

sain par nature



ODYSSÉE

PROGRAMME

— *My Journey towards more sustainable health* —

A 24-week journey to transform your health, improve your **Wellness Age™** and sustainably regain energy and balance.

MORE ENERGY - LESS STRESS
A STRONGER AND MORE BALANCED BODY



MONDORF
Domaine Thermal

PRESENTATION

What if your health became a real journey: structured, measurable and supported?

With **ODYSSÉE**, MONDORF Domaine Thermal offers much more than a programme: a comprehensive experience that combines science, movement and nutrition to sustainably transform your quality of life.

It all begins with a complete assessment of your physical and cognitive condition, enabling us to define your **Wellness Age™** (your true biological age) as well as a nutritional assessment.

Based on this assessment, a personalised 24-week programme is designed for you: targeted physical activity, expert support and adapted nutritional monitoring.

Week after week, you progress with concrete and measurable objectives. You improve your physical condition, while sustainably establishing new lifestyle habits.

ODYSSÉE is a committed journey towards more energy, more vitality and better health – today and for the long term.

24 WEEKS TO REGAIN
YOUR **ENERGY**, IMPROVE
YOUR **FITNESS** AND TAKE
BACK CONTROL OF YOUR
WELL-BEING.



DISCOVER YOUR WELLNESS AGE™

Technogym Check-up is an innovative assessment station that provides a complete overview of your physical and cognitive condition through six key dimensions: mobility, balance, body composition, cognitive abilities, strength and cardiovascular endurance.

This data makes it possible to determine your **Wellness Age™**, a global indicator of your fitness and well-being level, often more revealing than your actual age.

As the starting point of the **ODYSSÉE** programme, it gives you a clear direction: to sustainably improve your **Wellness Age™** in 24 weeks, so you feel fitter, stronger and in better health.

* *Wellness Age™ = Biological age*

CONCRETE, VISIBLE AND
SUSTAINABLE RESULTS



YOUR ODYSSEE JOURNEY

from
599€

The programme includes:

- **1 initial assessment** with definition of your **Wellness Age™**
- **1 personalised training programme** over 24 weeks
- **1 nutritional assessment**
- **1 appointment** with delivery of a **personalised meal plan**
- **1 mid-programme assessment at 12 weeks** (physical and nutritional)
- **1 final assessment at 24 weeks** (physical and nutritional)
- **8 hours of Wellness & Fitness access**

Optional:

- **Wellness & Fitness access** at a preferential rate (TIME package 30 hours at €171 instead of €285, valid for 12 months)
- **Individual sports coaching**
 - o 5 sessions: 326€
 - o 10 sessions: 600€



The professionals supporting you:

- **A team of sports coaches** who guide you towards a gradual return to physical activity, adapted to your level and your objectives, in order to establish a lasting routine.
- **A team of dietitians** with expertise in supporting lasting changes to your eating habits and lifestyle.

.....

Information and booking

T (+352) 23 666-8237 (Monday to Friday, 8.30-17.00)
or odyssee@mondorf.lu

This partnership makes comprehensive personalised support accessible.

CMCM REIMBURSEMENT CONDITIONS

- Have full coverage with CMCM
- Have a BMI > 25

Coverage terms

The programme is defined at the start of the journey, during the initial assessment.

Reimbursement is made at the end of the programme, provided that the programme has been completed in full and the objectives set have been achieved.

CMCM reimbursement

CMCM reimburses the participant according to the following improvements:

- **€400** for a substantial improvement* in **4 to 6 criteria**
- **€250** for a substantial improvement* in **2 to 3 criteria**
- **€100** for an improvement* in **1 criterion** or even **without improvement**, only as part of the dietary treatment

** By improvement, we mean progress of 5 points compared with the initial test, for each of the criteria assessed.*

BMI is calculated using the following formula:
weight / height²

Example:

A person who is 1.70 m tall and weighs 75 kg has a BMI of $75/1,70^2 = 25,95$

.....

