

SPORTIVE- REHABILITATION CENTER



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STATISTIC DATA

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Reasons to maintain physical activity of elderly people

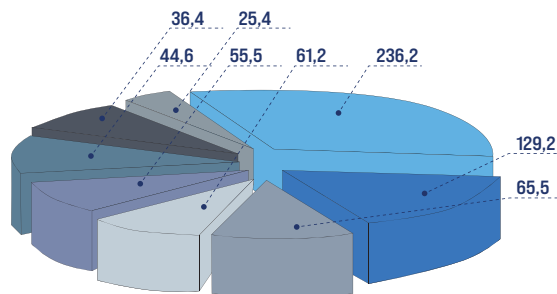


Elderly aged people are vulnerable to morphofunctional changes that lead to decrease of life activity.

According to UN report there will be 800 million people aged over 65 in the world in 2025 that is 10% of the world population.

Necessity to maintain activity at elderly age gets especially actual..

We offer complex solution oriented to elderly people. It includes wide range of methods that allow effectively and safely enhance physical performance and life quality considering peculiarities of elderly organism.



The most widespread illnesses of which prevention physical activity is needed (for 1000 people):

- Blood circulation illness (236,2)
- Osteomuscular system and connective tissue illness(129,2)
- Respiratory system illness (65,5)
- Urogenital system illness (61,2)
- Endocrine system illness, dysbolism(55,5)
- Digestive system illness (44,6)
- Injuries, intoxication, and other external reasons (36,4)
- Nervous illness system (25,4)



ECONOMIC JUSTIFICATION



Small and middle towns (up to 900 thousand)

Investment costs	from 585 000,00 USD.
Annual expenses	from 192 000,00 USD.

2 weeks program	from 95 USD.
Number of staff	from 15
Total area	from 500 m ²
Number of rooms	from 5
Amount of training	from 35

Workload of the center	100%
Number of persons per day	210
Number of visits per year	76 650
Number of special visitors per year	10 950
Annual receipts	1 022 000,00 USD.
Net receipt per year	830 000,00 USD.
Pay back period	from 5 months

Workload of the center	30%
Number of persons per day	63
Number of visits per year	23 000
Number of special visitors per year	3 300
Annual receipts	300 000,00 USD.
Net receipt per year	108 000,00 USD.
Pay back period	from 65 months.



Cities (from 1 million)

Investment costs	from 945 000,00 USD.
Annual expenses	from 474 000,00 USD.

2 weeks program	from 140 USD.
Number of staff	from 25
Total area	from 750 m ²
Number of rooms	from 10
Amount of training	from 60

Workload of the center	100%
Number of persons per day	300
Number of visits per year	109 500
Number of special visitors per year	15 643
Annual receipts	2 190 000,00 USD.
Net receipt per year	1 716 000,00 USD.
Pay back period	From 4 months

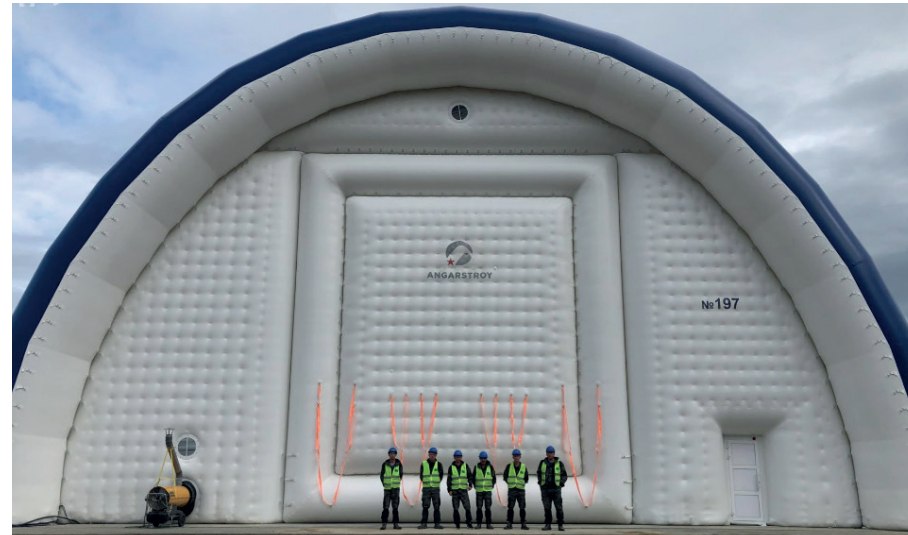
Workload of the center	30%
Number of persons per day	90
Number of visits per year	32 850
Number of special visitors per year	4 700
Annual receipts	660 000,00 USD.
Net receipt per year	180 000,00 USD.
Pay back period	from 63 months.

