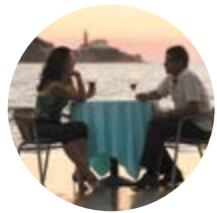


# Springs of health

Terme Krka Magazine  
Publisher: Terme Krka  
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Volume IV, Novo mesto



Talaso Strunjan  
**Sunny holidays**



Terme Šmarješke Toplice  
**Carefree  
spring break**



Terme Dolenjske Toplice  
**Stop waiting for  
the summer to  
begin!**



Otočec  
**Active, mystical,  
romantic, funky**



Terme Dolenjske Toplice  
**Exercise in  
the third age**



Terme Šmarješke Toplice  
**Finish the eternal battle  
with excess kilos**



## Spring ...

... beautiful, energetic, optimistic, light-hearted, green, colourful, promising

It never lets us down even though we sometimes think it either comes too early or too late. As always, it came this year, too, succeeding winter. What about you...did you look after yourself this winter? Did you strengthen your immune system in order to be able to deal with the challenges the year is about to bring? Did you take a break someplace warm and discover any new truths about life, perhaps made decisions of a healthier, more peaceful, slower life?



Sunrays have started awakening the nature, and we are starting to wake up too. At Terme Krka we have yet again prepared numerous interesting activities with the purpose of ... well, we don't only want to speak to your moral conscience; our purpose is to help you. The Springs of Health will reveal a couple of useful tips for this spring.

### We promise relaxation and pleasant adventures

Largely at Otočec which invites you to see its renewed look for yourself – with the new pool and saunas –, and enjoy funky experiences at the adventure park. Services have been tailored for the active, the romantic, the funky as well as those fond of spiritual relaxation.

### Active, yet peaceful

At Šmarješke Toplice Spa we have prepared a very interesting and enjoyable entertainment programme and a sports recreation programme – Nordic walking is one of physical exercise types that will have a significantly positive effect on your heart, body and soul. Talaso Strunjan invites you to join them by the endlessly captivating sea and promises pampering with thalassotherapy and invigorating energy no matter the season. At Dolenjske Toplice Spa we are already looking forward to summer holidays. You will be able to vent your lungs despite the heat ...

### Enjoy wellness services ...

Our wellness centres offer everything your heart desires and needs. When you visit us we will make sure your soul is at peace, your body invigorated, and your step lighter. If you are dissatisfied with excess weight, do pay us a visit at Vitarium wellness centre at Šmarješke Toplice Spa, a true pioneer in the field of medical wellness. Our trustworthy experts for detoxification and healthy weight-loss await you.

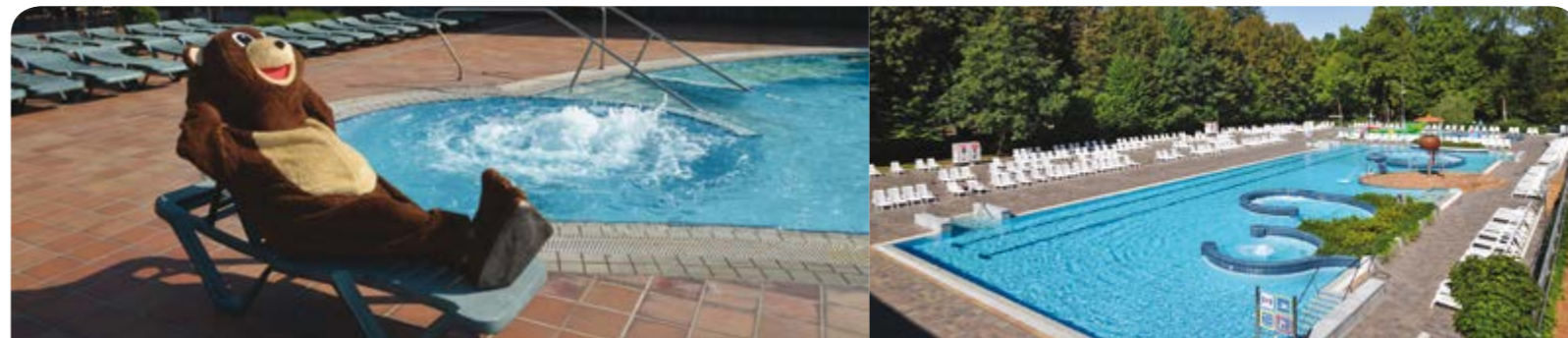
### ... and physical activity

We all know how important it is, in addition to a balanced diet, to exercise. However, we still don't pay enough attention to it. And even if we do, it is usually when our body starts sending us warning signs that something is not right. Just don't wait until it's too late ...

Spring is the right time to do something for yourself! Let Terme Krka show you the right way.

Welcome.

Jože Berus, CEO of Terme Krka



## Summer at Dolenjske Toplice Spa

An extraordinary summer offer! Unlimited access to pools and the wonderful world of saunas ... And to keep the hunger away: enjoy the front cooking and watch firsthand the master chef brandishing spoons and pans! All this and more in our extraordinary first minute offer.

