



In the Findel Business Center, Complexe C2, étage -1  
Rue de Trèves, L-2632 Findel, Luxembourg

Dear Madam, Dear Sir,

Existence Health Center is a company working actively in the domain of social health, focusing on the prevention of illness through healthcare and fitness, not just when people get ill or start feeling unfit, but especially when we can intervene to prevent a person developing physical problems.

Our services encompass both focused prevention and curative action. In our center clients train their cardio-vascular (endurance) and neuro-muscular (strength) systems. In our center we offer the possibility to work out, training individually, in groups or with a personal coach. We focus on helping individuals and groups with an increased health risk such as dangerous overweight, coronary diseases, diabetes, lower back problems, etc. In the preventive services we set great store by early recognition of the health problem(s) and the start of an individual coaching and training program.

At their request, we advise clients regarding nutrition and physical activity. In addition to this individual plan, we also offer group activities where we teach clients how to change their lifestyle and the importance of maintaining this throughout their lives.

We advise, coach and train you if:

- you don't have so much experience with physical activity or training. You might even feel apprehensive, but would like to try.
- you have unhealthy overweight and need to improve your equilibrium.
- you have been training in the past but have lost the habit and would like to start again in a safe manner.
- you are chronically ill but would nevertheless like to be active in order to feel stronger and cope better with your "handicap".
- in response to your natural ageing process, you would like to stay as active and youthful as possible, in our especially designed "Best Ages groups"
- you have had a health problem in the past, recovered successfully, but would like to stay active under professional supervision.

We provide:

- Fitness checks and screening
- Lifestyle coaching
- "Live healthy" days
- Health management plan for companies.
- Health management advice and -training sessions.
- Workshops about work related subjects like burn-out syndrome, stress at work, RSI.
- Corporate fitness training.

Whenever you feel that Existence can help improve your health and the health of your company, please don't hesitate to contact us, even if your precise circumstances are not listed in this letter. We will do our utmost to find a solution adapted to your and your employees needs

With sportive Greetings,  
André van Spaandonck.  
Physical Education Teacher 1<sup>st</sup> degree.