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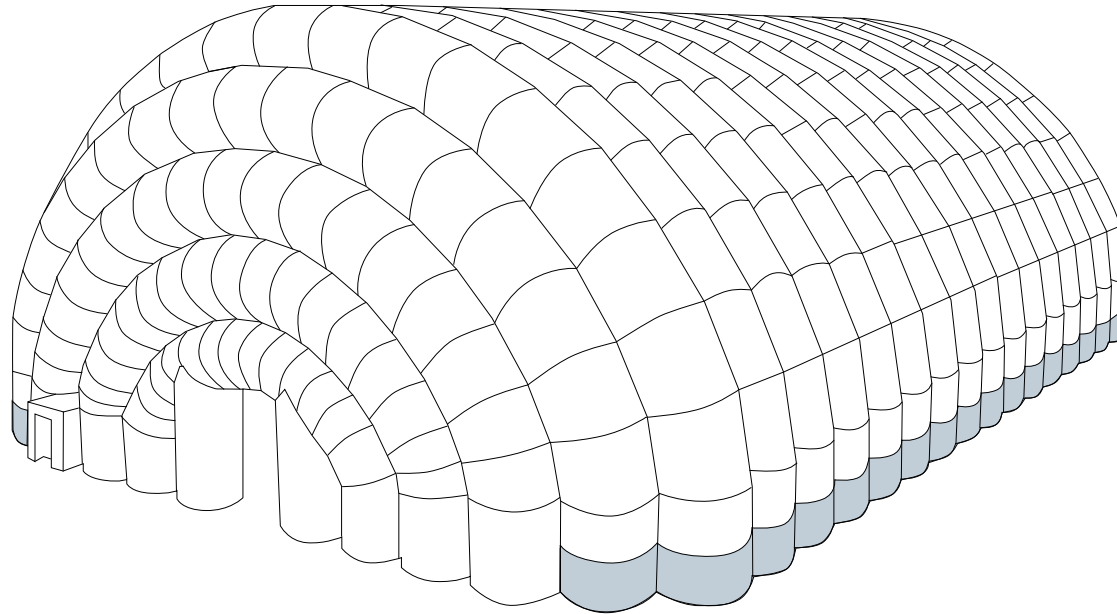
SPORTIVE-REHABILITATION CENTER


We offer the **complex solution** – fast erectable sportive-rehabilitation center.

It consists of pneumohangar and module buildings equipped with cutting edge rehabilitation and physiotherapeutical facilities.