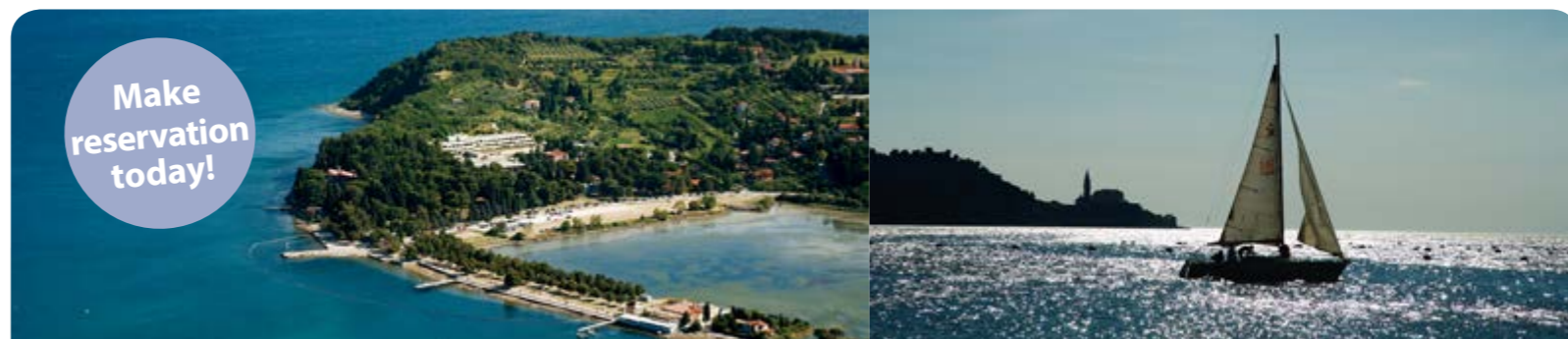
**The offer includes:** lodging with half board • unlimited swimming • 1 x all-day entrance pass to the world of saunas (Finnish, Turkish, herbal and bio-sauna, Japanese sweat bath (40°C), whirlpool, Zen room with water beds, naturist terrace) • recreational guided hikes, Nordic walking, stretching, yogalates, morning walks, aquafit • animation programs

21. 6.–31. 7. 2015 **Hotel Balnea\*\*\*\* superior - 5 nights 335 EUR**  
**Hotel Kristal\*\*\*\* - 5 nights 264 EUR**

*Surcharges: tourist tax 1,27 € per person per night, single room 15,00 € per person per night, full board*

**Free accommodation** during the school holidays for children up to the age of 6 and 1 child up to the age of 14 when sharing a room with two adults.

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## Summer at sea

An extraordinary summer offer! Do you want to take some time to enjoy your summer holiday and don't want to spend a fortune? Come and pay us a visit at the seaside where you will find all the time you need for those long strolls along the beach thinking about what life has brought you. Take a break from everyday worries, find your inner peace and recharge your batteries

**The offer includes:** half board in a double room • unlimited swimming in pools with heated sea water (32 °C) in Hotel Svoboda\*\*\*\* • morning hydro-gymnastics, water aerobics, guided walks, Nordic walking...

21. 6.–31. 8. 2015 **Svoboda Hotel \*\*\*\* - 5 nights 450 EUR**  
**Villas \*\*\* - 5 nights 345 EUR**

*Surcharges: tourist tax 1,27 € per person per night, single room (Svoboda Hotel) 23,00 €, single room (Laguna Hotel, Villas) 13,00 € per person per night, full board.*

**Free accommodation** for 1 child up to the age of 14 and children up to the age of 6 sharing a room with two adults (only in July in Strunjan).

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# Sunny holidays

## *in Strunjan*

Text: Barbara Šmon



It is in May when it starts to smell of early summer and when the courageous ones dive into our sea for the first time. Therefore, we have prepared a variety of interesting activities at Talaso Strunjan to awaken the joy in people. One of the reasons is the school holidays, which will be full of life in every sense of the word. Our animator will take care of our children's club which will be very active and creative while playing different games, enjoying themselves on the nearby playground and taking strolls in the far and the near.

## DISCOVER THE MYSTERIES OF ISTRIA

A family "asparagus" hike and excursion will be organized, suitable and interesting for people of all ages as you will have the opportunity to discover the nooks and crannies of our marvellous Istria. On your way you will learn how to pick this medicinal wild plant, a precious ingredient of Istrian cuisine and much appreciated by the ancient Romans.

## AWAKENING THE ENERGIES IN SPRING

Other activities will include lectures on how to help yourself with internal organ therapy, on conscious life now and here, on Tui na massage that perfectly complements organ ventilation since by applying pressure on certain points it further stimulates our energy flow, and on Bowen therapy, during which the therapist will teach you five essential life rules, while our passionate cook Emilija Pavlič will explain the simple use of healthy seasonal food in our kitchen... All in all, we will combine the pleasant and the useful. Our motto at Talaso Strunjan is that prevention is better than cure and this is something that we are constantly strive to teach our guests - one can do the most by oneself ...

## LIVE HERE AND NOW

Springtime is usually a time for cleansing – at Talaso Strunjan we will focus on cleansing your feelings. It's in people's nature that we rather add something to our lives than take something away. We are prone to ac-



cumulating things. We find it hard to let go of negative feelings, such as anger, grudge, guilt, envy and fear. These feelings are the reason why we can't relax. Relaxation is the key to wellbeing, though. All these negative feelings disrupt our natural energy flow; create emotional blockages resulting in illnesses, as each feeling is related to a certain body part. Anger rules our liver – everybody's heard the saying that one has an angry liver or that the liver is the seat of anger. Or it may even be that you can't stand the sight of someone or somebody which shows that the liver is also related to the eyes. Joy rules the heart, anxiety the spleen, sadness the lungs, and fear the kidneys.



