, regeneration and restoration of our well-being. In Poland traditionally, holidays are mostly used for visiting the family or the house renovations. Spending time with your family is very important and certainly free time is valuable for establishing a strong family bond. However after such holiday you may need another one just to relax.

We are constantly bombarded with different information, the needs and expectation of others and general chaos in our daily lives. Sometimes we feel like running away as far as possible. Prevention is one of the most important things we can do for our wellbeing. If we need a treatment it often means that we didn't listen to our body. A crisis intervention can be costly and time consuming. Our brain performs according to certain natural cycles. The most common is known as circadian rhythm and is connected with our biological clock. There are some other cycles such as: weekly rhythm, the rhythm of the lunar cycle (28 days), the annual cycle and a life cycle. According to these cycles, our body is able to recognise the time for sleeping and eating, working and being creative, time for a rest, reflection



and change. Different signals are sent in order to communicate those needs.

Relaxation occurs when our brain can do something completely different, disconnected from the daily routine; when we start listening to ourselves instead of going over issues "in our heads." That is why planning holidays only for you is very important. It can benefit your general health allowing for:

- psyche regeneration – a time of cleansing, inner time and reflective insight into yourself
- body regeneration - time for energy recovery, activity, fitness;
- emotional regeneration - time to unwind, take a deep breath and introduce some changes;
- revitalizing interpersonal relationship - time of yearning, appreciation and development

- self- insight - time for body and soul diagnosis;
- prevention -body overview, defining plans to achieve life goals.

We should view each year of our lives as a delicious cake divided into smaller portions. When sharing this cake with others we must not forget to keep a small piece only for ourselves.

Remember:

- to stop, in order to choose a wiser path in the future
- to learn, accept and love yourself to accept and love others;
- to take timeout to appreciate relationships with others
- to take care of your energy and health



Beata Woźniak  
Wellness Manager,  
Mental skills coach and trainer.

# DETOX – what is the point?

Spring is the best time for general cleaning. You clean your house and wardrobe, your garden and garage. You know the importance of spring-cleaning but ...are you aware that your own body needs cleaning as well? Why is it so essential?



**Marzena Rypina M.D.**  
Manager and leading Nutritionist  
at the Institute of Health,  
Wellness Hotel Pro-Vita.

**D**etoxification in conjunction with acid removal is very important for preventive and regenerative purposes. The body has the ability to heal itself only if it is free from toxins. Regardless of our everyday lifestyle, the body produces toxic acids as the result of metabolism, breathing and cells degradation. If these toxins are accumulated in the body for a long time, it can lead to its poisoning. Apart from natural physiological metabolites our body is exposed to external factors such as air pollution, stress and food which can slow down our body functions. A stuffy nose purifies itself by sneezing. An eye is cleaned by tears. Upper respiratory tracts, when infected, activate defense mechanisms which produce excretions and make us cough. In other body parts lymphatic system removes metabolic waste from every cell. Therefore, it is crucial to our health that the lymphatic system is working properly. The air around us is in a constant movement and so is the lymph that surrounds our body cells. In order to ensure their better function, body cells need to be surrounded by fresh lymph with the appropriate amount of hydrogen, oxygen, glucose and other compound concentrations. Moreover, the lymph is responsible



for supplying cells with nutrients and fighting off the bacterial invasion. The lymphatic system is the core of our body natural detoxification system. It is essential that proteins, toxins and metabolic wastes are removed from the interstitial cell space, otherwise we could die within 24 hours. Toxins are transported from the lymph to the colon (a part of large bowel) and the liver. In case of a blocked colon, toxins and metabolic waste return to the lymphatic system. It may cause an inflammatory disorder or disease. We can improve the functioning of our lymphatic system if we do breathing

exercises and sweat during physical activity. Our usual diet, physical activity and breathing determine the toxin removal rate. Fortunately the body has the ability to detoxify itself although the system is not perfect. That is why our diet should be rich with detoxifying fresh vegetables. Detoxification is of great importance for disease prevention and strengthening of our immune system. Not only will you feel in a better mood and have more energy afterwards, but your body will in turn help you defend against external factors. ■

## DETOXIFYING DRINK Helps to prevent toxin build-up

Vegetables included in this recipe contribute to liver, lymphatic system and digestion regeneration. They are also a great source of vitamins and minerals.

