



## Fitness & Weight Management



### ➤ *Ananda Activ-Fitness*

The Activ-Fitness Programme focuses on enhancing fitness and muscle tone by integrating Vyayama, the age-old Indian ritual for movement and breath integrated with contemporary fitness training techniques. Carefully guided at each step by Ayurvedic Physicians, Physical fitness trainers, and Holistic Physiotherapists, each individual's unique body-mind constitution, or dosha is adapted to a holistic fitness regime to achieve a *toned, powerful and agile body*. The Activ-Fitness programme is a one-of-a-kind blend of personal fitness sessions, Ayurvedic therapeutic treatments, customised diets, yoga, aqua fitness, and hikes to the Himalayan foothills.

**Who is this programme for:** Those keen to learn a holistic approach to wellness, looking to enhance cardiovascular fitness, improving blood circulation and range of motion of the joints, addressing neuromuscular problems, developing muscle tone, strength and elasticity, improving blood circulation, reducing water retention, and improving lymphatic stimulation.

Vyayama helps in maintaining the balance between the three circulatory forces or Doshas. Vyayama stimulates Agni - the metabolic capacity and enhances Ojas - the capacity to resist diseases or stress. Ayurveda grades exercise based on energy consumption, or the cardiovascular and respiratory system's response during and after physical activity. Hence Ayurveda recommends performing physical activities within range of specific symptoms aligned to the dosha.

Knowing an individual's dosha (unique bio-energetic forces that influence the body and mind) and a well-rounded understanding of the guest's acquired muscular-skeletal structure allows the team of Ananda' experts and physicians design a customised approach to Activ-Fitness. The initial and critical phase of this programme gently coaxes the body to follow a dinacharya (daily circadian cycle), postural analysis, re-constructs structural imbalances with holistic physiotherapists and imbibes a diet therapy to avoid inflammatory conditions while building strength.

Active training each day comprises individual sessions (fitness sessions, outdoor boot camps and outdoor trail workout sessions) and scheduled group sessions (core strengthening, mobility, foam rolling and stretching etc.) Rehabilitation through personal training sessions will be provided for any chronic injuries. Aqua fitness, stretching and yoga, and treks to the Himalayan foothills are include in the range of experiences. Nutrition consultation and refining the diet therapy that support focussed strengthening activity are key aspects in Phase II.

**The Activ-Fitness Programmes** continue with a deeper understanding of where the body needs improvement and the type of landscape and experience required for the goal. Muscle endurance is observed across fitness sessions to gauge how the body responds to organised strain. Recuperation is enabled with physiotherapy and sports massages that help in removing muscle soreness while improving blood flow. In this phase, there is a higher emphasis on intake of diet that fuels the body for optimum performance. The outdoor regime is complemented with wellness therapies to increase blood circulation, to improve body mobility and restore balance.

Activ-Fitness	Comprehensive			Intensive		
	7	14	21	7	14	21
<b>Inclusions   Nights:</b>	7	14	21	7	14	21
<b>THERAPIES</b>						
Ayurveda, International, Oriental, Physiotherapy	10	20	30	17	31	48
<b>PERSONAL SESSIONS</b>						
Fitness, Trek / Rafting	6	13	17	6	13	17
<b>CONSULTATIONS</b>						
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10	8	9	10

\*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

#### **Consultations with Lead Consultant** – Physiotherapy Doctor

On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. Comprehensive and Intensive wellness programmes include consultations with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.