## INHALE, EXHALE, INHALE, EXHALE, ...

As spring is the time for liver, we will be ventilating mainly liver. If our liver is damaged, this might reflect in our eyes; unconsciousness and brain haemorrhage might occur and this may lead to stroke – strokes are very common in angry people as you might have heard. Ventilation of certain body organs means that we transform the disruptive negative feelings into relaxation. In this way we cleanse our internal organs and strengthen our immune system, resulting in better wellbeing. In order to enhance the effect of liver ventilation, we need to tap our body and thus improve the blood and lymphatic system and consequently stimulate our organs. In the end, we need to learn how to transform our own thoughts with the help of positive affirmations that further enhance the whole process of ventilation.

The liver represents our family – the liver

acts as the mother, the gall bladder as the father, the eyes are our children. Liver is most active from one am to three am. If we tend to wake up during that time, it means we have piled up too many negative feelings and that we need to vent. If we don't, blockades and illnesses might occur.

We use liver sound for liver ventilation – it is excellent for all the problems related to headaches, vertigo, rosacea and eyes, blurred vision and glaucoma, nail ridges. What is more, it strengthens sensations of kindness, affection, decisiveness and creativity.

## MARITIME SYMPHONY

Our focus at Talaso Strunjan in April and May will be the liver sound. One of the major advantages to carry out sound ventilation exercises at our place is also our excellent location by the sea – pure symphony of pines, maritime climate and salt pans creates a true spring of health and eternal youth. People at Talaso Strunjan do not know of such a thing as age, we only know of wisdom – we are wiser each year (not older, mind you) as we have more life experiences. We believe that one's age depends on one's soul and wellbeing – somebody can be youthful at the age of eighty, yet somebody can be old at the age of forty ... Decision lies with you, so you shouldn't spend your time telling yourself you're old. All the answers to our questions lie within us. When we become aware of that, we start living our life for real and we stop letting it slip through our fingers.

**LIFE IS NOT A PROBLEM, IT'S A MYSTERY. IT CANNOT BE SOLVED, BUT WE CAN BECOME LIFE BY LIVING IT HERE AND NOW ...**

# Enjoy a break at the seaside

until 21. 6. 2015

## Reduced price of accommodation in comfort rooms!

The package includes:

- half-board accommodation,
- **BEST VALUE: accommodation in comfort rooms available,**
- unlimited pass to pools with heated seawater,
- morning hydrogymnastics, water aerobics, guided walks, entertainment programme.

Svoboda Hotel \*\*\*\* | 2 nights 174 EUR | 3 nights 237 EUR  
Villas \*\*\* | 2 nights 126 EUR | 3 nights 171 EUR

*Surcharges: tourist tax 1,27 € per person per night, single room (Svoboda Hotel) 23,00 €, single room (Laguna Hotel, Villas) 13,00 € per person per night, full board.*

**Free accommodation** for children up to the age of 6 when sharing a room with two adults; 50 % discount for children aged 6 to 14.



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# Carefree spring break

*at Terme Šmarješke Toplice Spa*

Text: Sabina Pance

One of the most beautiful seasons in many people's opinion has finally come. The long-awaited spring. A time when nature wakes up, birds start singing, and colours become more vivid overnight. Spring days are literary wooing us to spend some time outdoors! Why don't you wake up from hibernation, invigorate your body and enjoy the pleasures of life? Come and spend the spring days with us. In the embrace of unspoiled nature at Šmarješke Toplice Spa. Could spring be any more beautiful?



## MAY. A BEAUTIFUL MONTH WILL BECOME A MONTH OF LAUGHTER AND GOOD MOOD IN THE COMPANY OF THE BEST

This season May will be enriched with laughter and good mood as we have prepared plenty of laughter in the company of famous people along with music and dancing!

The month of May **will start traditionally with May holidays**. From 30th April to 3rd May you will be able to enjoy hot Latino rhythms on thematic Latino evening with Juan de Dios, a passionate dancer from Peru; you will move to the oriental world in your mind when belly dancers will for sure amaze you with their performance; plenty of evenings with live music will provide you with an opportunity to put your dancing shoes on and dance the night away to the rhythm of the good old evergreens. However, you won't be able to sleep for too long on 1st May as in keeping with tradition a brass band will pay us a visit and wake you up on the first day of May!

This is only the beginning, though. The energetic month will continue with **weekends of laughter and good mood**. They say that laughter is the best medicine so we have invited a TV celebrity, one of the most famous stand-up comedians in Slovenia, **Matjaž Javšnik**, to join us on the first weekend after May holidays, more precisely on 9th May. He will surely make that Saturday evening unforgettable with salvos of laughter. And after his performance you will be able to twist and shout to live music. A similar event will take place on **23rd May** when another TV celebrity will visit us – this time **Miki Bubulj**, a comedian, will be our guest, a face you could follow at The Celebrity Farm show and



in a well-known project Kursadžije. Our merry May weekends are certainly a thing you don't want to miss out on.

Since our aim is to focus on laughter in May, we have also prepared a **competition in telling jokes** from 8th and 24th May and the winner will go home with a lovely prize. And that's not all: every week we will organize movie nights and watch comedies.

