



The LuckyFit program: weight loss, detoxification, anti-stress and beautification

Dear LuckyFit clients,

Please read the information below carefully in order to familiarize yourselves with the program in advance.

In order to achieve maximum effect, participants have to follow all rules and requirements of the program strictly!

The **LuckyFit** program was created in 2008.

It offers participants a food regimen with a balanced intake of protein, carbohydrates and fats, as well as intensive physical activity.

Nutrition and physical activity are seen as basic approaches to improving general health, increasing tone and regulating the body's main functions.

For a period of 7 to 14 days, participants undertake to reduce their percentage of fat and improve the metabolic reactions of the body.

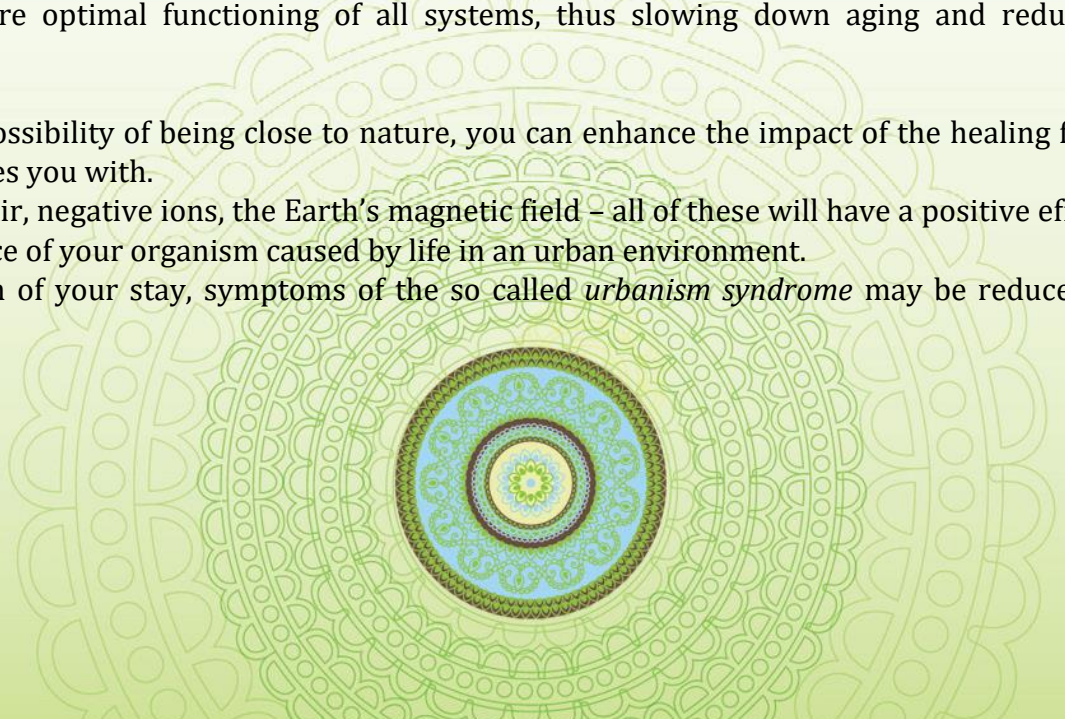
The daily regimen is moderate and corresponds to the physiological levels set by biological rhythms.

Following the program strictly leads to influencing and even changing the metabolic processes, which results in a more optimal functioning of all systems, thus slowing down aging and reducing body intoxication.

Thanks to the possibility of being close to nature, you can enhance the impact of the healing factors the program provides you with.

Pure mountain air, negative ions, the Earth's magnetic field – all of these will have a positive effect on the disrupted balance of your organism caused by life in an urban environment.

For the duration of your stay, symptoms of the so called *urbanism syndrome* may be reduced or even disappear.





Food is prepared using a sparing technique without frying or adding unhealthy ingredients. The menu is varied and easy to prepare at home after the end of the program.

As a result of our years of experience with groups, we have tried to adapt the menu to the prevailing customer preferences while preserving its balanced nature.

The physical activity will gradually engage the work of all systems and thus improve participants' blood and lymphatic circulation as well as their breathing capacity and cardiac activity.

The effects are numerous, especially if participation extends to all program activities.

The program is carried out under the motto *Proximity to Nature*.

It features "live" and "live" Kangen alkaline water, as well as zeolite – powerful natural remedies for hydration and detoxification of the body.

The combination of these remedies and external natural factors is envisioned as a source of relaxation and a natural driver of the healing capabilities of your body!

Zeolite can be purchased from the hotel's SPA reception.

The new individual **LuckyFit COMPLETE DETOX** program has been created to purify your entire body, or select organs and systems in particular.

