



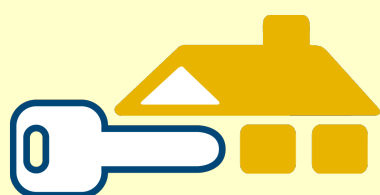
ASOCIACION TURISMO Y SALUD  
COSTA DEL SOL



## HEALTH SERVICES

## PREVENTION & REHABILITATION

In collaboration with:



**VIME** RESORT ★★★★★  
LIVING **MARBELLA**



# HEALTH SERVICES

All year around – Lodging, Half or Full Pension or at day time

## - PREVENTION:

### ▪ Chronic Illness Control:

- Blood pressure
- Lípids y Cholesterol profiles
- Coagulation (INR)
- Pulsioximetry (EPOC)
- Glucose (Diabetes)



### ▪ Overweight and Obesity: Basic Health Food

- Combined Program: Diet Menu (change each week) and Physical Exercise, Technogym & Aqua gym



### ▪ Pregnancy Control Program

- Healthy Food Menus and Pool and Gym exercises

## - REHABILITATION:

- **Anti-Rheumatic Programme:** combining physical exercise, physiotherapy/chiropraxis
- **Post Surgical: Hip and knees prothesis:** Mixing hydrotherapy, aquagym, relx, electromedicine
- **Programa Cardiohealthy Program:** Infarct/Angor recovery, combining bycicle, healthywalking, relaxation, etc
- **Alzheimer's First Steps Program:** Cognitive Stimulation and Physical activity
- **Post Delivery Program:** Elasticity recovery excercises, pelvic floor, slimming. Mix Aqua Gym, Technogym, Physiotherapy



**BOOKING**