## JUNE. THE MONTH OF LOTUS ...

Get ready for the summer heat in time! Come and spend June at Šmarješke Toplice Spa, in the shelter of shady trees in the health resort's park, at the one-of-a-kind dwelling of a real rarity in our climate, the lotus. Šmarješke Toplice Spa park boasts a small lake fed by a hot spring. In it thrives a rare plant – Indian lotus – a natural rarity. This lotus genus, which thrived across the globe in the Tertiary, can nowadays be seen in its natural habitat only in some parts of Asia and Australia. It was widely believed that Indian lotus could not make it through our winter out in the open-air. But the Šmarješke Toplice lotuses, which provide shelter for many turtles and fish, owe their uniqueness and eye-catching quality to the habitat on top of a hot spring. From June to September the surface of the lake is covered thick with big, waxy leaves above which

several hundred showy light-pink flowers rise gracefully. On a summer morning, at first light, lotus flowers slowly rise from the water and start to gently uncurl their petals. In the heat of the day the blossom is completely open, gleaming in all its beauty. At sunset, the flower curls its petals back up again and retreats down into the water, from which it re-emerges the following morning. And the cycle is repeated over and over again till autumn. You can admire several hundreds of these marvellous blossoms from June onwards when the first ones emerge and we will honour them with **lectures on lotus and culinary and wellness lotus pampering**.

Each week, we will welcome Mrs Anica Bobič, who is a true connoisseur of flora in our health resort's park and of the history of our surroundings. After years of studying our magical lotus and collecting information on this plant from various parts of the world she will sum up her knowledge and rich experience into a lecture on lotus and impress you for sure. We will also organize a group watching of the opening of lotus blossoms and a competition for the best photo that you, dear guests, will take in our park. The best ones will be rewarded.

In the spirit of the season of Indian lotus, our cooks will enhance their offer with a lotus dessert in June. At Vitarium Wellness & Spa Centre they will pamper you with a lotus massage and a peeling treatment with a wrap. For a healthy and beautiful body.

Since we strive to take constant care of our guests' wellbeing at Šmarješke Toplice Spa all year round, we have prepared sports activities of different levels suited to different likings in June. This time our focus will be on **cycling**. Cycling is an excellent form of recreation, both for the body and mind alike. It can be a sociable event, a challenge, or just a unique way of exploring the surroundings. At Šmarješke Toplice Spa and its vicinity, there are dozens of well-kept cycling routes, either in the shelter of the woods, or as part of a landscape necklace connecting picturesque villages of the region of Dolenjska. We have prepared cycling packages at special prices for cycling fans in June, so do follow our offers and choose the one that is suited to your liking. Don't miss the special package deals traditional loyalty weeks. Get pampered, enjoy and unwind! A warm welcome and unforgettable spring adventures await you.



# Summer at Šmarješke Toplice

## Very good prices!

The offer includes:

- half board in a double room,
- free admission to thermal pools,
- morning exercise or water aerobics in thermal pools,
- organised afternoon sport activities,
- free admission to the sauna centre Vitarium Aqua (2 x),
- rich schedule of organised activities.

Šmarjeta Hotel \* \* \* \*

**3 nights 175 EUR | 5 nights 276 EUR**

Vitarium Hotel Superior \* \* \* \*

**3 nights 187 EUR | 5 nights 295 EUR**

(21. 6.–31. 7. 2015)

*Surcharges: tourist tax 1,27 € per person per night, single room 15,00 € per person per night, full board.*

**Free accommodation** during the school holidays for children up to the age of 6 and 1 child up to the age of 14 when sharing a room with two adults.



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# Spend your spring break at *Dolenjske Toplice Spa*... ... and stop waiting for the summer to begin

Text: Jani Kramar

Looking for a break that will make your blood course through your veins and awaken the sleepy senses? Visit us and work out in thermal pools, wander along the edges of primeval forest, join morning strolls with breathing and stretching exercises and do yogalates, exercises that will fill you with fresh energy. It's time for you to bloom this spring. Enjoy a short break at **Dolenjske Toplice Spa!**

When you long for some pampering and delightful adventures, visit one of the best wellness and thermal spa destinations. A break at Dolenjske Toplice Spa will give you what you need the most – relaxation in the world of pampering and pleasure or active relaxation with Nordic walking, hiking, jogging along the trim trail and strolls along the sunny hills of the region of Dolenjska.

## **SUMMER IS JUST AROUND THE CORNER**

For us at Dolenjske Toplice Spa, a family holiday is a common break of family members, people of different generations - children and parents, grandchildren and grandparents or even all of them together. We usually think of swimming and bathing when we think of summer holidays. Dolenjske Toplice Spa offers something for everybody: children will have lots of fun in children's pools at Balnea Wellness Centre, their parents will enjoy themselves at Laguna, and grandparents will visit the swimming pool complex with healing thermal water of body temperature. By all means, the choice of the swimming pool complex is yours to make, but it surely feels good if people of similar likings and goals meet

in one place. And just to make sure: wherever you decide to bathe at Dolenjske Toplice Spa, you will be bathing in healing thermal water.

Times, when all you needed for pleasant holidays was a bed, food and wonderful landscape, are long gone. We have become aware that the previously mentioned values have nowadays become a standard of our daily life. Therefore, we suggest you spend your time off at Dolenjske Toplice Spa a bit differently: our way, which means healthy, relaxed and active.



## HEALTHY

We have all heard of the positive effects of thermal water. Since ageing tends to leave visible traces on grandmas and grandpas sooner or later, these can be successfully eased with the help of thermal water and top-notch, tailored physical therapy in accordance with the doctor's orders. Due to the fast pace of life parents are likely to forget about their body, and the first pain in the back and joints appears. Our medical services with state-of-the-art medical equipment and devices, such as Tecar and Gamma Swing, will help them. And for the children? Even though we have rich experience and highly qualified and professional staff, we do hope the childhood of your loved ones is not stained with illness or physical impairment. However, let us remind you that many physical problems in adulthood are the consequence of bad posture in childhood. Let us teach your children how to take care of a good, healthy posture this holiday at Dolenjske Toplice Spa. This is the right investment into your child which will last a lifetime.

