

# die **FITMACHER**

Gesundheit | Vitalität | Leistungsfähigkeit

die**FITMACHER** – 360° vitality for body and mind

Every human being is a competitive athlete. Our body does incredible things day after day. Not only those who train every day and do intensive sports. A manager whose body has to process more stress hormones on a daily basis than the winner of the Hahnenkamm downhill ski race once a year; a mother who lifts more weights during a day than Arnold Schwarzenegger, a saleswoman who walks more kilometers every day than a triathlete in training or the professional driver who spends more time behind the wheel than Lewis Hamilton, these are all true athletes as well. We look after them all. The world-class motorsport athlete, top athletes in different disciplines, the crazy amateur cyclist, the top manager or the proverbial housewife. The physical and mental needs may be different, but the holistic medical care is the same.

*"The focus is on **cell health and cell optimization** - because only when cells function in the best possible way are we healthy, vital and efficient and can increase the number of healthy years we live. In addition, we are also pursuing anti-aging on a very scientific basis - we are turning back the biological age."* Dr. Matthias Kirchmayr, founder and medical director.

## 360° vitality for body and mind

With analyses, customized therapies, performance diagnostics, training planning, a proven expertise in the field of intestinal health, nutritional supplements and other measures, tailored to the individual physical needs as well as the actual condition and the respective goals. No matter whether this is the healthy, fit and relaxed management of everyday life or the conquest of the Großglockner on a racing bike.

**dieFITMACHER** show you ways to a healthier, more vital and efficient life, ways to more fitness, freedom from pain and quality of life. We not only show you the way, but also pave the way and accompany you with suitable concepts and solutions. With the help of top medical check-ups, scientifically based diagnostic and therapeutic procedures, we offer medical care at the highest possible level and on the basis of current medical research. With competence and passion, we strive to provide the best possible care and turn our customers into enthusiastic members of our **dieFITMACHER** community.

## The healthy cell is at the center

Only through consistent cell optimization are the smallest living units in our body able to optimally perform their diverse functions and unleash cellular energy. A healthy cell contains all the information necessary for the ideal functioning of all bodily functions. Our medical competencies and services such as micronutrient analyses, dietology, global diagnostics, body scan and vital field analyses, physiotherapeutic measures, fascia tuning, mental training, performance diagnostics, training control, targeted supplementation by means of high-end nutritional supplements, etc. are aimed at optimizing these cellular functions.

[www.diefitmacher.co.at](http://www.diefitmacher.co.at)

Medicent Ärztezentrum | Untere Donaulände 21-25 | A-4020 Linz | T +43 732 931 664-500 | M [office@diefitmacher.co.at](mailto:office@diefitmacher.co.at)

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Only in this way is it possible to sustainably promote health, vitality and performance, to live as long as possible free of disease, as well as to effectively counteract the aging process through these scientifically based anti-aging measures.

*"In the spirit of our slogan "Let's make your life great", the sustainable optimization of cellular functions is the focus of our medical offering. In the field of prevention, but also in sports medicine, this is the first and most important step. Because without optimal cell health, all measures come to nothing. An optimized supply of nutrients to the cells ensures maximum energy production, the best possible function and ideal repair processes in the cell. This, in turn, is what makes a healthy, vital and efficient life possible in the first place, as well as healthy aging and the possibility of counteracting aging processes in the sense of sustainable anti-aging."*

Dr. Matthias Kirchmayr - Founder and Medical Director

**It is important to us and the organizers of the Ennstal-Classic to present our entire top medical spectrum on the subject of cell health and healthy aging to the participants and to give them the opportunity to undergo a vitality check on site, so that the participants remain healthy, vital and efficient and can enjoy the Ennstal-Classic for a long time.**

More detailed examinations and parameters, such as laboratory analyses to optimize cell functions, can be collected on site for later telemedical discussions or at the **dieFITMACHER** Medcenter in Linz.

**dieFITMACHER - Let's make your life great.**

**Michael Stadlmann & Dr. Matthias Kirchmayr**

Founders and masterminds



Michael Stadlmann  
Gründer & CEO

Dr. Matthias Kirchmayr  
Gründer & Medical Director

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## Vitality check at the Ennstal-Classic

This year, for the first time, not only the vehicles at the Ennstal-Classic will be put through their paces, but also our participants can look forward to a vitality check - if desired.

- Vitality check of the whole body
- How can you optimize your cell function to be healthier, more vital and more efficient.
- By taking appropriate measures, one can turn back one's biological age and increase the number of healthy years of life.
- Possibility to measure biological age and cell optimization parameters in blood, with discussion online or in Medcenter Linz.
- Appointment opportunities are available on:  
Tuesday, 7/18 from 12pm to 6pm and Wednesday, 7/19 from 9:30am to 5pm.  
Duration: 20 min.

### 1. Vitality Check includes:

#### - **Global Diagnostics - the vital field measuring device**

- o Check of the whole body - measurement of the vital field
- o Determining which issues are stressing the body, where are the strengths and weaknesses and what can you do for your body.

#### - **BIA measurement**

The Body Impedance Analysis provides information about the body composition and cell nutrition.

#### - **ECG**

The electrocardiogram shows the heart rhythm and allows conclusions to be drawn about disturbances of the heart.

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## - Cell Optimized Laboratory Analysis:

o Cellular stress, mitochondrial function (powerhouses of the cell) and key cell health nutrients can be determined with a simple blood draw.

o This can happen on site - the discussion takes place later via Zoom or at the dieFITMACHER Medcenter in Linz.

o By determining cellular functions such as energy production, radical load and finding deficiencies in vital nutrients, customized recommendations can be made regarding diet, lifestyle and any nutritional supplements.

o Laboratory values to be selected:

♣ Standard profile: (Free of charge for Austrian health insurance companies - otherwise to be paid extra).

Vitamin D, folic acid, vitamin B12, iron status, CRP

♣ Premium profile: € 485,00 (laboratory costs - to be paid on site)

ATP profile, oxidative stress profile, nitrotyrosine, micronutrient profile, coenzyme Q10, fatty acid profile

## 2. Supply with the "magic potion" on rally days

(SMP+ => Sport-Max-Performance Drink)

The "Magic Potion" is a revolutionary liquid high-end sports nutrition developed by **dieFITMACHER** for long distances and competitions. A novel, highly effective and long-lasting carbohydrate formula provides optimal energy and electrolyte supply.

On every rally day every participant & accompanying person who completes a vitality check, will receive as a service from **dieFITMACHER** on every rally day directly before the start a drinking bottle pre-mixed with the "magic potion" as well as a sachet filled with the magic potion powder for refilling.

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