### Ingredients:

- 175 g carrot
- 100 g celery
- 100 g spinach
- 100 g lettuce
- 25 g parsley

Put washed and dried vegetables into a juicer. Add some parsley to the freshly squeezed juice and it is ready to drink.

### Nutritional value per 100g:

- Energy 21,11 kcal
- Protein 1,38 g
- Fat 0,21 g
- Carbohydrates 6,13 g
- Fibre 2,99 g

### Vitamins:

- A 783,75 µg
- E 0,58 mg
- B1 0,05 mg
- B2 0,08 mg
- PP 0,46 mg
- C 11,00 mg

# Not just an ordinary restaurant

When you shop for food at the supermarket you carefully select individual products, read the food labels and check their ingredients. You do your best trying to cook healthy meals for you and your family but when you want to eat out do you choose a restaurant with the same careful consideration or do you select the closest one? Perhaps next time you should decide on a restaurant that really cares about the health of its guests...



**Daniel Olas**  
Food and Beverage Manager,  
Executive Chef at the Wellness Hotel Pro-Vita

**M**any restaurants prepare meals in the traditional way, by frying or roasting at high temperatures, with not much attention given to the processing techniques. They use fats containing saturated fatty acids or butter to improve flavors. It's true, the meals prepared with those fats taste better, because added fat brings out more flavor. However, one thing is certain: such meals are not healthy, and can be harmful to the body. They have a high potential for stimulating the synthesis of lipid peroxides, and lead to the formation of free radicals.

harmful substances. Only carefully selected fresh seasonal products and special fats are used in food preparation, fats rich in monounsaturated fatty acids, which from medical point of view reduce the levels of LDL cholesterol (bad cholesterol) and inhibit the synthesis of triglycerides. These properties of fats prevent atherosclerosis and reduce the risk of developing many diseases. The addition of high-quality fats energises and nourishes the human body, but does not contribute to weight gain. High-quality fats include flax seed oil, sunflower oil and olive oil.

Did you know that lower consumption of salt reduces the need and appetite for fats?

Healthy cooking is based on organic produce from local farms and certified producers. The essence of healthy restaurant is healthy produce and proper food processing. It is a place where fresh herbs and spices are used instead of monosodium glutamate (MSG). ■



The human body is very prone to the toxic effect of free radicals. They can destroy us from the inside, cause premature ageing and contribute to lifestyle diseases. How are free radicals formed? Free radicals are formed mainly during food preparation and processing (smoking, grilling, frying) due to rancidity (oxidation of fats). Larger amounts of lipid peroxides responsible for harmful effects are formed during high-temperature processing at about 200° C.

**Get the taste  
of Pro-Vita – restaurant  
for a healthy life!**

# Is winter swimming worth your while?

Is winter sea-swimming only for the brave? In winter your body needs a special treatment to boost the immune system. It is usually much easier to catch an infection when the weather is cold outside...

**S**wimming in cold water is not such a terrible thing, honestly! You do not need any special preparations or body predisposition. Generally, it is advisable to warm up just like before any

other exercise. Bathing in 0° C water is very brief due to the fact that a longer swim may cause dangerous hypothermia. In practice it means a gentle dip in the sea not lasting too long... It is really safe for everybody,