## RELAXED

We are proud of Dolenjske Toplice Spa's Balnea Wellness Centre which has become a synonym for relaxation and pampering of the body and soul. Many people think of Laguna, Oasis and Aura when they hear Balnea. As you might have guessed these are three parts of Balnea Wellness Centre. Laguna offers a combined indoor and outdoor pool where you can swim 365 days per year, an outdoor pool and a children's pool with a pirate ship. For those who want something more than just water sports, there are a volleyball course, deckchairs and sunshades and of course an outdoor beach bar. When



summer fails us, you can get warm at Oasis, the world of saunas with Finnish sauna, Turkish steam bath, bio sauna, Japanese sweat bath and Zen room. Aura is the place where you can enjoy various massages – classic, shiatsu, lomi lomi, stone massage, Berber massage with argan oil as well as honey and chocolate massages – and also top-notch cosmetic services, such as pedicure, manicure, depilation, facials and body treatments ... and to top things off, there is also an aesthetic surgery clinic.

## ACTIVE

It might sound a bit weird, but at Dolenjske Toplice Spa you will run out of time during your holidays too. Nobody will be rushing you, for once, but there will be so many activities luring you that you will want to spend your break actively. But let us remind you once again: everything will be tailored to your liking and everything will depend on your, hopefully positive, mood.

We want to show you the regions of Dolenjska and Bela Krajina, the Krka River valley from the village of Stična, Muljava, Žužemberk to Novo mesto and from Otočec to Kostanjevica – where the past is

intertwined with the present along the way, and it might surprise you that there is just one small step from the Hallstatt period to Cviček, local rosé wine. The region of Bela krajina is certainly worth visiting, too - the land of white birches and "Zeleni Jurij" (a deity which brings renewal and fertility in spring), exquisite wines and delicious gastronomy, and most of all kind, sincere and happy people.

Hotel venues will host musical evenings, tea parties, bingos ... Every week we will invite you to an outdoor dinner to the picnic area, while the town of Dolenjske Toplice itself will offer various activities which will peak with Topliška noč (Dolenjske Toplice night) event on Saturday 18th July.

Our sports animators will lure you outdoors, too – with guided Nordic walking, hikes in the near and far and to the heart of the mysterious Kočevski Rog forest, where you will be able to admire our primeval forest.

Ted the Bear will take care of the youngest ones at Dolenjske Toplice Spa – he will read them fairytales, hide a treasure and send them on a treasure hunt, they will prepare stores for the winter, take part in different competitions ...

**Still afraid that anyone will be bored on holidays at Dolenjske Toplice Spa?**



## A perfect wellness break at design Balnea Hotel

one of the **TOP SEVEN**  
wellness hotels in Europe

**The package includes:** 2 nights in a double room with half board for 2 persons • 1 x free admission to the world of saunas – Oasis • unlimited bathing in thermal pools (also night bathing at the weekends)  
• guided hikes, Nordic walking, yogalates, morning strolls with stretching and breathing exercises, water aerobics • »Front cooking« at Dolenjske Toplice Spa. Preparing healthy meals with our culinary artists  
• diverse entertainment activities.

### Price of the programme including accommodation

6. 4.–21. 6. 2015	2 nights for two persons
<b>Balnea**** Superior</b>	<b>278.00 €</b>

*Rates apply in EUR per person in a double room.  
Surcharges: tourist tax 1,27 € per person per night, single room 15,00 € per person per night, full board. **10 % discount for Terme Krka Club.***



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# Otočec –

**active, mystical, romantic, funky**

Text: Matej Jordan

Otočec has seen quite a few changes in the past year: last spring, we enhanced our offer with a lovely park situated where the bungalows used to be in front of the Šport Hotel and this winter the new wellness centre perfectly rounded off the wide range of services at Otočec that include the ones offered at the sports centre, the golf course and Otočec Castle. Otočec offers active adventures as well as loads of fun and relaxation services. Pay us a visit and enjoy the adventure park, paintball, cycling, Nordic walking ...



Otočec has experienced a complete makeover and turned over a new leaf: active, mystical, romantic, funky. It offers a number of services that cater to different people's likings. Which one suits you most?

**ACTIVE** – for those interested in spending active time off with numerous sport activities. The package includes half-board accommodation, pampering in thermal pool, hikes and excursions with a guide (on Saturdays) or admission to the adventure park, free bike rental and Nordic pole rental. 2 nights for 2 persons ... 179.00 EUR

**MYSTICAL** – for those looking for spiritual relaxation with the help of guided meditations and other workshops. The package includes half-board accommodation, pampering in thermal pool, guided group meditations, 1 admission to saunas and a gift – one-on-one intuitive counselling with a therapist. 2 nights for 2 persons ... 189.00 EUR

**ROMANTIC** – for couples who want to focus on each other and spend some quiet moments in a wonderful surrounding. The package includes half-board accommodation, pampering in thermal pool, 1 admission to the saunas (including a sweet surprise and a glass of sparkling wine), and romantic dinner for 2 persons at the Otočec Castle Hotel\*\*\*\*. 2 nights for 2 persons ... 199.00 EUR

**FUNKY** – for the young ones, eager to have fun and take part in diverse sport activities we offer relaxed, joyous, carefree fun by the pool with good music. The package includes half-board accommodation, pampering in thermal pool, a wild pool



party with a z DJ (on Fridays), an adventurous hike into the unknown, a party in an authentic vineyard cottage (for a group of min. 5 persons) and admission to the sports centre where you can play tennis, table tennis or visit a fitness studio. 2 nights for 2 persons ... 169.00 EUR

**VISIT OTOČEC FOR ONLY 39.00 EUR PER NIGHT!**

Unwind while moving freely and easily along the gently rolling hills embraced by green woods, by the green Krka River and along the unspoilt meadows. Enjoy a couple of days full of diverse adventures that will leave you vital and satisfied for a long time. Choose half-board accommodation with unlimited access to the pool and free admission to the fitness studio – for only 39.00 EUR per night! And don't miss out on other activities offered: an unforgettable experience in the adventure park, paintball, cycling, Nordic walking ...