GENERAL VIEW



 Useful space 1
100 m²

 Inside length
50m

 Operating temperature from
-60° to +70°C

 Size of the package –
2x12x1,4m

 Inside width
22m

 Inside height
11m

 Wind pressure resistance
45 m/sec

 Input power
4-5 kWt



DESIGN AND PLACEMENT REQUIREMENTS



Location

Any level ground will do: concreted field, wooden platform



Plot area from 300m²

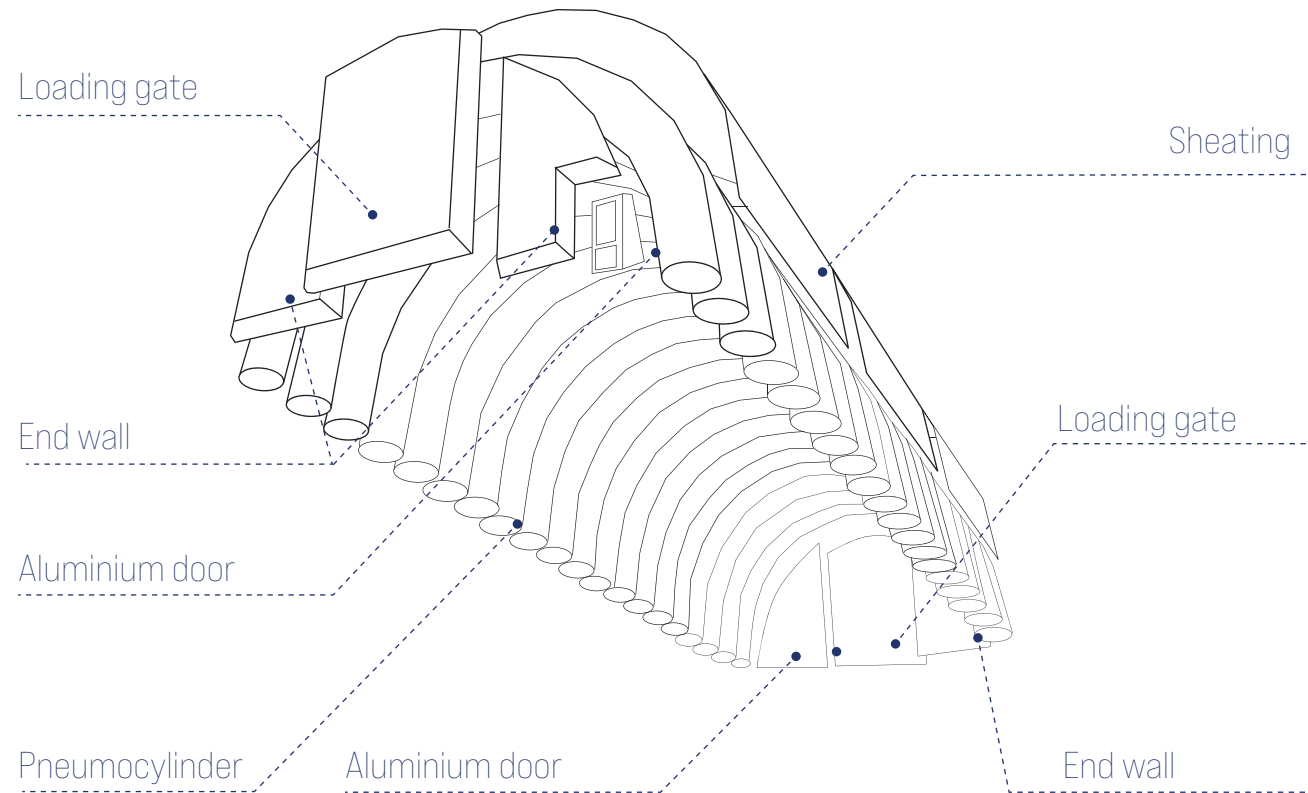


Built up on a concrete field



Utility systems:

