



Movement is life

A WELCOME TIMEOUT
METTNAU





IN THE RHYTHM OF NATURE

Arrive, stop, find yourself, rediscover your own resources and reactivate them. All of this in a wonderful location.

Located on the Mettnau peninsular in Lake Constance near Radolfzell, in one of the most beautiful cultivated landscapes of Europe, there is one of the most important and most traditional centres for movement therapy in Germany – METTNAU.

„Healing by movement“ – based on this claim, an ambitious medical project started at the heart of Europe more than 55 years ago.

The principle and today's motto „Movement is life“ takes the increasing importance of physical activity for prevention into consideration and is the successful basis for a balanced concept based on the interaction of physical activity, relaxation, mental balance and healthy nutrition.

Long experience with prevention and therapy of cardiovascular diseases has given METTNAU an outstanding reputation.



ARRIVE AND BE COMFORTABLE

Fuel up on strength and joy of life



IN HARMONY WITH BODY, MIND AND SOUL

Lake Constance plays an important role in successful therapy. The pleasant climate and the special features of the landscape, the enchanting interaction of sun, light and water stimulate and have a harmonising effect. The many attractive sport facilities of METTNAU are located in sprawling parks connected to an idyllic nature preserve.

Many of our guests perceive a time-out on METTNAU like a still photograph. Time stops for a while.

Enjoy the uniquely beautiful location right by Lake Constance with all your senses, use the diverse cultural offer, explore the region and its sights, escape from your everyday life, relax, refuel.

METTNAU offers all of this.

Immerse yourself in the holiday atmosphere, take a time-out for your body, mind and soul, reactivate your own resources. Strengthened like this, you can face the challenges of life fully relaxed again.



MOVEMENT IS LIFE

A proven concept



THE PHILOSOPHY OF METTNAU

Preventing diseases and giving strength and joy in life back to people after a disease of the cardiovascular system so that they are ready to face the stress of everyday life is the target of the committed employees at METTNAU.

Prevention and rehabilitation are the pillars of our philosophy. Based on a thorough medical examination, we will put together an individual therapy and training plan for you, aligned with your personal performance level.

A diverse gymnastics offer is supplemented by endurance training and relaxation techniques. Our doctors, sports and physiotherapists as well as psychologists will show you how to master stressful situations in everyday life easily as well.

A healthy, balanced nutrition and joy in eating strengthen your ability to perform from the inside. Beyond medical support, nutrition consultants at METTNAU offer discussions in small groups and individual consulting.



IN GOOD HANDS
Medical competence



AVOID RISKS

METTNAU is a facility of the town of Radolfzell. With its four clinics, it specializes in prevention and rehabilitation at problems and diseases of the cardiovascular system. Additionally, among others metabolic diseases, orthopaedic function impairment and consequences of psychological overload are treated alongside.

Knowing one's own risk factors and learning to handle them prevents severe damage to health. This is the content of prevention.

Rehabilitation is intense therapeutic support of a patient with the target of restoring health. Prevention and rehabilitation are inseparable partners at METTNAU.

Prevention has a high importance in modern diagnosis.

The cardiologists and specialists at METTNAU can use modern procedures to avoid emergencies. Effective management of the risk factors and sustainable concepts to handle daily life lead to a new, healthy rhythm.

The most important training partner is joy in movement!

A stay at METTNAU always targets a person as a complete piece of art in their personal environment.

METTNAU is a recommended partner of the pension and health insurances and eligible for support payments.