Even older children can experience it but they are allowed to stay in the sea only for a very short period of time. There is one important thing though - you need to be healthy to become a winter swimmer. People

with less than average health can still participate but with a caution. If you are brave enough and willing to take a dip in the cold sea for the first time, you need to be in company of an experienced winter swimmer who will help you prepare for the before and after swim. Winter swimming has many health benefits: it makes the body more robust, increases resistance to winter diseases, improves the efficiency of the cardiovascular system as well as the blood supply to the skin...winter swimmers wear lighter clothing during winter. Furthermore, winter swimming contributes to a better general mood and the so-called "bad weather" (lower temperatures, snow, etc.) is welcomed with more anticipation and pleasure. Getting into 15 C water at 30C heat is as difficult for a winter swimmer as it is for an average person. During winter, water and air have similar temperature. Sometimes water feels warmer than the air which only makes it easier to dip! There is a basic difference between summer and winter swimming. In winter you have to start with some intensive exercises to warm up the body. In summer, most people get into water without a prior warm-up. Their pulse is moderate and once

they are in water they wait until their bodies adopt to the water temperature. Is more likely to get a thermal shock in summer than in winter when you are properly prepared for the winter swimming experience. Swimming in the so called ice porridge gives a particularly exceptional experience. When the air temperature around the Baltic oscillates between -10° C and -15°C and the sea is not frozen yet, the saturated salt water solution forms grains of ice made of pure water. Swimming in such water is still safe because sea water even with the maximum concentration of salt remains at the temperature of 0 C (it drops only by 0.3 degrees)

Do not let the cold weather and infections spoil your plans. Protect yourself against common colds and instead of staying in bed, go winter swimming and enjoy better health. Remember, you are not a bear so do not hibernate! Enjoy the delights of winter and be active! ■



**Jakub Frączak**  
Physiotherapist, Personal Trainer  
at the Wellness Hotel Pro-Vita,  
winter swimmer

# Myofascial therapy to relax contracted muscles

Our emotional states are closely associated with myofascial structures and are manifested by the contraction of muscles in different parts of the body. Abnormal myofascial contractions can cause pain, burning sensations, limited mobility or functional impairment.

**M**uscle activity is necessary to enable the mobility of the human body. It is very important because the proper functioning of the locomotor system affects the circulatory, respiratory, digestive, and other systems. The role of muscle tissues is crucial, as they connect nerves, blood vessels, lymphatic vessels and support organs, protecting and integrating them structurally. Muscle tissue run in myofascial chains, forming specific bands, an integrated structure of muscles, fascia and ligaments. The continuity of the chains influences changes in tone and stress within the whole body. Major factors responsible for disorders in mus-



cle balance include: lifestyle, lack of physical activity, nature of work, overstraining caused by sports, stress, anxiety and emotional factors. Myofascial therapy can bring relief in such cases. The purpose of this therapy is to identify the disturbed structure responsible for limiting certain movement along the fascial or muscular band. Normal functions of the structure are restored through the appropriate manipulation of the structure. The most popular techniques include the mobilization of muscles, myofascial release, positional release, work on fascia, treatment of trigger points, functional massage and deep massage. ■

## Myofascial therapy is used in the treatment of:

- myofascial pain
- disorders of the locomotor system
- pain in peripheral joints
- spine pain
- trauma and overstraining caused by sports
- overstraining caused by work and lifestyle



**Damian Zawadzki**  
Physiotherapist at the Wellness Hotel Pro-Vita,  
Specialist in myofascial therapy

# Body Composition Analysis



**Paulina Kaczmarek**  
Physiotherapist at the Wellness Hotel Pro-Vita,  
Specialist in food products

You systematically verify your body weight. You check your BMI to see where it fits within the BMI range. You go to the gym and play sports. You would like to reduce your body weight and preserve muscle tissue. Are you happy with the results of your efforts?

