

Reducing diet

at VitalHotel Ascona



Your jump-start for a long-term change in
your diet & an active lifestyle



Zur Amtsheide 4, 29549 Bad Bevensen, Tel.: **05821 /550**
www.hotelascona.de info@hotelascona.de

Reduction food should help you get started in a long-term diet change. The desired weight loss is achieved by consuming more energy than you supply to the body in form of food.

In this brochure you will find information about the basics of reducing diet, as well as the process during your stay.

We are always happy to answer any questions to disposal.

We wish you a pleasant stay and a successful start to a more active lifestyle!

Your VitalHotel Ascona

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Basics of the reduction diet

The key concept is called calorie deficit. This is created by using more energy than you supply to the body.

A calorie deficit can be achieved in two ways. You can...

... eat and drink less (calorie intake down), using the reduction diet

... move more (calories consumption up) by actively participating in our sports program and integrating more exercise into your daily routine without reintroducing the calories burned.

... combine both to achieve maximum success!

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Expiration of your stay

Day of arrival

On the day of arrival, there will be an introductory talk with our nutritional expert who will set your calorie count and teach basic nutritional knowledge.

You can choose between 800 kcal, 1000 kcal and 1200 kcal. Also, a change is possible if you realize that the portions are too small or too large.

Individual requests for intolerances, allergies or alternative diets are welcome.

In case of arrival at a later hour, the introductory meeting will take place the following day.

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During the stay

You will receive 3 balanced, reduced-calorie meals daily. In addition, you should ensure a sufficient hydration (2-3 unsweetened drinks).

Be active and participate in our sports program. The combination of daily exercise and calorie-reduced diet guarantees you maximum customer success.

For individual questions we are always at your disposal.

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The time after

The stay at VitalHotel Ascona should serve jumpstart for a long-term change in your diet change. Upon departure, you will receive a small guide from us so that you can continue with newly learned nutritional patterns at home.



We wish you much success!

Your team from VitalHotel Ascona



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