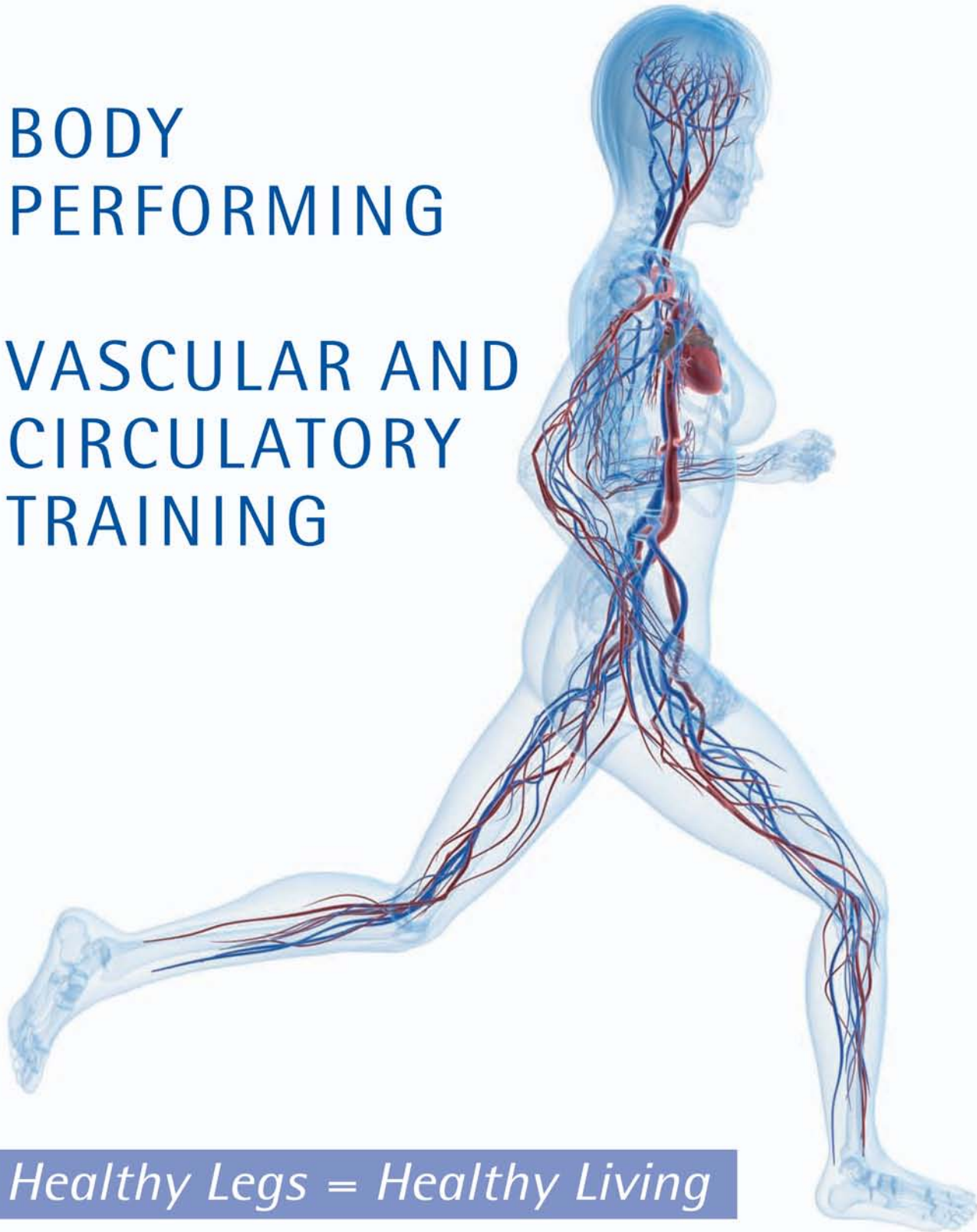


VACUFITNESS

BODY
PERFORMING

VASCULAR AND
CIRCULATORY
TRAINING



Healthy Legs = Healthy Living



FOR PEOPLE WITH A STRONG INTEREST IN POSITIVE BODY IMAGE AND HEALTH AWARENESS

Key functions

- ✓ Improvement of blood circulation
- ✓ Lymph drainage
- ✓ Shortens restitution after sports and surgery
- ✓ Anti cellulite

Other functions

- ✓ Supports slimming programmes
- ✓ Skin firming
- ✓ Passive vascular training
- ✓ Improvement of training effects
- ✓ Bodyforming

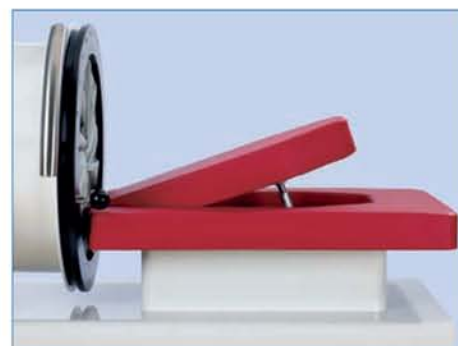
What does VACUFIT®/ VACUSTYLER® help with?

Intermittent Vacuum Therapy (IVT)

- ✓ Reduced blood circulation
- ✓ Cellulite
- ✓ Lactate in legs
- ✓ Weak connective tissue and skin
- ✓ Tired and swollen feet and legs
- ✓ Spider veins
- ✓ Varicose veins

How?

1 IVT treatment (25 minutes) followed by a special training programme (30 minutes)



Healthy Legs = Healthy Living

Phase 1

Two months VACUFITNESS IVT and special training programme in the style of Dr. J.-J. Dahl
Cost: 150 EUR per month

Phase 2

Free training in centre
Cost: normal membership fee
Buy a card for 10 IVT sessions and card can be renewed as required
A 10 session card will cost 100 EUR*

* Example

Training programme

25 minutes IVT -
VACUFIT®/VACUSTYLER® training

1 x 10 mins - cycling, cross w,
rowing, running
or walking

3 x 10 reps - dumbell squats

3 x 10 reps - leg press

3 x 10 reps - calf raise

3 x 10 reps - leg extensions

3 x 10 reps - leg curl

3 x 10 reps - lunges

3 x 10 reps - side lunges

1 x 10 mins - cool down and
stretches

Remember to drink plenty of water!

Additional recommendations

Reduce your intake of
carbohydrates.

Favor Nordic diet and probiotics.

Physical activity is a long life
commitment!

Keep your legs strong and active.

Add to your muscles strength!



Healthy Legs = Healthy Living

Did you know ... that VACUFITNESS is recommended by the Danish Diabetologist Association?