**B**ody Composition Analysis, may provide you with all the answers. Body composition analysis should be performed before implementing any diet plan or training. It allows us to compare the initial body state with the results after

a specified period of time. Re-measuring lets us observe the changes in the proportions between different tissues. The analysis is therefore an excellent weight loss tool. At Pro-Vita, Body Composition Analysis is conducted before introducing any

diet or exercise program. It shows the current body status in relation to the standard range based on gender, age, weight and height. It indicates the amount of water retained in the body, the skeletal muscle mass, mineral content, bone mass

and body fat mass. It also calculates the base metabolic rate and specifies the amount of calories the body needs for its proper functioning; the calories that shouldn't be exceeded when on a diet. The test enables to monitor fitness level in adults and

children and observe body changes. These are just a few selected parameters provided by the body composition analysis: ■

## Body Composition Analysis

	Values	Soft Lean Mass	Fat Free Mass	Weight	Normal Range
T B W Gesamtkörperwasser (ℓ)	27,8	35,6	37,8	55,8	25,4 ~ 31,1
Protein (kg)	7,3				6,8 ~ 8,4
Mineral (kg)	2,65	In Lösung In Knochen 2,19			2,35 ~ 2,87
Body Fat Mass (kg)	18,0				10,0 ~ 15,9

► Mineral is estimated

## Muscle-Fat Analysis

	Under	Normal	Over	UNIT: %	Normal Range																						
Weight (kg)	55	70	85	100	115	130	145	160	175	190	205	42,3 ~ 57,3															
S M M Skeletal Muscle Mass (kg)	70	80	90	100	110	120	130	140	150	160	170	18,7 ~ 22,9															
Body Fat Mass (kg)	40	60	80	100	120	140	160	180	200	220	240	260	280	300	320	340	360	380	400	420	440	460	480	500	520	18,0	10,0 ~ 15,9

## Obesity Diagnosis

	Under	Normal	Over	Normal Range								
B M I Body Mass Index (kg/m <sup>2</sup> )	10	15	16,5	21	25	30	35	40	45	50	55	18,5 ~ 25,0
P B F Percentage Body Fat (%)	8	13	18	23	28	33	38	43	48	53	58	18,0 ~ 28,0
W H R Waist-Hip Rating	0,65	0,70	0,75	0,80	0,85	0,90	0,95	1,00	1,05	1,10	1,15	0,75 ~ 0,85

## Exercise Planner

Plan your weekly exercises from the followings and estimate your weight loss from those activities

Energy expenditure of each activity (base weight: 51,6 kg / Duration: 30 min. / unit: kcal)

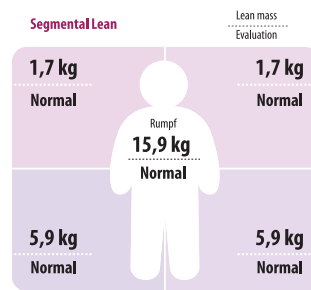
Walking	112	Jogging	195	Bicycle	167	Swim	195	Mountain Climbing	182	Aerobic	195
Table tennis	126	Tennis	167	Football	195	Oriental Fencing	279	Gate ball	106	Badminton	126
Racket ball	279	Tae-kwon-do	279	Squash	279	Basketball	167	Rope jumping	195	Golf	98
Push-ups		Sit-ups		Weight training		Dumbbell exercise		Elastic band		Squats	

- How to do**
1. Choose practicable and preferable activities from the left.
  2. Energy expenditure for each is calculated when it is done for 30 min.
  3. Choose exercises that you are going to do for 7 days.
  4. Calculate the total energy expenditure for a week.
  5. Estimate expected total weight loss for a month using the formula shown below.
- Calculation for expected total weight loss for a month (one month = 4 weeks)  
**Total energy expenditure (kcal/week) x 4 weeks = 7700**