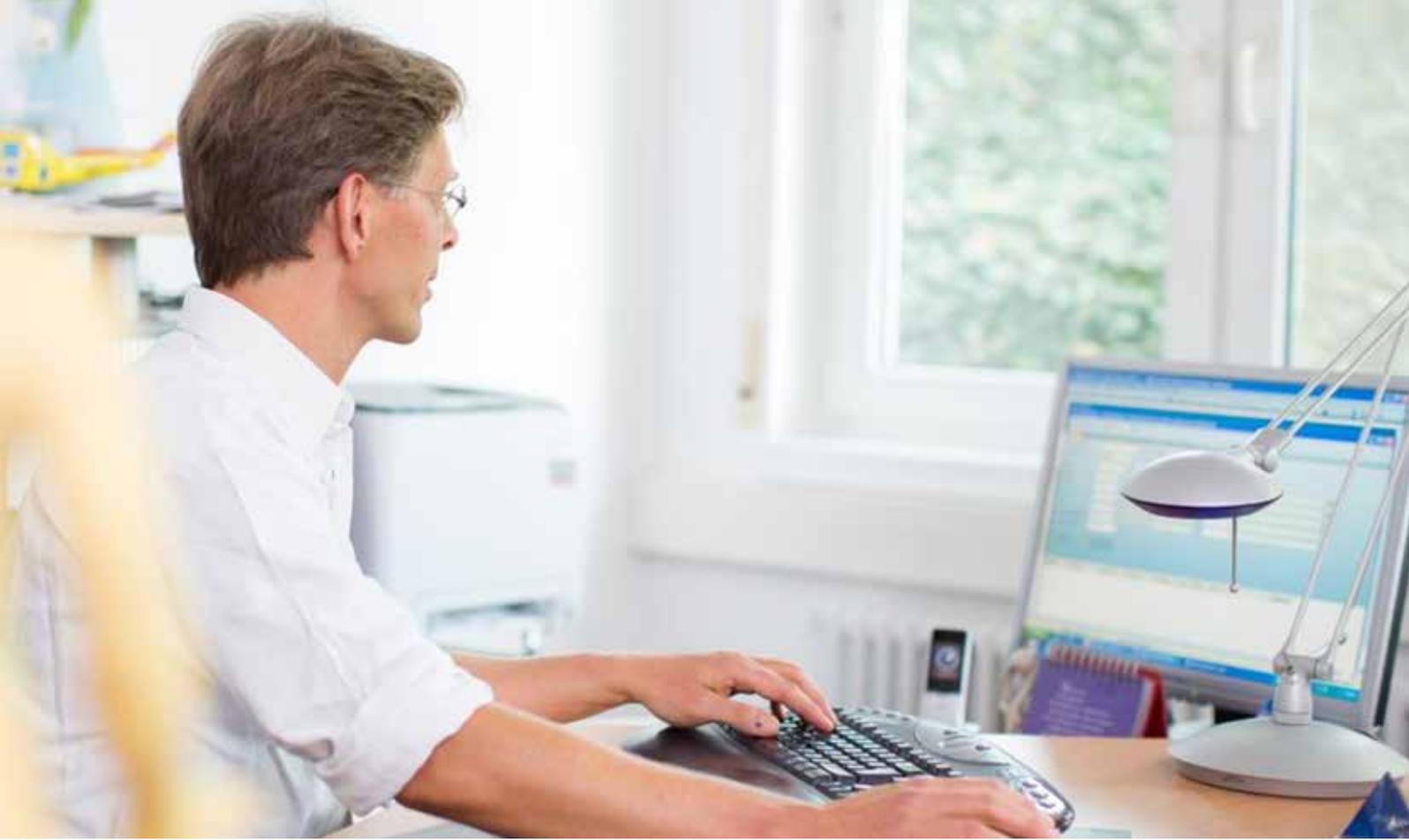
FOR YOUR HEALTH

Most of our civilisation diseases are due to loss of performance capacity due to lack of movement.

Wrong or over-nutrition, too much stress and an unbalanced rhythm are further causes. Adjusted cardiovascular training is the safe way to new vitality.

Sports and movement are not a privilege of the healthy. The principle „Movement is life“ has proven its worth as practice-oriented therapy in cardiovascular problems.

„Physical-mental fitness“ as the shortest definition of the term of „health“ is the target of successful therapy at METNAU.