- Water supply and drainage
- Power supply



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CONCEPTUAL SOLUTION

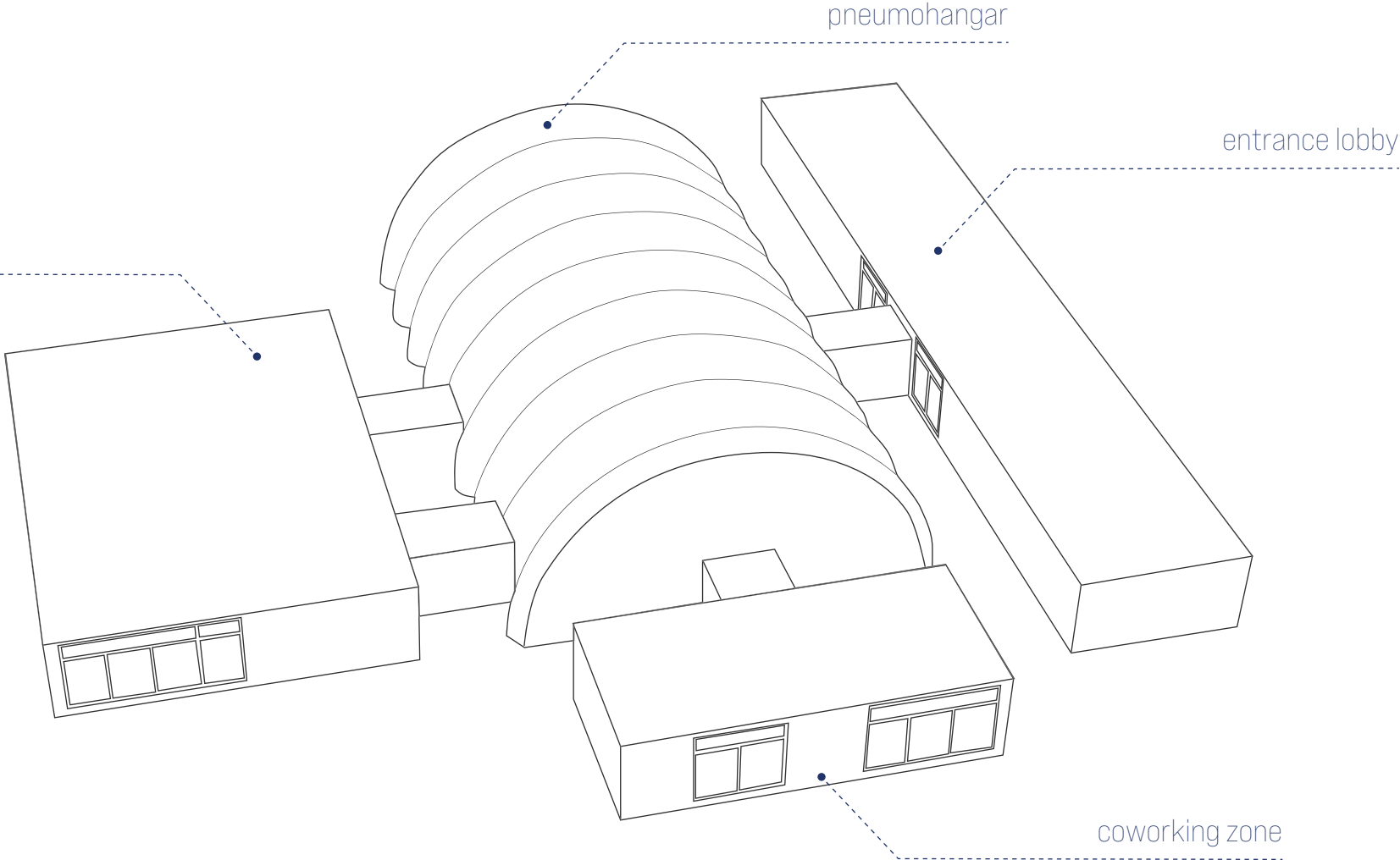
ambulatory unit

pneumohangar

entrance lobby

coworking zone