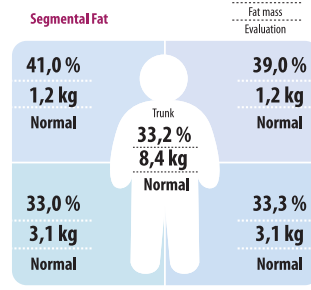
<b>Fitness Score</b>	73 points	<b>Impedanz</b>	Z	RA	LA	TR	RL	LL
			5kHz	394,1	408,9	29,0	243,8	238,5
			50kHz	350,5	368,5	24,3	220,0	216,2
			250kHz	317,0	334,1	19,6	198,0	195,4

nutritional Evaluation	
Protein	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> Deficient
Mineral	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> Deficient
Fat	<input type="checkbox"/> Normal <input checked="" type="checkbox"/> Deficient <input type="checkbox"/> Excessive
Weight Management	
Weight	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> Under <input type="checkbox"/> Over
S M M	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> Under <input type="checkbox"/> Stark
Fett	<input type="checkbox"/> Normal <input checked="" type="checkbox"/> Under <input type="checkbox"/> Over
Obesity Diagnosis	
B M I	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> Under <input type="checkbox"/> Over <input type="checkbox"/> Extremely Over
P B F	<input type="checkbox"/> Normal <input checked="" type="checkbox"/> Over <input type="checkbox"/> Extremely Over
W H R	<input checked="" type="checkbox"/> Normal <input type="checkbox"/> Over <input type="checkbox"/> Extremely Over

Weight control	
Weight control	- 6,0 kg
Fat control	- 6,6 kg
Muscle control	0,6 kg



**Segmental Lean Body Mass**  
It shows the proportion of muscles and checks the balance of individual body segments. A properly balanced body should contain sufficient mass muscle in each segment.



**Segmental Fat Mass**  
It indicates the location of fat tissue or its excessive accumulation.

**Muscle-Fat Analysis**  
This provides information about the body initial state and how it changes after the implementation of training and nutrition plan

**Obesity Diagnosis**  
BMI and body fat percentage indicate the correct body proportions. The test may reveal BMI. WHR is an indicator of fat tissue distribution and related disease threats.

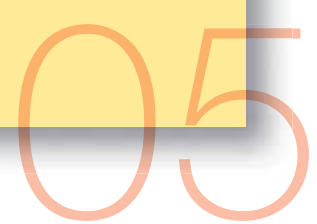
**Exercise Planner with energy expenditure for each activity**  
Results sheet shows the energy expenditure for each of the 20 forms of activity, based on individual body weight. With these data we can create a weekly training plan, calculating the expected and achieved weight loss.

**Fitness Score**  
It indicates the level of fitness and the body composition state. 80 points- a fair fitness level, below 70 points - poor fitness level. 70 - 90 point range - average fitness above 90 points - advanced fitness.

**BMR (Base Metabolic Rate)**  
It represents the amount of energy required to maintain vital functions such as respiration, heart beat, blood circulation and thermoregulation.

## Wellness Hotel Pro-Vita dietary consultation

Body composition test (BIA)	13 €
Initial dietary consultation (45 min)	25 €
Additional dietary consultation (30 min)	18 €
Dietary consultation with a body composition test (60 min)	30 €
Consultation with a personal trainer (30 min)	13 €
Test for food intolerance	113 €
Test for lactose intolerance	38 €
Test for fructose intolerance	38 €



# Wise slimming

You pull your favorite jeans out of the closet, put them on and...they are too tight!  
You know you need to do something about it, but the very thought of another diet makes you sick.



**Marzena Rypina M.D.**  
Manager and leading Nutritionist  
at the Institute of Health,  
Wellness Hotel Pro-Vita.

## Misconceptions about dieting.

The mere thought of another diet brings to mind many unpleasant associations such as starvation and restrictions. Usually when we decide to do something about our weight, we begin to seek miraculous diets and weight loss supplements for quick results. Fasting, supplementing meals with diet shakes or eating one type of food is not a good solution and it is not worth the suffering. Wrong diets can be harmful to your body. Slimming should not be rapid and sudden. After all, if you accumulated fat gradually, you should lose it gradually and with patience. Ironically, the popular food supplements that allegedly bring fast weight loss are very often produced and marketed by the same large manufacturers of junk food that caused the weight problem in the first place!