EARLY INTERVENTION

A stay at METTNAU will always start with a detailed medical pre-interview and a medical examination. It is the basis of an individual therapy and training plan with components from a diverse sports, gymnastics and regeneration offer.

The evaluation of cardiology findings, detailed lung function examination, sports-medical performance parameter determination and on request also sleep lab and vegetative function diagnosis permit conclusions to the actual performance capacity and risks.

A computer-based individual analysis of personal risk factors permits early intervention.

The individual support in a medical team, including cardiologists, internal medicine specialists, nutrition specialists and a specialist for traditional Chinese medicine stands for clinical competence at a high level. The Werner-Messmer-Klinik has two beds in an intensive and monitoring unit with specifically trained staff.

A team of 330 employees, including sports teachers, therapists, nutrition consultants, psychologists and nurses take care of the health of guests and patients year-round at METTNAU. You are in the best of hands with us.



HAVE FUN

The METTNAU - health programmes



ACTIVE PREVENTION AND RECOVERY

Without a minimum of physical movement, processes that make the body ill will occur. At least half an hour of movement per day maintains health and slows biological aging. True to our motto „Movement is life“, you can choose between eight attractive offers in our health programmes.

From [Fitness Classic](#), [Reha Plus](#) to [Sports-medicine Diagnosis](#), our popular classics offer different focuses and service contents. New customers have the option of starting into their lives more consciously with the [Familiarisation Days](#). The [Active Heart](#) programme is particularly directed at cardiac patients as after-care for follow-up rehabilitation. Our programme [Healthy and Vital](#) makes it easier for you to start losing weight.

The programme [Active against Stress](#) prevents exhaustion/burnout in time and restores harmony to your body, mind and soul. Our health programme [Fit and Relaxed](#) is suitable specifically for the calmer time.

Everything at METTNAU is in motion. Even the free afternoons are often used for active relaxation in the sprawling landscape. With taiji, qigong, guided hikes at different performance levels, archery, tennis, rowing, Nordic Walking or a self-designed bicycle tour, you can adjust your spare time to your wishes.

METTNAU is simply unique in its way.

FIT ON THE JOB
METTNAU -
your strong health partner





FOR MANAGERS AND AIRLINERS

You don't have to feel „sick“ to fuel up on new life energy at METTNAU. Conscious management of the risk factors leads to a new, healthier lifestyle.

Based on long experience, METTNAU developed a programme designed specifically for performance carriers - „Fit on the Job“. The integrated prevention concept comprises a comprehensive medical check-up and diverse movement offers that contribute to improving dynamics, flexibility and stamina.

To evaluate the personal performance and relaxation abilities, indicative diagnosis procedures that present persons in their specific personal environments are available. These are supplemented by early recognition and treatment in case of impairment of the emotional-physical balance (burn.-out) and sleeping disorders. Additionally, long-term blood pressure measurement and ultrasound examinations are offered.

The supplementary modules enable us to align the basic programme „Fit on the Job“ individually with your employees' needs.

Our most important reference are our cooperation partners. Companies from many different areas of industry, from large groups to small enterprises, are already relying on the decades of experience of METTNAU as a strong health partner and thus on efficient preventive healthcare for own employees.

„Fitness for Airliners“ is a special programme that resulted from a long cooperation with Deutsche Lufthansa AG. In addition to the sports-medicine performance diagnosis, it includes instruction in the METTNAU cockpit gymnastics: training for self-regulation in stressful situations, coaching for mental touch-down, airliner-specific nutrition counselling and a computer-supported weight training in the scope of medical training therapy.



TREASURES AT THE LAKE
Our winter highlight



CULTURE

The peninsula METTNAU is located in one of the most beautiful areas of Germany. In addition to the beautiful landscape, it also offers many cultural treasures. In direct proximity to the UNESCO world cultural heritage, the monastery island Reichenau, it is easy to see what lovers of this region mean when they talk about the „soul of Europe“.