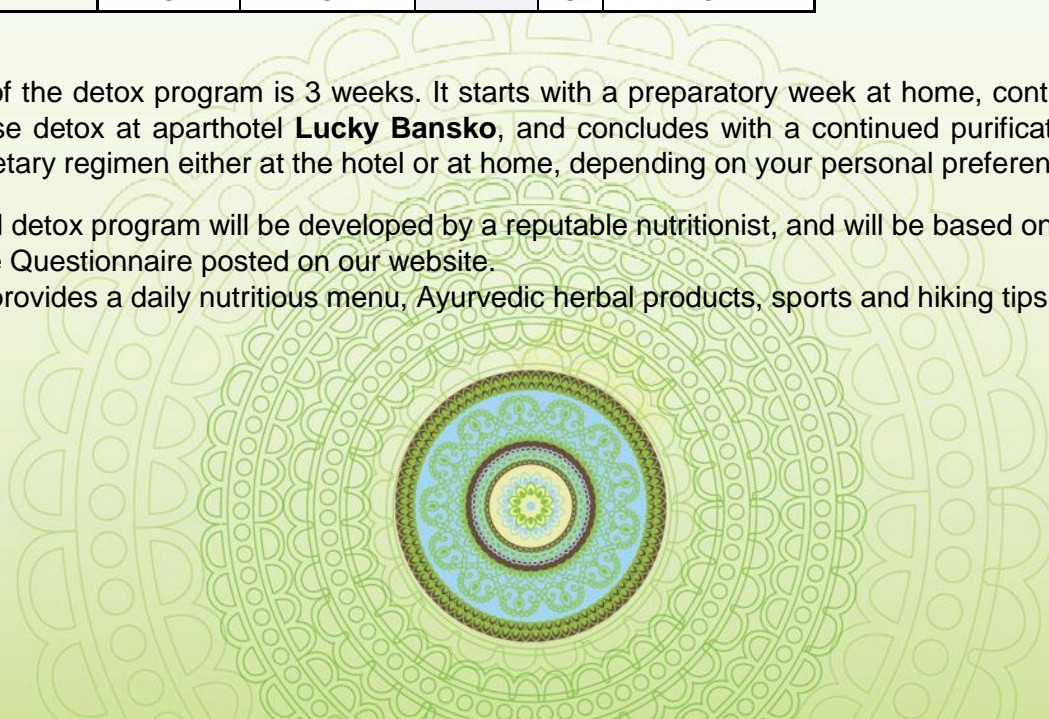
The table below contains detailed information about it:

Organ / System	Purification methods				
	Nutrition	Supplements	Massage	Tea	Colon hydrotherapy
Whole body	☺	☺	☺	☺	☺
Lymph	☺	☺	☺	☺	☺
Thyroid	☺	☺		☺	☺
Liver and gallbladder	☺	☺		☺	☺
Colon	☺	☺		☺	☺
Kidneys	☺	☺		☺	☺
Blood system	☺	☺		☺	☺

The duration of the detox program is 3 weeks. It starts with a preparatory week at home, continues with a week of intense detox at aparthotel **Lucky Bansko**, and concludes with a continued purification process and special dietary regimen either at the hotel or at home, depending on your personal preferences.

Your individual detox program will be developed by a reputable nutritionist, and will be based on your answers to the Questionnaire posted on our website.

The program provides a daily nutritious menu, Ayurvedic herbal products, sports and hiking tips.





A typical day in the program includes:

- Zeolite intake.
- Refreshing morning Chinese breathing gymnastics lasting about 25 minutes – prepares the body for mountain hiking by improving breathing and blood circulation as well as toning the body.
- Breakfast.
- Pirin or Rila mountain hike. A gradual increase of exertion is foreseen, with the first day starting with a lighter hike and gradually progressing to increasing the difficulty in the coming days. More details about the daily hikes can be found in the daily program available at the reception or if you refer to the group guide.
- Participants in the mountain hike are divided into three groups according to their physical training.
- Lunch – once the hike is completed or at a specific time described in the daily schedule.
- Rest, SPA procedures.
- Afternoon gymnastics, zumba or aerobics – different types of workouts with gradual increase in intensity and impact on the physical abilities.
- Snacks in between meals.
- Dinner.
- Evening dancing – folk or Latin dances scheduled within the program.

Note:

- **LuckyFit YOGA:** gymnastics will be replaced with three yoga sessions per day
- **LuckyFit COMPLETE DETOX:** you can choose the physical activities in which you would like to participate.

Please check the daily schedule of activities at reception every morning.

The daily schedule varies from day to day, so it is very important to be up to date with the daily bulletin.

On the first day of the program (**Friday**), a general practitioner will perform a medical examination for each participant in the program.