## Starvation or low-calorie diets may cause more harm than good

Your brain operates like a server; it gathers information from your body, and if there is any shortage of energy, the metabolism slows down saving energy and depositing fat for emergency situation (interpreted as a hunger strike) So if you limit the number of meals or if you start to eat less, you get into a vicious circle. If you check your weight after a week you might see some weight loss, but in fact, what you've lost is just water and muscle mass but the fat deposits remain unchanged. This can be proven by bioelectrical impedance analysis, which estimates your body composition. You will not get rid of fatty tissue if your body detects a shortage of energy. Any eaten food will be used by your body to consistently create new fat deposits. This is how you can guarantee that undesired yo-yo effect.



## DiETING is not that bad

To lose weight, you must eat. Of course, this does not mean eating huge portions, but small meals, five times a day. Your body expects to be provided with adequate energy, vitamins and minerals. The same type of meal is not always suitable for everyone, because we differ in terms of genetic, enzyme and hormonal make-up, and we have our individual metabolic code. Keep this in mind before start losing weight. There are tests that will help you to find out what is good for you, what to eat and what to avoid. Test results will identify food products that cause intolerance and may slow down or block normal metabolism, leading to the deposition of fatty tissue. The elimination of foods which are not tolerated by your body will boost your weight

loss and make the slimming process safe and pleasant, without feeling hungry, and without the yo-yo effect. This will also improve your wellbeing, because products which are not tolerated by your body release toxins leading to inflammation, and causing various diseases. By eliminating harmful foods, your frame of mind, your mood and skin will improve giving you a surge of vital energy.

## The body likes physical activity

Physical activity is a necessary element in supporting dieting efforts. But not everybody benefits from aerobics or jogging. Not all people get pleasure from exercising at the gym. The same exercise plan may not bring the same results to different people. It is worth discussing these issues with professionals to

avoid unnecessary exercise regime which produce little or no results. Your personal coach will identify

your needs and will suggest exercises that suit your needs and preferences. The effects can be monitored by regular analysis of your body composition with the bioelectrical impedance technique. This analysis will show if your nutritional plan and physical exercise support the reduction in fatty tissue.

## Healthy, successful slimming without feeling hungry, without the yo-yo and other side effects?

Yes, it is possible! Successful weight loss requires not only a balanced diet and appropriate physical exercise, but most of all the nutrition adjusted to your individual metabolic pattern; change of habits and way of thinking. Permanent success in reaching a desired body weight is ensured through a complex approach to weight loss supervised by a highly-specialized and experienced team of professionals. The only side effect is... a mix of energy and endorphins that will increase your appetite for life in new ways! ■



## Weight loss holidays at the Wellness Hotel Pro-Vita in Kolobrzeg

Weekly stays designed especially for discerning people who want to safely and effectively lose weight and shape up under the supervision of our expert team: nutritionist doctor, personal trainers, sports trainers and physiotherapists.

**Rates:** from 475 € per week, per person based on double occupancy room

### What do you gain?

- Weight reduction;
- Professional advice and assistance to help you get healthy and shape up your body  
Improve your Well-being;
- Find out your body composition;
- Receive a personalised workout program;
- Learn the principles of nutrition to avoid the yo-yo effect;
- Learn how to continue the dietary recommendations at home;
- Discover your individual metabolic code and learn the source of excess weight, obesity or a tendency to put on weight (upon request).

### Diet by Marzena Rypina M.D.

The diet is based on the principles of good nutrition. It includes five meals a day - mostly fresh vegetables, fruits, juices and cocktails and a small amount of protein - mainly fish. It provides essential vitamins and minerals the body needs to function properly and lose weight without the yo-yo effect. In addition it stimulates a positive mood, increases energy and improves skin condition, health and biochemical parameters such as cholesterol, lipid or blood sugar level.

This diet takes into account the individual preferences based on health status, pre-existing conditions and food intolerance (if applicable). Meals are prepared with healthy ingredients, minimally processed vegetables and seasonal fruits. The diet can be easily continued at home.