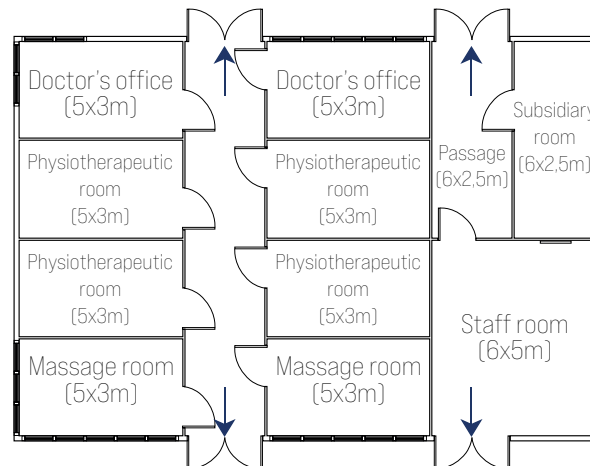
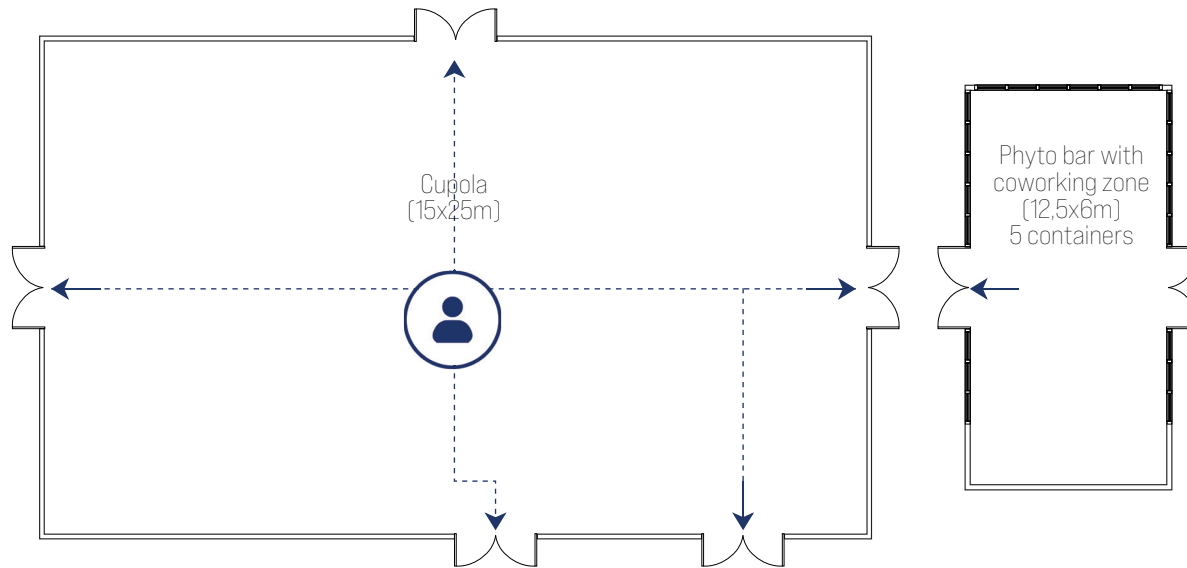
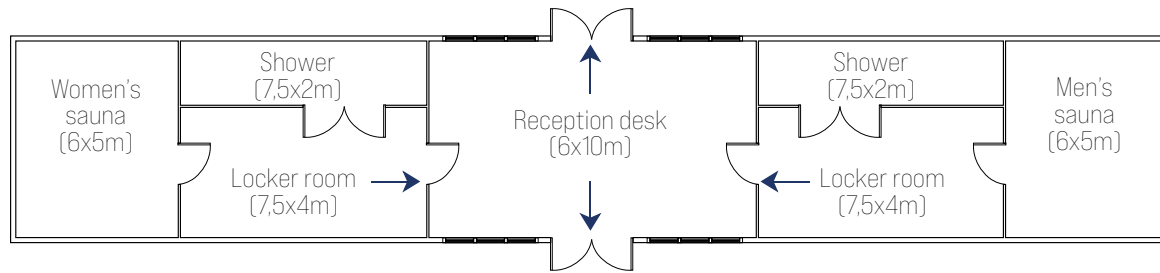
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$S=2000\text{m}^2$
 S of the center= 870m^2

