



THE EASIEST AND MOST EFFECTIVE WAY TO LIVE A HEALTHY LIFE

THE BENEFITS OF OUR DIGITAL HEALTH PLATFORM:

- On-demand **video courses**
- **Holistic health approach:** nutrition, exercise, mental health
- Health knowledge, practical trainings, recipes, meditations, workouts, tutorials, workbooks
- **Medical health content** presented in a simple and understandable way
- **Flexible** and accessible from anywhere with web-app
- Exclusive community, interactive exchange with our experts & chat function
- 1 **Group-Live-Call** per week
- Ongoing updates and **new courses**

From now on, you can take care of your long-term health yourself.

Our digital platform, the **healthdoctors** Academy, gives you the opportunity to easily live a healthy, vital and long life - with small daily routines.

We help you to integrate these into your life step by step and are always virtually by your side.

Scan QR Code for details & registration!

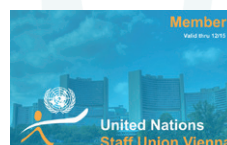


CHRISTMAS SPECIAL € 299,- / YEAR

Original price is €369,-

ENTER CODE AT CHECK-OUT: **UNSPECIAL**
Valid only for UN-Members, until January 31st 2025

Note: all content on the platform is provided in German.



WHAT AWAITS YOU



NUTRITION

A healthy nutrition should be **enjoyable** and **fun**. We show you how you can integrate **healthy eating habits** easily in your everyday life, how you can increase your gut health and how you are able to **lose weight** in a healthy and sustainable way. We give you all you need: the **infos** and step by step **tutorials**, in order to be easily integrated into your everyday life.

EXERCISE

Daily movement can be challenging sometimes. This is why we got you covered with **training sessions** of different types and for all levels. We show you why it is so **important** to do a little exercise every day and how you are able to stick with a sustainable **training routine**. There are also workouts to solve specific **problems** like pain in knees, shoulder or back.

MINDSET

Change always starts with the **right mindset** and in your **head**. We help you to reduce stress and give you **copng-strategies**, show you how you can increase **mindfulness** and find a healthy balance in the middle of all the up's and down's life throws at you. Also we will help you find **better sleep** for a good **regeneration** and **more recovery**.

GET YOUR MEMBERSHIP AND START YOUR BEST LIFE NOW!