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# Great Place To Work

Interview with Agnieszka Trafas, the owner of the Wellness Hotel Pro-Vita, on the occasion of the hotel's 10th anniversary.

**In March 2013 Pro-Vita was presented with Best Place To Work award, and was listed among the top employers in Poland. What is the recipe for this success?**

I believe that the heart and soul of every business is its people- without whom the organization will not be successful. It is important that these people have passions and are able to follow them in life. If someone is passionate about helping others and building friendly relationships then the Wellness Hotel Pro Vita is the place where they can feel appreciated. When people discover the work that they love, work becomes more than a job. People with passion for their work engage each other and their customers. I think that most of the people I work with have such passions. - hence our success.

**Why did you decide to focus on people in your work? Many employers are afraid to follow this strategy.**

I think that in Poland people do not trust each other enough. We are generally very suspicious and worry too much about being deceived. In the long term it can be draining and costly. Personally, I do not like this kind of approach. I think working for a company should not be a chore but a pleasure. After all, we spend more time at work than we spend at home. So it is much better to work in a friendly atmosphere, among people you can count on. Since every business has people who come from different backgrounds,

important element is the wellbeing of our employees. It can be achieved not necessarily by doing whatever is possible, but simply through a kind approach to people. I think that if we consistently follow this system of corporate values and commit to the employee development we can create a very positive atmosphere at work and retain good employees.

**In Poland, 48% of managerial positions are filled by women (according to a survey conducted by the consultancy firm Grant Thornton International). What advice would you give to women who have just started their own business?**

Starting own business or moving up in a career can make us to forget our goals. It is good every once in a while to review where we are going and what we want to achieve. We need to stick to the chosen path planned and organized, everything will turn out alright. Do not get distracted, believe and persevere ....and trust your instinct. It's my business advice... And in a private life? You should also set your priorities and goals. This may sound strange in the context of personal life... but maybe not so! For example, if your aspiration is to learn kite surfing or go to a concert you dreamt of or simply

idea for Hotel Pro-Vita Spa as it was called then, was not that original. It was more like a 'copy and paste' model of what was offered by other businesses in the sector. But over time, mainly through my travels, I develop the desire to achieve more. I began to understand that some places made me feel good. and I wanted to return there again and again. But there were places so bad

**As a business woman you have to take on so many different roles, and you also do sports regularly. How do you manage that?** I'm not sure if I manage all these roles successfully; it is not easy. Sometimes there is a price to pay, but I work towards a balance between my work and my private life. It was a bit different in the past, I dedicated more time to the business, and

plans all the travels, and takes us for trips around Kolobrzeg and to the beach. And I follow these plans... Children grow older, become more and more independent, and life is slightly easier than it was just a few years ago; At least I'm not so physically tired and do not have sleepless nights. It seems to me that I'm getting better at managing different roles, because I am able to define what I want for myself with more precision. And sometimes I just... give up and simplify. I can see more and more often that when I do, the world doesn't end and some problems just solve themselves. [smile]

**On 10 July 2013 Pro-Vita celebrated its 10th anniversary. What did it mean to you?**

I was surprised that 10 years have already gone. I was pleased, satisfied and proud that we were able to achieve so much over the past 10 years and that I have so many great people on board, and so many loyal and kind-hearted guests.

**What are your plans and dreams for the hotel in the next ten years?**

I hope that Pro-Vita Hotel in the coming years will continue to inspire new guests to change their lives for the better. We want to coach them to become healthier and happier. Assist them in developing healthy eating habits, doing sports, and taking care of themselves in the emotional sense. Our mission is to show that a healthy life is possible every day and that it can bring happiness and harmony. My dream is that in 10 years from now we will be known as the most respected wellness experts. Many thanks and greetings from the seaside...