**Golf – a game for everybody**  
*Did you know that golf is played by more than 60 million people worldwide? The game's popularity is on the increase in Slovenia, too – here, golfers can enjoy playing a round on 14 golf courses. For someone who knows very little or nothing about it, the game might seem complicated. But it isn't! To prove it, we have prepared a short introduction of the game and equipment and some tips on how to start. Believe us, you'll love it!*

**The game**

A player needs to use a club to hit balls from the teeing ground into a series of holes on a course using as few strokes as possible. All the holes must be played in the order determined by the course layout – from the hole marked with number 1 to the hole marked with number 18. The aim of the game is to finish it with as few strokes as possible. The game is played outdoors, and it can be played from an early age to the autumn years – it is an excellent sociable and family experience, but it can also be competitive if you want. Curiosity: while playing golf on a 9-hole golf course you burn 720 calories on average by walking alone!



**Equipment**

Basic golf equipment includes golf clubs with a bag, golf balls, tees and pitchforks, as well as golf shoes, a polo shirt, trousers, shorts and a glove.

**How to start**

It is wise to start playing golf with a professional golfer or under instructor's supervision so as to learn the proper technique of strokes and become informed of the game's rules and regulations. Golf courses usually offer different courses, both individual and group alike.

*Golf fans, come and join us!*

# Exercise in the third age

Text: Rok Weiss

The third stage of life can be defined as a period that occurs when individuals leave the labour market due to retirement. It's a period when family and other duties should be reduced and it's time for people to finally fulfil their well-deserved needs and desires. However, it is not uncommon for these people not to be able to make their wishes come true due to physical and other health restrictions. The main reason for such a state lies in the inevitable ageing process resulting in the weakening of bodily functions.

Even though such wane of functions with ageing is normal, a considerable part of it can be prevented or slowed down by suitable intervention based on regular physical activity and practising one's favourite sport as a form of relaxation. People who have neglected their locomotor system tend to experience problems with performing activities. Therefore, physical activity and selected recreational activity should be encouraged at any age, especially in the third age. It is a fact that elderly people improve or maintain their physical and other functional abilities, emotional stability, mental functions and social skills by improving their fitness component – also with the help of recreational sports. All this helps them to spend their autumn years better and reach longer life expectancy.



## FACTS ABOUT AGEING

Ageing itself brings about reduction in functional abilities. This is shown in reduced muscle strength, our main desired strength, for 1–2% per year, explosive strength for 3–4%, aerobic capacity for 1%, bone density for 1% in men and for 2–3% per year in women after menopause as well as in decreased flexibility, poor balance, longer reaction time, poor move coordination etc. Activity restrictions or its lack further stimulate these processes. For instance, a week in bed due to illness reduces muscle strength by up to 20% and back bone density for 1% (source: Olympic Committee of Slovenia – Association of Sports Federations, expert panel discussion: The elderly and sport for today and tomorrow).

On the other hand, studies show that locomotor abilities of the elderly and their physical fitness can be improved with suitable exercise. As it is widely known, practising a recreational sport also boosts our immune system. However, the emphasis is on recreational since only moderate exercise has a positive effect on our immune system fighting against infectious diseases. Too much strain and too intense exercise, especially long-term one, can cause the opposite and trigger weakening of our immune system. Thus moderation and optimality, i.e. suitable strain for each individual, are key factors when it comes to recreation, especially for the elderly as it has been proven that active people that use some of their energy for physical strain can cope more easily with other mental strains and consequently react more appropriately in difficult times.

When talking about the purpose and effects of practising sport recreation in elderly people, we cannot disregard the effects on the cardiovascular and respiratory systems. The base for good physical fitness and harmony of an elderly person is general endurance often referred to lately as cardiovascular fitness. Cardiovascular fitness is the ability of the heart and lungs to supply oxygen-rich blood to the working muscle tissues and the ability of the muscles to use oxygen to produce energy for movement. This type of fitness is a health-related component of physical fitness that is brought about by sustained physical activity. A person's ability to deliver oxygen to the working muscles is affected by many physiological parameters, including heart rate, stroke volume, cardiac output, and maximal oxygen consumption. The so-called aerobic abilities are likely to decrease with ageing; however, it is possible to maintain them on a certain level or even improve them with the help of proper recreational exercise. Recreational exercise must thus be composed of aerobic activities that are part of some recreational sports, such as walking, Nordic walking, running, cycling and cross-country skiing, and certain other fairly vigorous sports.

## EMPHASIZE ON BALANCE, FLEXIBILITY, STRENGTH

The most important motor abilities for an elderly person, i.e. a person after the age of 70, who wants to stay physically active and competent, are strength, flexibility and balance.