In the morning, on an empty stomach, we will also weigh you and take your measurements using TANITA (the best tool for measuring the percentage of water in the body). It is recommended that you wear a swimsuit, and you should ideally not have used body or face cream.

The same measurement is carried out on the last day of the program to determine the outcome of your **LuckyFit** stay.

In case a participant checks in at the hotel on a day different than Friday, this examination is organized individually.

On Saturday or Sunday, an experienced cardiologist will examine you, and perform an ECG and an echocardiography.

Colon hydrotherapy will be done to cleanse the colon and initiate the process of weight loss and detoxification.



Other free services and gifts included in the LuckyFit program:

- Daily intake of probiotics and zeolite;
- Transfer by bus (*Mercedes*);
- Horseback riding at the *Peri Volas* base;
- Water for the hikes;
- Two T-shirts and a cap with the **LuckyFit** logo.

Important details related to the program:

- Always be careful and focused during your participation in mountain hikes, gymnastics and dancing.
- Wear suitable clothing and equipment for mountain conditions: shoes, clothes, backpack, hat, etc. – your comfort and safety during the mountain activities depends on that.
- Follow the instructions of the mountain guide on moving as a group and do not underestimate the importance of this safety precaution.
- Do not undertake a greater volume of exercise or heavier physical load than that prescribed in the program. This poses a risk of overwork and/or injuries.
- Follow the diet regimen and tell the **LuckyFit** program manager if you are consuming extra food.
- Let us take care of you and indulge in the deserved active rest.
- Analyses or discussions related to the nutrition or the structure of the program are ungrounded. We have considerable experience in working with groups, which gives us reason to be sure that we offer you one of the safest and most optimal programs for moderate and healthy weight reduction in Bulgaria.
- If you have any questions, please contact Ivan Velikov, Manager of the **LuckyFit** program. The purpose of his presence is to ensure your comfortable stay as well as the proper implementation of the program. You can refer to him in case of problems and rely on assistance to resolve them.
- For questions related to the hotel rooms, please contact the hotel reception.
- Regarding the SPA procedures, please contact the SPA reception.

The **LuckyFit** program is a training camp for optimizing the health condition, improving metabolic responses and a subsequent moderate reduction of the fatty tissue.

LuckyFit is a challenge, regardless of the physical training of the individual participants.

We wish you a pleasant stay, and we hope you achieve the best results!

LuckyFit YOGA

The **LuckyFit YOGA** program is based on **LuckyFit STANDARD** but features three yoga sessions per day. The menu is prepared according to a special Ayurvedic system developed for Bulgaria.

There are 4 meals per day.

The nutrition regimen of each participant is determined according to his/her **dosha** (Ayurveda body type: **Vata, Pitta, Kapha**).



- Initial medical examination in the early days of the program: measurement of blood pressure, pulse and blood sugar, and a conversation with a doctor about anything that bothers you regarding your health;
- **Initial medical examination** in the first days of the program: measurement of blood pressure, pulse and blood sugar, and consultation with a GP about anything that worries you as regards your health;
- Performance of a specialized **heart echography test, cardiogram**, and consultation with an experienced cardiologist;
- **Four meals per day** s per the Ayurvedic Menu;
- **Evaluation of the general condition of the body** using professional *Tanita* equipment (the best in the world) – on arrival and before departure;
- Daily intake of live and energized **Kangen water** with **8.5** alkalinity and the **zeolite** mineral;
- **Daily mountain hikes** with a guide where you will be able to choose among the three group levels: *Athletes, Advanced, Basic*;
- One **colon hydrotherapy** per week;
- Daily intake of **nanoprobiotics** to normalize the microflora;
- Daily washing of clothes used during mountain hikes and hotel activities;
- A full-day excursion – once per week, combined with a picnic (under appropriate weather conditions)
- Horseback riding in Rila Mountain – once per week
- Use of indoor bio pool with underwater music, salt pool with Dead Sea salts, jacuzzi, therapies, saunas, steam bath, ice room, etc.;
- Gift – two T-shirts and a cap with the **LuckyFit** logo;
- Accommodation in a private studio with full soundproofing, free wireless internet, mini-safe, minibar, equipped kitchenette, bathroom with a bath tub, bathrobes and cosmetics, telephone, satellite TV.

THE YOGA PROGRAM ALSO INCLUDES:

- a special morning pranayama (breathing exercises) and asanas;
- afternoon asanas;
- evening relaxing practices and meditations;
- Ayurvedic nutrition for the specific dosha.

It is suitable for people who want to improve their physical and mental well-being, as well as learn to recognize and work with blockages in their bodies and minds and thus bring more harmony into their lives.

Ivan Velikov

Manager of the LuckyFit program