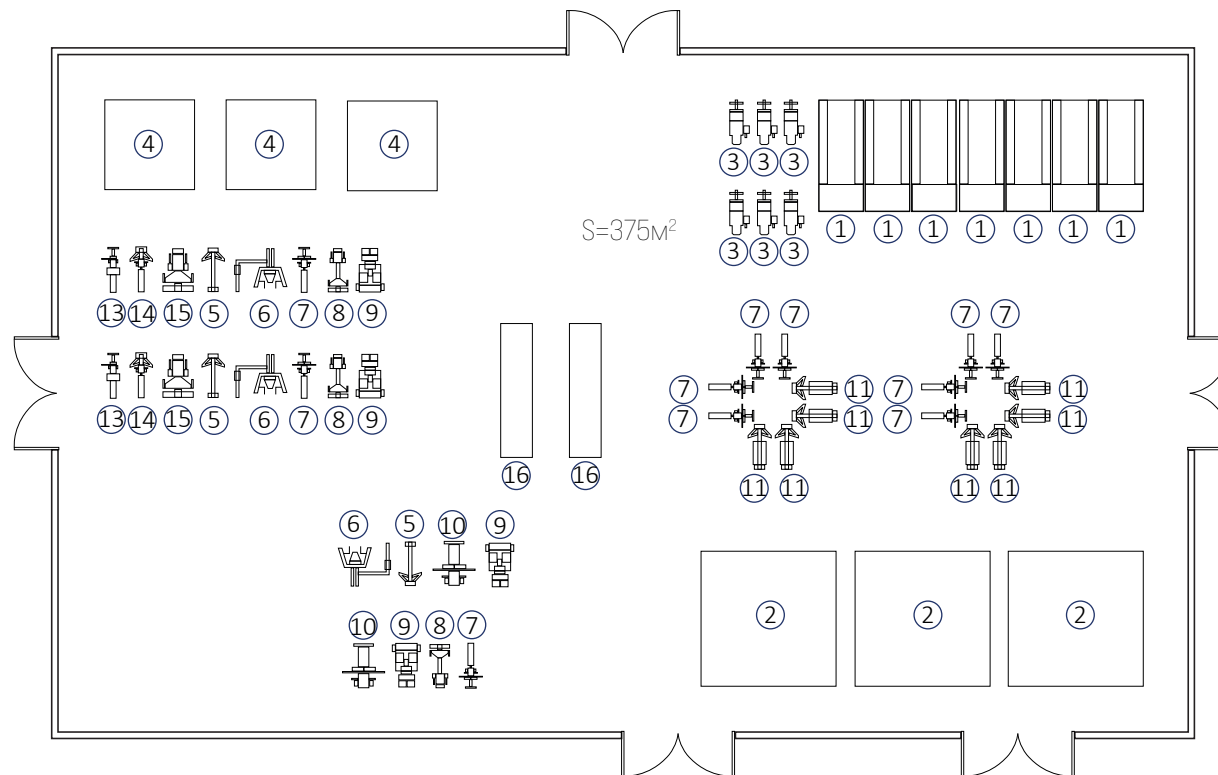
GENERAL PLAN



Overall dimensions of 1 container are 6x2,5m

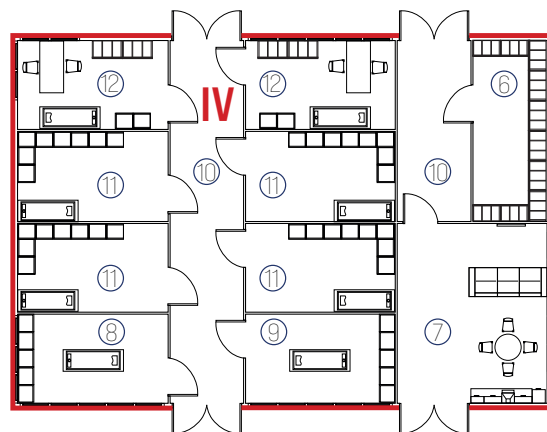
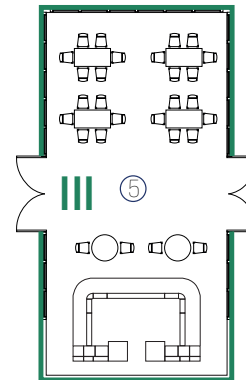
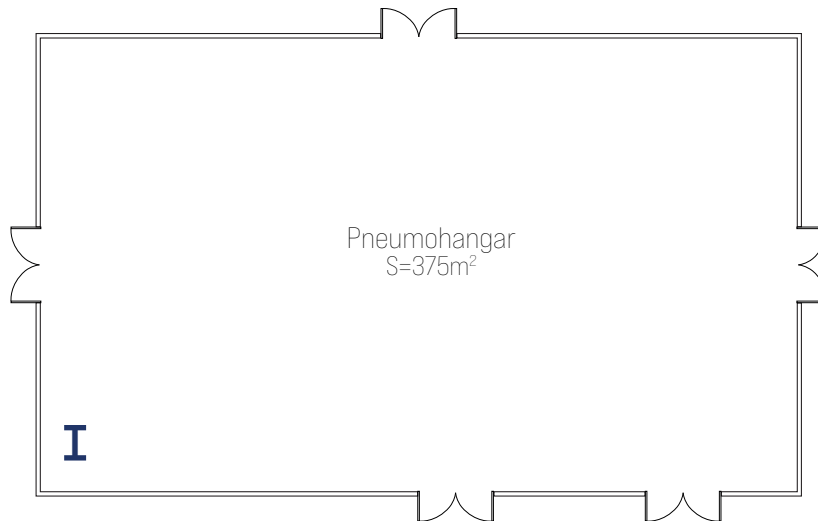
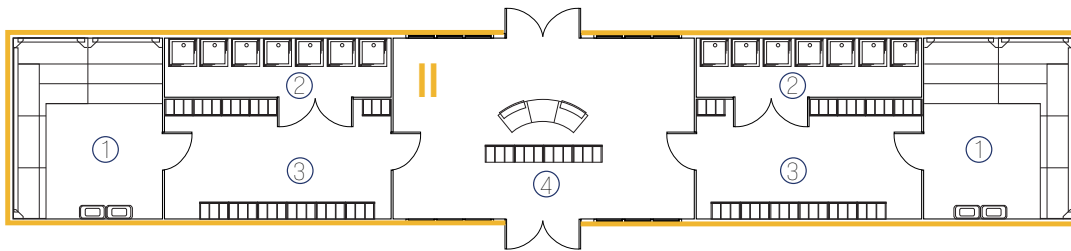