Effects of ageing, shown in poor balance among other things, can have serious consequences for a person. Thus falls can be especially dangerous for people with osteoporosis – due to the danger of fracturing fragile bones. Long-term sitting, lying and holding our body in other positions result in muscle shortening. Short muscles have lower functional capacity – they tire faster – and thus disable the skeleton from maintaining the optimal position resulting in poor posture. With age flexibility of the moves is reduced and consequently ability for the moves important for our daily chores decreases. Therefore, the second set of exercises, flexibility exercises, is equally important and should be a vital part of an elderly workout.

Strength exercises are of vital importance as well. This is the third set of exercises in the workout of the elderly. Strength exercises can significantly reduce the negative consequences of reduction of muscle ability and muscle mass. This part of exercise is the most effective for osteoporosis problems. Once the muscles can no longer control the body mass, motor ability is severely impaired. Even the most basic motor ability has to do with strength – no move can be executed without strength. However, due to our physiological characteristics we can gain a lot of strength and maintain it all the way till old age with proper exercise.

## INACTIVITY AND OBESITY ... IN OLD AGE

Obesity and overweight caused by improper diet and lack of physical activity hinder numerous lives of the elderly. One needs to realize that physical inactivity ranks fourth among the death risk factors and that with age the ability of our basal metabolism decreases each year resulting in proneness to gaining weight. Overweight also means increased pressure on the joints of the lower extremities and the back. Since suitable weight is directly related to a proper diet, one cannot ignore the results of the latest studies that show that people in the third stage of life should increase the intake of protein. All of the previously mentioned reasons are surely enough for you to start dealing with obesity and focus on proper weight as this will help you avoid numerous illnesses that are the result of obesity.



Frequency	Intensity	Duration	Type
at least three times, but no more than five times a week	55–70 % of maximum heart rate or at conversational pace	20–60 min./exercise unit or day, depending on the intensity and type, also in short, at least 10-minute intervals.	Nordic walking, swimming, hiking, yoga, pilates. Abilities and conditions permitting, also cross-country skiing, mountaineering, running.

## GUIDELINES AND TIPS ON PHYSICAL ACTIVITY

Different types of workout include general aerobic endurance exercises as well as flexibility, strength and balance exercises. It should be furthermore underlined that exercises with composed activity, which activate as many muscle groups as possible simultaneously, need to be added to the above-mentioned exercises.

### EXAMPLE

**Exercise 1** (with weights): squat, pushing weights above head (strength and balance exercise)

**Exercise 2** (weights optional): forward lunge, twisting the upper body, arms stretched and lifted together (strength, balance and flexibility exercise)

Begin with 5 repetitions of each exercise, and then gradually increase the number of repetitions

according to ability. These exercises should be included at the end of the workout unit; they only take a couple of minutes.

## LET'S REVISE

Even though ageing is an inevitable physiological process that is bound to happen to each and every one of us as it is set in our genetic code, reduction of physiological functions can be slowed down with physical activity resulting in harmoniously toned and preserved body, both aesthetic and functional alike, even in old age. Such body will contribute significantly to a better self-image and self-respect leading to better wellbeing and success both in your private and public sphere. In short – it has often been proven that regular exercise maintains functional abilities of the elderly people.

*Weight goes up and down ... over and over again*

## Finish the eternal battle with excess kilos

Text: **Jana Kovačič Petrovič**

Šmarješke Toplice Spa's top-notch experts will help you lose excess weight. With their help you will surely avoid the traps due to which weight loss is usually unsuccessful – yo-yo effect, food craving, dehydration and muscle loss. Weight-loss results are amazing with our help though: you don't only lose excess weight, but also gain healthy eating habits, strengthen your body and maintain a good figure permanently. And that's not all – this year we added something new to the weight-loss programme, something that enables healthy weight loss, even for people with health-related problems: cardiac testing.





More and more guests come to Vitarium because they want to lose weight due to their health problems. The most common ones are hypertension, shortness of breath, back problems, knee pain, leg swelling and diabetes. They also often experience apathy and low self-esteem and can't get rid of the settled habits that further worsen their problem.

#### FIRST A DOCTOR'S VISIT

Once health problems have already occurred, it is vital a physician supervises the weight loss. At Šmarješke Toplice Spa the first thing you do is talk to a physician about your problems, so we advise you to bring all your medical results with you. A cardiologist does an EKG examination and cardiac stress test (ergometry). The latter shows possible risks and provides information on the safe level of activity and the optimal level for burning fat. If you choose a fasting diet, we also check your blood screen and measure your body composition, which tells us how much excess fat there is and provides guidelines on nutrition and sports activity. Results of the all the examinations are taken into account when planning a tailor-made weight-loss programme.

In case the physician advises you to do additional specialist examinations, you can do some of them at our place as a self-funding patient (e.g. heart and carotid ultrasound, examination by a physiatrist). Thus you save some time as there is no need to go elsewhere.

#### A TAILORED DIET TO YOUR LIKING WITHOUT BEING HUNGRY

Fifteen years of experience and more than 7,500 guests that managed to lose weight with our help are living proof that one needs to stick to the following guidelines regarding nutrition:

1. Starving is harmful, so you mustn't be hungry. You need to eat frequently, five times per day, but smaller portions and as much quality food as possible. Too low daily intake of calories is not healthy or efficient for that matter either. This applies even more to the elderly – a low-calorie diet can be dangerous for them.
2. Don't force yourself with flavours you don't like. A nutrition expert will help you make a list of foods you like and foods you don't like. At Talaso Strunjan we also bear in mind different types of intolerance, allergies, medical recommendations and your dietary style (e.g. vegetarian). With the help of initial measurements we calculate the amount of calories you should eat per day and then our cooks prepare special tailored dishes in accordance with the information just for you. At the end of the programme our nutrition expert

prepares menus for you to take home which include all your special requirements.