Contraindications: The Odyssée programme is not suitable for people in any of the following situations: wearing a medical electronic implant, inability to stand independently, pregnancy contraindications to physical activity, or partial or total amputation of a limb.

ODYSSÉE

Your journey towards sustainable health

1

THE STARTING POINT: revealing your potential

Your journey begins with a nutritional assessment and a complete physical assessment thanks to the *Technogym Check-up*.

By analysing 6 key dimensions, we determine your **Wellness Age™**, a reflection of your physical condition and overall well-being.

You leave with a clear vision of your health, your strengths and your objectives.

2

CHARTING YOUR COURSE: a tailor-made programme

Based on your results, our experts build a personalised programme combining physical activity, coaching and nutritional advice.

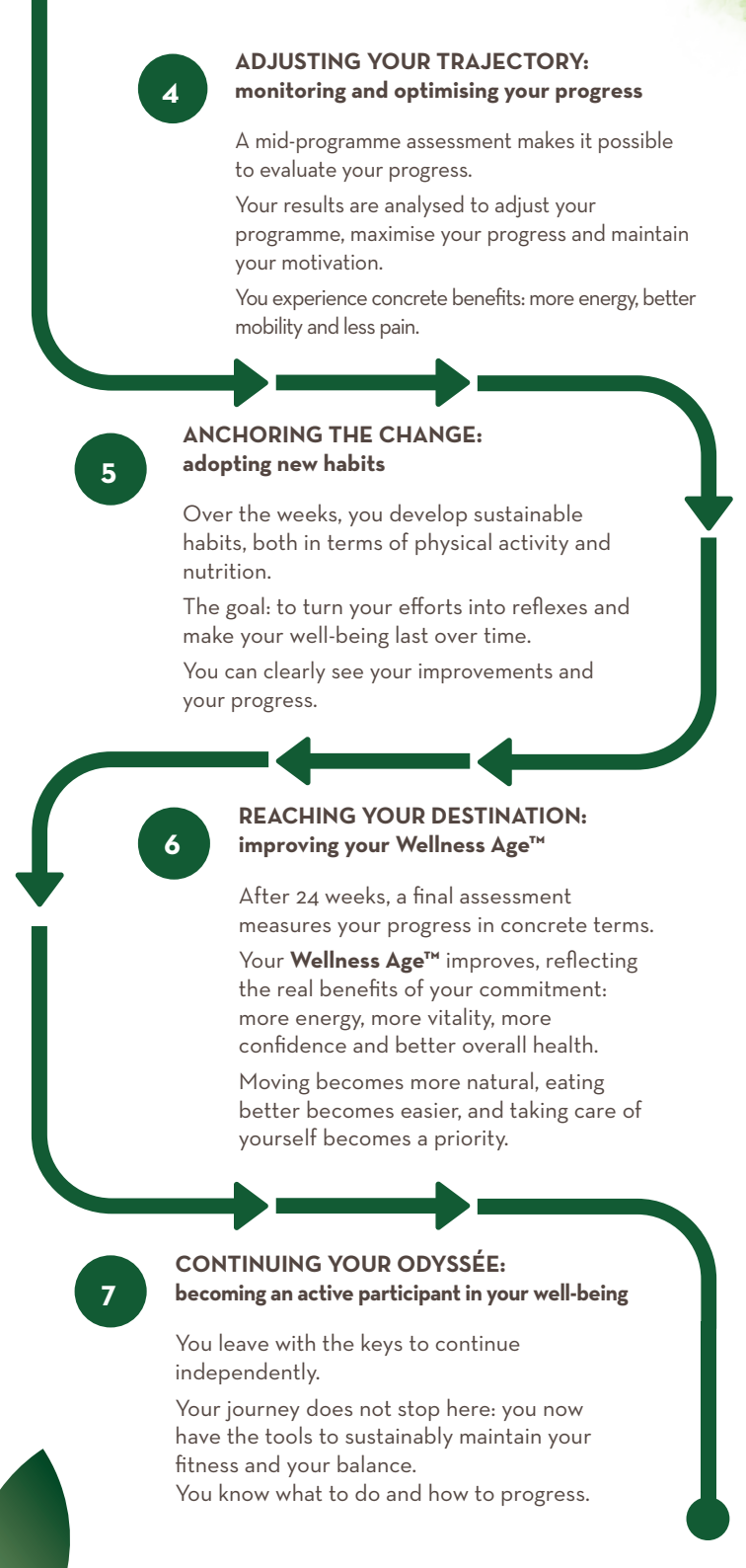
Support adapted to your level, your needs and your objectives, to guide you effectively from the very first steps.