PNEUMOHANGAR EXPLICATION



- | | | | | | | | |
|---|--|---|---|---|---|---|--|
|  | 1) HC-TM-C92722
Alexia series treadmill |  | 5) HC-BH-MA763-NR2
Shoulder Press/Lat Pull |  | 9) HC-BH-MA769-NR4
Abductor/Hip Adductor |  | 13) HC-BH-MA774-NR1
Back extension |
|  | 2) GO Healtht G-GH-1247
Multifunctional training system |  | 6) HC-BH-MA784-NR1
Forward/Reverse Crunch |  | 10) HC-BH-MA779
Leg Extension/Leg Curl |  | 14) HC-BH-MA775-NR1
Trunk Twist |
|  | 3) HC-DP-MB1142
Upper/Lower Limbs Double Pulley Trainer |  | 7) HC-BH-MA765-NR3
Leg Press |  | 11) HC-BH-MA771-NR2
Chest/Back |  | 15) HC-BH-MA777-NR1
Single Leg Extension/Leg Curl |
|  | 4) RK-WL-100
Small Rack of Power Wheel |  | 8) HC-BH-MA768-NR2
Pec Deck Fly |  | 12) HC-BH-MA772-NR2
Biceps/Triceps |  | 16) Multifunctional training system |

PREMISES' EXPLICATION



1st Modular building:
0. Pneumohangar (gym hall)

2nd Modular building:

1. Sauna
- Sweating shelves 1050x600mm
- Steam room 880x460mm

2. Shower
- Shower cabin 900x900mm/1 unit

3. Locker room
- Lockers 500x900mm/1unit

4. Reception desk
- Desk 3320x1231mm
- Shelf stand 500x900mm/1 unit

3rd Modular building:

5. Phyto bar and coworking zone
- Fully assembled bar 2245x4200mm
- Table 1200x600mm/1 unit
- Chair 560x460mm/1 unit
- Round table 900x900mm/1 unit

4th Modular building:

6. Subsidiary room
- Shelf stands 500x900mm/1 unit

7. Staff room
- Fully assembled kitchen 2500x680mm
- Round table 900x900mm
- Chair 560x460mm/1 unit
- Sofa 2750x1100mm
- TV 970x64mm

8-9. Massage room
- Couch 2000x650mm
- Drawer unit 426x502mm/1 unit

10. Passage

11. Physiotherapeutic room
- Couch 2000x650mm
- Drawer unit 426x502mm/1 unit

12. Doctor's office
- Table 1200x600mm
- Chair 560x460mm
- Couch 2000x650mm
- Shelf stands 500x900mm/1 unit
- Drawer unit 426x502mm/1 unit

MODULAR BUILDING AUXILIARY AREAS



Physiotherapeutic



Sauna



Phyto corner, cocktails



Shower cabins, WC,
sanitariness



Душевые, санузлы,
гигиена



Staff room






Storage room

MODULAR BUILDING ADVANTAGES



4

-  Full operational readiness
-  Stable steel frame
-  High quality insulation
-  Personal layout design
-  Cost-effectiveness due assembling without
-  Fast and easy assembling with the help of common tools

AREAS OF ACTIVITIES



Therapeutic programs

- Intervertebral hernias
- Pain in the shoulder, arm, cervical spine cord
- Acute pain in the back and joints
- Arthrosis and arthritis of major joints [shoulder, elbow, knee, hip]
- Rheumatoid polyarthritis
- Knee joints