Discover the benefits of winter by the lake with our excursions on spa and culture - as a way to come to rest, to open up to experiences that only this season holds. Let yourself be touched by the unique poetry that the landscape of Lake Constance offers in winter.

Unknown Lake Constance invites to destinations away from the tourism paths. The guided author tours by our historians are particularly popular. They are recognised specialists for the region of Lake Constance.

Culture is a wonderful liaison between enjoyable relaxation and „Movement is life“.



New building House D Hermann-Albrecht-Klinik

HERMANN-ALBRECHT-KLINIK

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HERMANN-ALBRECHT-KLINIK



Hermann-Albrecht-Klinik



House E with Strandcafé

Hermann-Albrecht-Klinik is named after the founder of METTNAU. It has a dedicated, large bathing beach and is directly adjacent to a nature preserve with a bird reservation. The modern building comprises 121 single and double rooms, including new construction House D from February 2016 onwards. The therapy premises and the bathing beach are just a few metres away. The Kurmittelhaus with swimming pools and gyms is directly connected to it.



**KLINIK SEEHALDE, VILLA SEEHALDE,
APARTMENT BUILDING SEEHALDE**

Scheffelstraße 14
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KLINIK SEEHALDE



Klinik Seehalde with Villa Seehalde



Apartment building

Klinik Seehalde with its historical Coachman's House and the lovingly renovated villa of poet Joseph Victor von Scheffel, is an attractive place to withdraw to with direct access to the lake. It offers 40 modern and generous single and double rooms. A modern restaurant, a swimming pool with view of the lake, the separate gym and therapeutic exercise as well as physiotherapy rooms are part of the high-level equipment. The facility has its own medical team. It is located in an idyllic park close to the town.



WERNER-MESSMER-KLINIK

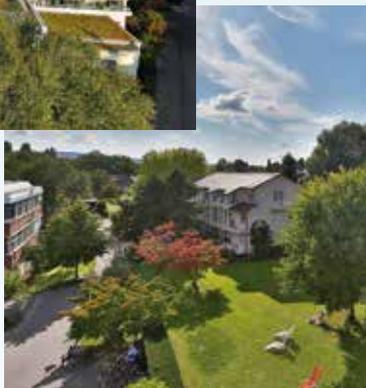
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WERNER-MESSMER-KLINIK



Werner-Messmer-Klinik



House B

Werner-Messmer-Klinik with its 213 rooms is located in the middle of a wonderful park. Clients of the modern rehabilitation clinic will stay in single rooms. There is a limited number of double rooms for couples. The facility also includes the former Café Schmid (House B). It offers hotel ambience to its guests.

The therapeutic facilities of the clinic, such as the gym and swimming pool, treatment rooms, as well as restaurant and cafeteria, are all under one roof.

The specialised cardiology clinic has two beds in an intensive and a monitoring unit with specifically trained staff.



KURPARK-KLINIK

Strandbadstraße 72

HOUSE UNDINE

Istres-Promenade 16

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HOTEL CHRISTINE

Strandbadstraße 62

KURPARK-KLINIK



House Undine



Hotel Christine

Kurpark-Klinik is a sprawling, bungalow-like facility in the middle of the park area. Five connected buildings form a unit. The standard: Single and double rooms with balcony or terrace. Cafeteria, gym and sauna are part of this.

Kurpark-Klinik has several branches:

House Undine is located at the lake in direct proximity to the rowing club of the same name. House Undine has well-equipped single and double rooms. **Hotel Christine** also offers a sauna and solarium. The therapy premises can be reached comfortably on foot from all houses.





www.mettnau.com

METTNAU

Medical rehabilitation facilities of the town of Radolfzell
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We are partners in the quality association
health - together for the best rehabilitation.



QUALITÄTSVERBUND GESUNDHEIT
Gemeinsam für die beste Reha