3. Take time to enjoy food. Relax while you eat and chew food thoroughly to activate the enzymes in saliva that help you digest food.

Do you think you can't seem to find the time to eat five peaceful meals per day in your busy schedule? Our nutrition expert will help you find a solution to this problem too.

When eating standing up and subconsciously, you tend to eat more and faster which results in gaining weight. Eat slowly, sitting down, and chew each bite thoroughly.

#### EXERCISE YOU ARE BOUND TO LOVE

Your aim should be losing fat, not weight. If you lose 4 to 5 kilos quickly, in a couple of days, by starving, you have probably done more damage to your body than good. You have lost mainly water and probably some muscle mass, yet almost no fat. A different approach is needed for a permanent result. At Šmarješke Toplice Spa we thus focus on burning fat with simultaneous maintaining or even building muscle mass. As muscles are calorie consumers, building muscles increases basal metabolism.



This means the more muscles you have, the more energy and calories your body will spend even when being idle. In other words, the more muscles you have, the more you can eat without gaining weight.

The best method for building muscles and losing fat is exercise; however, there is a rule: the most effective exercise is exercise you enjoy. We offer a variety of different exercises: in thermal water, outdoors, in the gym, in altitude room, with music, while watching films in IR room, intense or moderate. What is important is that you grow fond of exercise and that you continue it at home.

Our trainers will teach you at which intensity level your body burns the most calories, which exercises need to be implemented to transform your figure, and how to exercise if you have any restrictions because of health problems.

Danilo Radoševič, MD: »By reducing weight you relieve pressure on the back, muscular system, heart and vessels. Possibility for diabetes type 2 decreases.«

Do you think that overweight and obesity susceptibility is written in your genes? At Šmarješke Toplice Spa you can order genetic analysis and weight-loss programme can be tailored to your genes. Inquire at [janja.strasek@terme-krka.si](mailto:janja.strasek@terme-krka.si) or 00386 7 38 43 438.

#### CALL A SPADE A SPADE

You've probably come to a conclusion that different excuses why you can't seem to lose weight only postpone the solution to the problem to tomorrow. However, you need to decide once and for all. Better sooner than later as serious health problems might occur. We will help you shed a few kilos within 7 days, reduce waist circumference, strengthen muscles and increase your strength. You will go home more confident, flexible, with a strong will and lots of energy. And most importantly – you will become fond of different, healthier habits, so you will be able to continue losing weight successfully at home.



## Healthy weight-loss program SlimFit in Terme Šmarješke Toplice

Healthy weight-loss programme SlimFit includes: Full board with 5 healthy meals per day (meals to your liking), accommodation at the Vitarium Hotel\*\*\*\* Superior, medical examination including EKG and cardiac stress testing, consultations with a nutrition expert and a personal trainer, individually tailored outdoor activities and activities in thermal water and gym, a variety of weight-loss, relaxation and slimming treatments.

**A 6-day programme includes:** 5 x overnight stay with full board • Stress testing with a cardiologist (ergometry) • treatments: slimming aromatherapy massage, Slim-Fit body treatment, aromatherapy detoxification massage, IR lipolysis (medisat) • physical activity: Nordic walking in the open air or PACE exercise, Cardio Cross training, water aerobics, initial and final consultation on nutrition.

2. 4.–21. 6. 2015

**Vitarium Hotel Superior \*\*\*\***

**5 nights 683 EUR**

*Surcharges: tourist tax 1,27 € per person per night, single room 15,00 € per person per night, full board*



A special, cosy restaurant with a fireplace and a terrace is available for guests on weight-loss programme or fasting.

T: +386 8 20 50 310, E: [booking@terme-krka.si](mailto:booking@terme-krka.si), [www.terme-krka.si](http://www.terme-krka.si)

# Cheaper holidays – for Terme Krka Club members!

Are you a **Terme Krka Club** member and you spend your holiday at our spas and at the seaside cheaper than the others? If not, we kindly invite you to become one and take advantage of our member benefits. The membership entitles you to a 10% discount when staying in our hotels on:

- accommodation when staying for 2 or more days,
- individual medical and wellness services at our spas during your stay.

Prize competition: Spring at Terme Krka  
Answer the question below and win a grand prize!

This spring we will reward you with a special prize – a weekend package at Terme Krka's spa of your choice. What do you have to do? Answer the question and fill out the complete form below. Details on the prize competition can be found at [www.terme-krka.si](http://www.terme-krka.si).

## THE QUESTION:

### What's new at Otočec since winter?

Browse our newsletter to find the answer. Good luck with the prize draw!

Answer: ..... Name and surname: .....

Address: .....

Town/city and postcode: .....

E-mail: ..... Signature: .....

By signing this form I agree to all the terms and conditions for participation in the prize competition Spring at Terme Krka. I agree that Terme Krka uses my personal data for promotional purposes. The prize competition lasts from to 15th June 2015. Terms and conditions of the prize competition are available at [www.terme-krka.si](http://www.terme-krka.si). Cut out the prize competition coupon and send it by 15th June 2015 to Terme Krka - Marketing, Grajska 2, 8222 Otočec, Slovenia, and mark the letter with »Spring at Terme Krka«. The prize winner will be informed by e-mail.

**Dolenjske Toplice • Šmarješke Toplice • Strunjan • Otočec • Novo mesto**

TERME  KRKA

