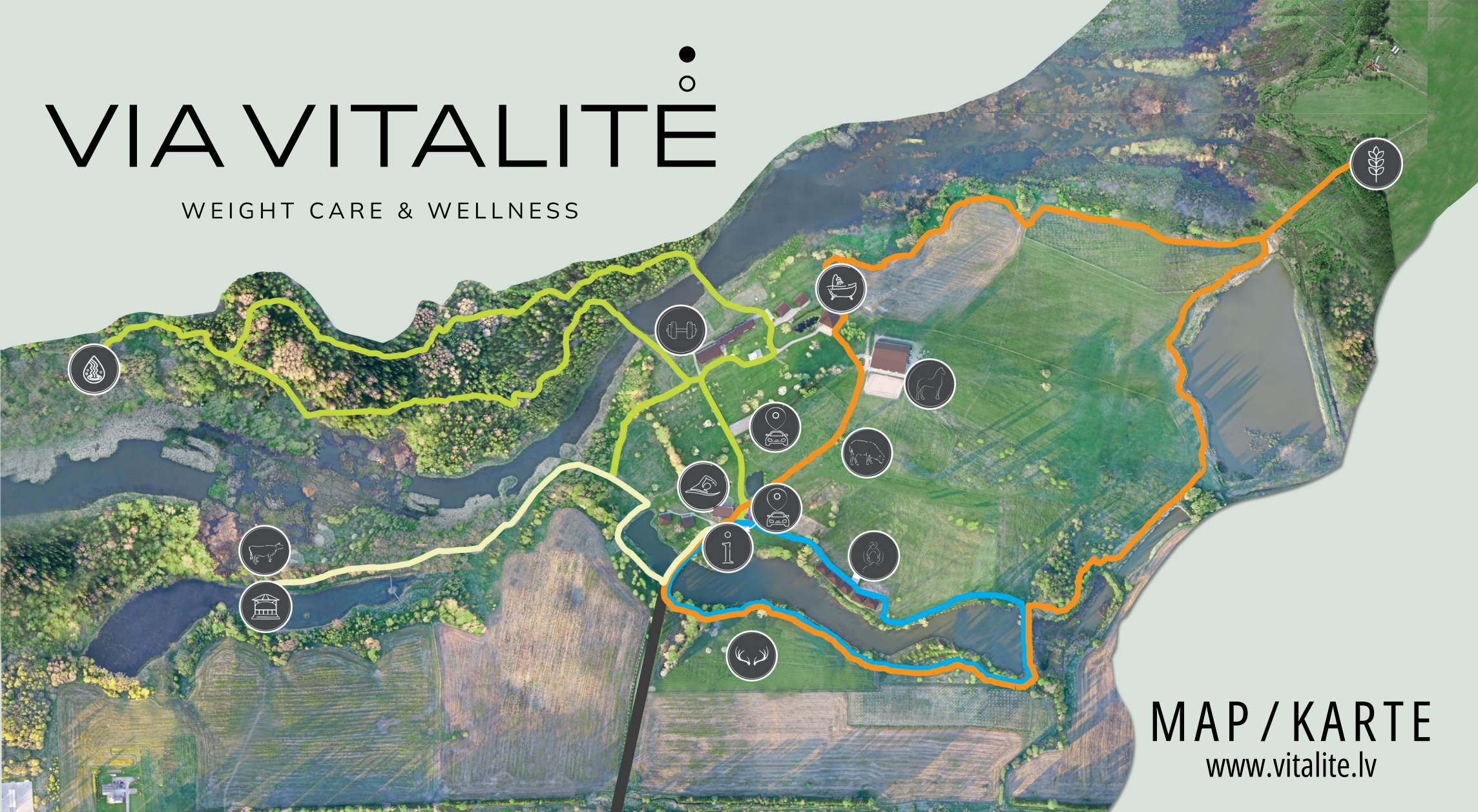


# VIA VITALITE

WEIGHT CARE & WELLNESS



MAP / KARTE  
[www.vitalite.lv](http://www.vitalite.lv)

← AIZPUTE

KALVENE →



BEAVER TRAIL  
BEBRU TAKA



FOREST TRAIL  
MEŽA TAKA



SPRING WATER  
AVOTS



HOVEL  
NOJUME



DEER PEN  
BRIEŽU APLOKS



SWIMMING POOL  
BASEINS



PARKING LOT  
STĀVVIETA



SHEEPS  
AITAS



SPA



POND TRAIL  
DĪKA TAKA



DEER TRAIL  
BRIEŽU TAKA



COWSHED  
GOVJU APLOKS



FARM  
FERMA



RECEPTION  
ADMINISTRĀCIJA



RELAX HOUSE  
ATPŪTAS MĀJA



GYM  
SPORTAZĀLE



HORSE STALL  
ZIRGU STĀĻĻI



MANDALA – SYMBOL OF BALANCE AND INTEGRITY

# Our 10 commandments

## FRESH AIR

Soothes, promotes metabolic processes, strengthens the immune system. Inhale counting 1-2-3-4, exhale counting 1-2-3-4-5-6