Acceptance speech for the "Great place to work 2013" award. The ceremony took place in the Stock Exchange, Warsaw, Poland.

that I would never go back. I wanted to turn the Hotel Pro-Vita Spa into a place our guests would want to come back. I have also realised that Kolobrzeg is an exceptional place in Poland. It has many strong points that have not been used before. I have strongly focused on a friendly atmosphere, healthy food and leisure activities based on local advantages: clean air, excellent greenery, cycling routes and fresh regional produce from local farms. Our superb team of cooks is able to create wonderful meals and the waiters are cheerful and helpful. Our therapists live the active lifestyle they promote; they go winter swimming with our guests to convinced them of its benefits. To sum up - we are a bunch of positively crazy people trying to infect our guests with our enthusiasm. And it works!

**When did you launch the idea of "Pro-Vita for a healthy life!"? What does healthy life mean to you?**

It has been our mission for several years, but I feel that in the last two years we have managed to implement it in a consistent way reinforced by everyday activities. For me "Pro-Vita for a healthy life!" is not just a marketing slogan. It is the philosophy of action. Its main idea is to look at the areas of human life with a holistic approach. I believe that besides the healthy and efficient body that is not limiting us, there are equally important spiritual issues, such as our emotions, relationships with loved ones and friends. Then there are aspects of human development, expansion of knowledge in the areas of our interest, and self-fulfillment. Healthy living means all of those aspects and we are trying to offer this to Pro-Vita guests.

less to my family and myself. I do not regret it as work gives me a lot of satisfaction especially when starting a project from scratch. It is challenging and fulfilling. In time I managed to put a team of great people together. They are able to make the right decisions without my assistance, and do it better than I could... (smile). I learnt to accept this as a good option for me and for the company, because at a certain moment I became tired with "manual control" of the hotel and was longing for more calm and relaxed time. My family gives me a great support. My husband takes care of our work-life balance, he



have different habits and system of values so at some point we have to decide, what drives us as a team and what is common to us all we have to create our own system of values as our guideline that we can follow every day. It is also worth asking your employees what skills they want to develop and improve. If their expectations are in line with the expectations of our guests and our business strategy, we are happy to invest in the staff training and support them in reaching their professional goals. At the same time, it is important to make use of the potential of the entire team; confront the views of experienced older employees with those of restless young ones so they can learn from each other. The last

spend a weekend at home reading books and pottering around in your pyjamas for half a day because you have not done it for a long time; just set such goals. You deserve timeout to take care of yourself. Sometimes, you need to unwind, leave the everyday rush behind and start listening to yourself, You have to find balance between your professional life and your private life. Sometimes you need to become selfish in a positive sense.

**When opening your hotel 10 years ago, did you have an idea what kind of holidays you want to offer your guests?**

Ten years ago it was much easier to run the business than it is now. The





- 70 meters from a wide sandy beach; in the midst of the seaside park (jogging and bike paths)
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- Healthy restaurant overseen by a dietitian
- Diet Clinic supervised by Marzena Rypina M.D.
- Health Institute: diagnostics, wellness, spa
- Swimming pool (17mx7m), Jacuzzi, sauna
- Fitness club with personal trainers and sports instructors
- Beautiful garden (7000 m<sup>2</sup>) with outdoor swimming pool for children (July-August), deck chairs, hammocks, 2 playgrounds and a garden restaurant
- Outdoor activities (including winter swimming)
- Evening entertainment for adults

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- Healthy slimming holidays
- Stays for families with children
- Treatment and relaxation stays
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Fantastic 8.9  
for Pro-Vita



Our specialists:



**Marzena Rypina M.D.** – Manager of the Institute of Health at the Wellness Hotel Pro-Vita. Physiotherapist and a registered nurse, she has a PhD in the field of dietetics and human nutrition. She is in charge of the Dietary Clinic. For over 30 years she is continually passionate about inspiring others to live a healthy lifestyle.



**Daniel Olas** – Food and Beverage Manager at the Wellness Hotel Pro-Vita. Passionate about modern and healthy cuisine, he inspires foodies of all ages to discover new flavors. He is a finalist of the Polish Culinary Cup 2012 and 2013.

We inspire others to live happy, healthy and harmonious lives.

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