



FirstMed® in co-operation with Move to Balance® are proud to bring you:

inbalance

LIFESTYLE CHANGE PROGRAM

InBalance is a 6 month program designed to change your lifestyle and to bring real, long-lasting improvements in the quality of your health.



We all know how difficult it is to change aspects of our life. How often have we broken New Year resolutions, or gone on that fitness program only to revert back to our inactive lifestyle due to lack of time or other issues outside our control.

Sometimes it is just not possible to make the change oneself, and that is where the professionals from FirstMed® and Move to Balance® come into the picture.

Unique in Hungary, the ***InBalance*** Lifestyle Change Program combines the latest international practices in personal health coaching together with specific medical assistance to help you to make a new start.

After 6 months of coaching and change implementation, you will already feel the benefits of your new lifestyle.

Then it's up to you.

You will never have a better chance to change.
The time is now.
Give it a try.

IS THE PROGRAM FOR YOU?

- Are you unhappy with the state of your health and ready to do something about it?
- Are you concerned about your weight, do you have adverse habits affecting your health or are you feeling unduly stressed?
- Have you tried in the past to make positive changes to your lifestyle but failed?
- Do you believe that with the right help you might be able to make a change?
- Are you willing to make the commitment over a full 6-month period?
- Are you ready at this point in your life to make a change?

Then FirstMed®'s *InBalance* Lifestyle Change Program is for you.

KEY BENEFITS FOR YOU:

- Comprehensive Health Maintenance at the beginning and an InBalance Check at the end of the program to demonstrate real measurable progress
- Latest Personal Health Coaching techniques using a buddy to help increase the chances of a successful outcome
- Involvement of medical specialists where necessary to provide important evidence-based medical advice to support the coaching process
- Email assistance to help prevent the risk of “fall-back”
- Takes only 6 months to help you on your way to achieve your goal of life-long health benefits



THE PROGRAM

Step 1:

The ***InBalance*** Lifestyle Change Program starts with a detailed Health Maintenance examination at FirstMed®'s outpatient clinic in Budapest. This check-up is very thorough and includes a measurement of your BMI and body make-up. All the results are compiled into a report with medical recommendations. You will return to FirstMed® to meet with your doctor to discuss your report and the possibilities for you to benefit from the ***InBalance*** Lifestyle Change Program.

Step 2:

You will be asked to identify a supportive Buddy who will help you during the program. Your Buddy must satisfy certain criteria such as knowing you well and being someone you listen to and respect. He/she must also be willing to join you for a 2 day Buddy Weekend at Move to Balance® 's facilities in tranquil Tardona, North Eastern Hungary, close to Bükk National Park.



Step 3: The Buddy Break

You and your Buddy will be invited for a two-day Buddy Break, which will usually occur in small groups. Sharing experiences is a vital part of the Buddy Break and helps in developing a sense of “can-do, will-do”!

At the end of the 2-day break, you will go home with:

- A clear commitment to personal objectives
- Milestone goals
- An implementation plan
- Recommendations for additional help



Step 4:
The following 6 months -
With You All The Way!



Karin Gabor and Michel Daenen, founders of
and PHCs at Move to Balance Countryside Resort

After the Buddy break your personal professional health coach (PHC) will help you reach your personal goals during the coming half year of implementation of your plan.

It is important that both you and your Buddy and you and your PHC maintain a regular contact during the 6 months following the Buddy weekend. Our recommendation will depend on your personal circumstances. Typically five (5) one-hour coaching review sessions will be required to monitor progress against the milestones, address the challenges and problems faced, and adapt and refine the coaching program.

During the 6 months, your PHC will be available for coaching and advice to help prevent “fall-back” and to answer any other questions related to the program and your progress.

Step 5: Success and Evaluation

The culmination of the 6-month *InBalance* Program is the closing *InBalance* Medical Examination and the PHC review report.

If desired by the participants of the Buddy Break, a group get together can be arranged to share the successes and the challenges encountered along the way in order to enhance the learning experience.

At the end of the program it is up to you to continue on your new path.



FirstMed® lives by its motto “Your Health Comes First!”.

The **InBalance** Lifestyle Change Program was designed to develop life-long healthy lifestyle habits that really work.

Together with our partner Move to Balance®, we look forward to making a difference in your life!



For more information please contact our
Sales Executive
+36-1-224-9095
inbalance@firstmedcenters.com
www.firstmedcenters.com/inbalance

www.movetobalance.eu