3

GETTING MOVING: taking action

You begin your transformation with a progressive, supervised programme.

Thanks to the support of coaches, dietitians and connected tools, you are supported and encouraged to integrate movement and a balanced diet sustainably into your life.



4

ADJUSTING YOUR TRAJECTORY: monitoring and optimising your progress

A mid-programme assessment makes it possible to evaluate your progress.

Your results are analysed to adjust your programme, maximise your progress and maintain your motivation.

You experience concrete benefits: more energy, better mobility and less pain.

5

ANCHORING THE CHANGE: adopting new habits

Over the weeks, you develop sustainable habits, both in terms of physical activity and nutrition.

The goal: to turn your efforts into reflexes and make your well-being last over time.

You can clearly see your improvements and your progress.

6

REACHING YOUR DESTINATION: improving your Wellness Age™

After 24 weeks, a final assessment measures your progress in concrete terms.

Your **Wellness Age™** improves, reflecting the real benefits of your commitment: more energy, more vitality, more confidence and better overall health.

Moving becomes more natural, eating better becomes easier, and taking care of yourself becomes a priority.

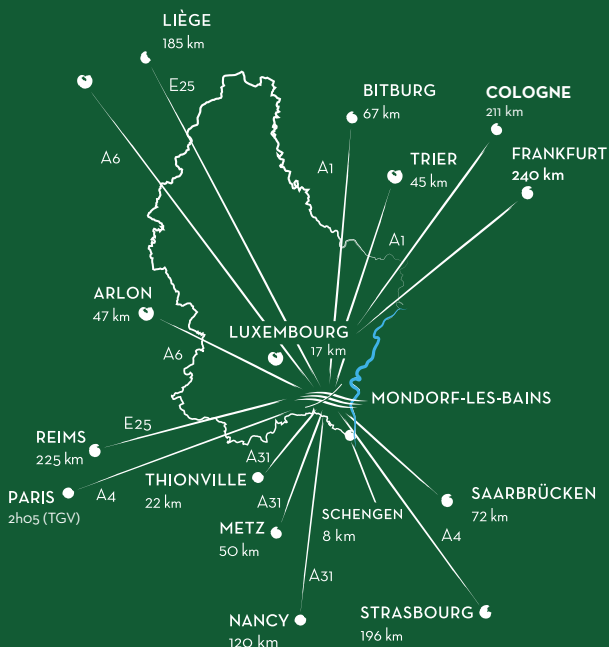
7

CONTINUING YOUR ODYSSEY: becoming an active participant in your well-being

You leave with the keys to continue independently.

Your journey does not stop here: you now have the tools to sustainably maintain your fitness and your balance.

You know what to do and how to progress.



**WHAT IF YOU REGAINED YOUR ENERGY
IN 24 WEEKS?**

Information and booking

T (+352) 23 666-8237 (Monday to Friday, 8.30-17.00)
or odysee@mondorf.lu



MONDORF Domaine Thermal
Avenue des Bains
L-5601 Mondorf-les-Bains

mondorf.lu

General terms and conditions at odysee.mondorf.lu

Parking disponible / Parkplätze verfügbar / Parking available