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## BALANCE

Our response will affect the outcome. Balance between the internal and external world. Between what you want and what you are ready to give to get closer to your goal

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## MOVEMENTS

Movements heal the soul. They improve metabolism, build muscles which burn fat and form our posture. Fat "melts" when we are in motion. 10 000 steps a day push the old age further away

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## PLEASURES OF LIFE – A BIT OF EVERYTHING

Do not refuse yourself anything, but limit everything. Make your life fun – enjoy it! When with us -without further temptations and letting us take care of you

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## BALANCED DIET

To lose weight, one must eat. However, more calories must be burnt than consumed. Five small meals a day will also improve your metabolism

## NATURE

Man is part of nature. Walking in nature reduces stress, improves memory, normalizes blood pressure, speeds up metabolism and feeds the soul

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## WATER

Water is life, it gives our metabolism a push, makes people younger, creates a firm and glowing skin. Drink at least 35 ml of water daily per 1 kg body weight

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## SLEEP

Crucial for our health, working capacity and beauty. The time our body regenerates. It is exactly at night when weight loss occurs. Try to go to bed on the same day you stood up

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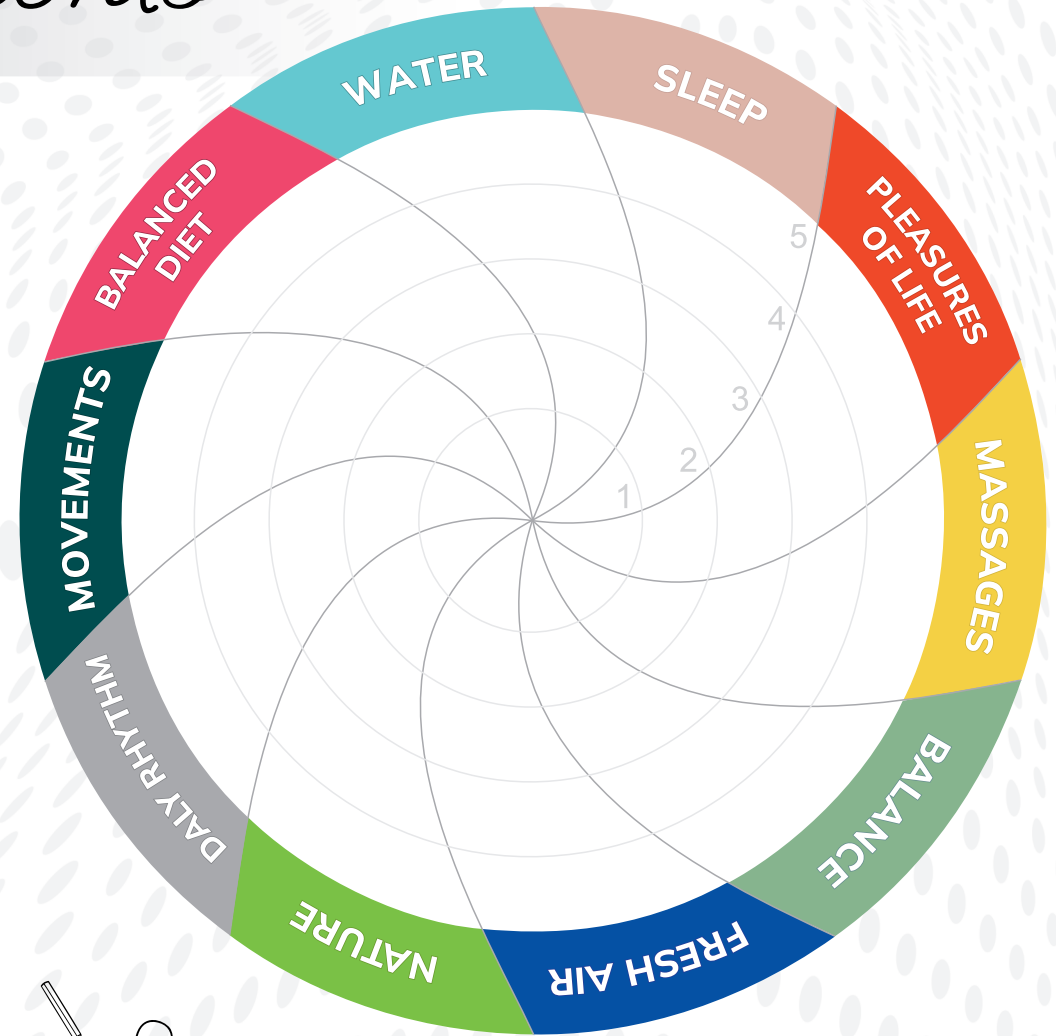
## DAILY RHYTHM / SCHEDULE

Our body likes to follow its inner clock. Sticking to a schedule or programme like a habit helps not only to reduce and retain the desired weight, but improves health and well-being in the longer term

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## MASSAGES

Among the oldest forms of healing that, by touch, boosts health and vitality



We will appreciate if you could evaluate each of the positions and paint it in our mandala

( 5 – very satisfied, 1 – completely dissatisfied )

Any journey starts with the first step!

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