



PALAZZO FIUGGI

WELLNESS MEDICAL SPA

HIKING FOR LONGEVITY



# HIKING FOR LONGEVITY

 **DURATION: 6 NIGHTS - ARRIVAL ON MONDAY**

**With the arrival of spring, Hiking for Longevity returns — our group program, scheduled for the first and third week of each month.**

The benefits of hiking are highlighted and measured scientifically in Palazzo Fiuggi's dedicated program Hiking for Longevity. Recent international research has solidified key principles that focus on enhancing longevity: establishing a connection with oneself and the world, engaging in outdoor exercise, and embracing mindfulness. The initial medical assessment evaluates the overall starting condition, while the final visit assesses the benefits achieved. The hiking paths are thoughtfully designed to immerse participants in the captivating panorama of the Apennines, enhancing the mindful hiking experience. Renowned three-Michelin-star chef, Heinz Beck, has partnered with Palazzo Fiuggi's Scientific Medical Team to curate a Mediterranean-inspired food line, delivering a fusion of distinguished taste and health benefits. Integral to the program are Fiuggi's water benefits and various medical treatments, creating a balanced, rejuvenating week. This program provides a perfect chance to reestablish a connection with oneself, addressing personal needs, and unlocking untapped potential.

## GOALS

- Reactivation of metabolism and muscle transformation
- Reduction of toxins in the body
- Analysis and improvement of physical well-being supported by the medical team and HPM biomechanical evaluation
- Targeted dietary plan for muscle development and reduction of inflammation levels
- Promotion of a lifestyle centered on mindfulness and human connection



## MEDICAL TREATMENTS

|   |   |
|---|---|
| Medical visit   | 1 |
| Elettrocardiogram (ECG)                                   | 1 |
| Bioimpedance (BIA) for the assessment of body composition | 1 |

6

## WELLNESS TREATMENTS

|                                |
|--------------------------------|
| Thalassotherapy treatment      |
| Heat&Cold Therapy              |
| Bodywork Deep Stress release   |
| Back infrared sauna            |
| Feet and legs recharge         |
| Aufguss - mindfulness ritual   |
| Free time at the Roman Thermae |

6

2

3

1

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5

## NUTRITION

|   |
|---|
| Heinz Beck food line: breakfast, lunch, dinner and snacks   |
| Lunch during the trail                                      |
| The therapeutic Fiuggi water straight from the source       |
| Herbal infusions from from one of Italy's oldest pharmacies |

6

✓

1

✓

✓

## MOVEMENT

|   |
|---|
| Hiking                                  |
| HPM Biomechanical monitoring assessment |
| HPM training                            |
| Aerobic test                            |
| Post-Hike Recovery                      |
| Post-Training Mobility Exercises        |
| Yoga Therapy                            |
| Hatha Yoga                              |
| HPM Final Biomechanical assessment      |

6

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1

3

1

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3

1

1

1

## PRICE

6

€4.350



DISCOVER THE 6-NIGHT SCHEDULE





## ▶ EXPLORE THE HIKING TRAILS



Hiking for Longevity combines the pleasure of outdoor trekking with powerful benefits for health and longevity.

Hiking is not just an outdoor activity, but a true workout for both body and mind, fully immersed in nature. Regular hiking on mountain trails stimulates the musculoskeletal system, strengthens the cardiovascular system, and promotes overall physical and mental well-being.

## ▶ EXPLORE THE WALKING TRAILS



Walking regularly is one of the most effective strategies for longevity and quality of life.

Walking for Longevity is a simpler alternative to hiking, designed to suit everyone's needs. These are gentle, accessible routes that fit easily into daily routines — even for those just starting out. They help improve cardiovascular health, physical strength, and vitality, all through the power of consistency.

## ▶ EXPLORE THE CYCLING TRAILS



Cycling is one of the most complete activities to improve endurance, coordination, and muscle strength. With the right approach, it becomes a powerful ally for longevity and well-being.

The Cycling for Longevity method integrates bike training with targeted recovery strategies. Regular cycling strengthens the cardiovascular system, improves respiratory capacity, and provides a lasting sense of energy and vitality.