



## **The program LuckyFit - weightloss, antisress, detox and beautification**

To get the maximum effect from the program, we require unconditional observance of the program and all the rules!

The LuckyFit program was established in 2008 in search of the most successful and healthy way to lose weight. The team of the LuckyFit program consists professionals with extensive experience in the field of nutrition, advantageous physical activity and reduction of body weight. By the initiative of Lucky Bansko Aparthotel, the advisor professor Bozhidar Popov (Chairman of the Bulgarian Nutrition and Dietetics Association) and the kinesitherapist Mr. Teodor Kordev (program manager), built the "LuckyFit" which will offer its approach switching to a healthy lifestyle.

Nutrition and physical activity are embodied as basic approaches to improve general health, increase stamina and control of basic body functions. During a period of 7 to 14 days, the program aims to decrease the percentage of fat and improving metabolic reactions in the body. Daily routine is moderate, corresponds to the physiological levels set by the biological rhythm of the body. The strict compliance with the program has the opportunity to influence and even change the metabolic processes towards optimum performance of all body systems, and thereby may slow aging and reduce the intoxication of the body.

Thanks to the possibility to be close to the natural environment, you can increase the impact of health factors that it provides you. Fresh mountain air, negative ions, and magnetic field of the earth will change your disturbed state of life in the urban environment. The symptoms of the syndrome "Urbanism" is likely to diminish and even disappear for the duration of your stay.

The food is prepared by gentle technology without frying or adding harmful substances. The menu is various and easy to use at home after your stay. After long experience with groups, we have endeavored to adapt the menu for most client preferences, but we kept its balanced character.

The physical activity will gradually committed work of all body systems, and improve blood circulation and lymphatic circulation, breathing capacity and heart function. The effects are numerous, especially if you participate in all program events.

The program runs under the motto "close to nature". In the pogram is also included alive and energized water and zeolite that are powerful natural factors of hydration and detoxification of the body. The combination with external natural factors is set to provide you relaxation and to activate the natural healing abilities your body!

Zeolite is available to buy from our Spa reception at the hotel!

A typical day program includes:

- Fresh juice with zeolite
- Refreshing morning Chinese breathing exercises, lasting about 10-15 minutes. This exercise prepares the body for hiking, improving breathing, blood circulation and energizes the body.
- Breakfast
- Hikes in Pirin or Rila Mountains. It is envisaged to gradually load lighter hikes in the first day and gradually increase the difficulty in the upcoming days. At the reception, you will be able to read the daily program for details on daily transition. For more details, refer to the leaders of the group.
- Lunch meal at the hotel after the hike or with a fixed time specified in the daily program.
- Personal time for relaxation/spa
- Afternoon gymnastics - different types of workouts to gradually increase the intensity and influence the physical properties.
- Afternoon snack
- Dinner
- Evening dance activities – Bulgarian traditional dances or Latin dances scheduled in the program.

Please keep track of the daily schedule of activities that is updated daily on the reception desk. The daily schedule varies from day to day, so it is very important to keep track of the daily bulletin.

\* On the first day of the program (Sunday) is conducted a medical examination for each participant. In the morning on an empty stomach without body and face cosmetics, preferably in swimwear, we will measure your weight and body circumferences.

For each participant, checked in the hotel on a day other than a Saturday that examination will be individually organized.

**Important details regarding the program:**

- Always be careful and concentrated during the activities - hiking, gymnastics, dance
- Wear suitable equipment conditions for mountain - shoes, clothes, backpack, hat, etc. From this depends on your comfort and safety in mountain activities.
- Follow the instructions from the mountain guide, move with in the group and do not underestimate his role.
- Do not overdo exercise outside the program, that carries a risk of fatigue and injury.
- Stick to the diet in the program. Report to the program manager of LuckyFit if you are eating extra food.
- Leave all care of us and enjoy a well-deserved leisure with activities. All analyzes, discussions and disputes about the structure of the program are unnecessary. we have a vast experience with groups and we believe that we offer one of the safest and optimal programs for moderately and healthy weight reduction in Bulgaria.
- For questions, please feel free to contact Mr. Teodor Kordev - program manager of LuckyFit. His presence is to ensure your comfortable stay and correct implementation of the program, share with him about emerged problems and resolve them together.

- For everything related to the use of rooms in the hotel, please contact the hotel reception.
- Regarding Spa procedures and massages, please contact our Spa reception.

The LuckyFit program is a training camp for optimizing health, improving metabolic reactions and subsequent moderate reduction of adipose tissue. The program is a challenge for each participant, regardless of his physical preparation.

**We wish you a pleasant stay and optimal results from the program!**

**Program manager of LuckyFit**

**Teodor Kordev - kinesiotherapist**