Recovery programs

- After spinal fractures
- After myocardial infarctions, brain stroke

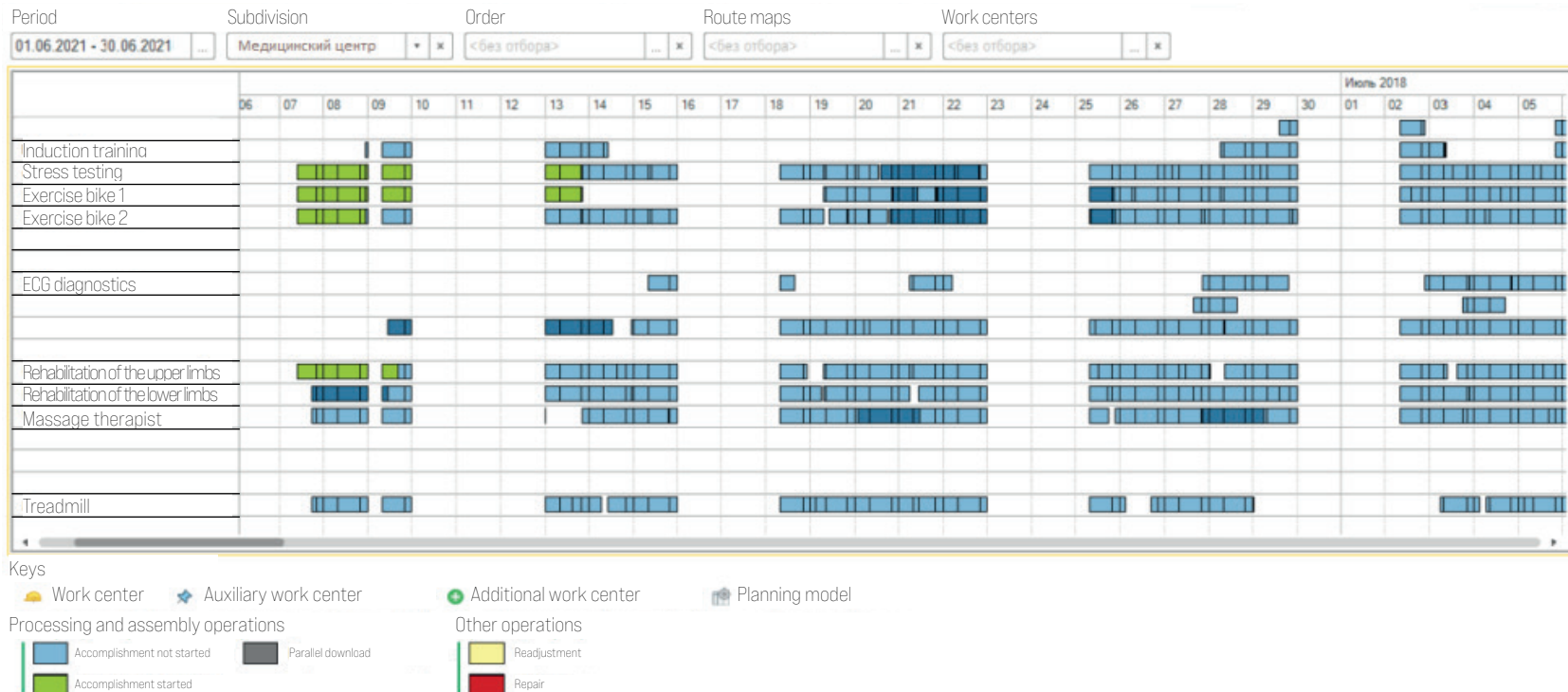


Preventive programs

- Prevention of vegetative-vascular dystonia and chronic fatigue
- Wellness programs for type II diabetes mellitus, atherosclerosis, hypertension, ischemic heart disease
- Correction of muscular insufficiency, overweight



AUTOMATED PLANNING



Medical Information System (MIS). Single source of data on all patients.

All patient information in one electronic health record for instant access to data at any time. Complete medical history, visit history, including laboratory test results and examination protocols.

- research results, examination protocols, history of visits;
- bills and payments, rendered services, tasks for the patient;
- history of communication, completed questionnaires;
- allergens, medications taken, individual restrictions and contraindications.

With the planning module, you can create complex schedules according to individual rehabilitation programs for a large number of patients, make changes in schedule in real time and minimize equipment downtime.

REHABILITATION EXERCISERS

Exercisers are used for treatment and rehabilitation of patients with injuries of the locomotor system, muscular dystrophy, neurological disorders. They can be used to train entire muscular system (arms, legs, neck, back, abdominals), simultaneously stimulating breathing and circulation.



Go Health



HC-TM-C92722



Exercisers for restoring limb functions



Hydraulic Exercise Equipment



EXERCISERS FOR RESTORING LIMB FUNCTIONS



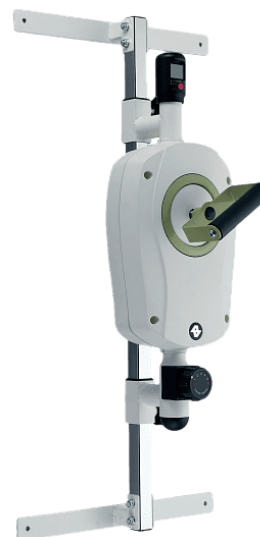
HC-DP-MB1142



HC-WL-TH662C



HC-WL-TH664C



HC-WL-TH663C



HC-WL-TH660C



RK-WL-100



HC-WL-TH665C



HC-RH-001



HC-RH-002W

HYDRAULIC EXERCISE EQUIPMENT



HC-BH-MA775-NR1



HC BH MA765 NR2



HC-BH-MA771-NR1



HC-BH-MA768-NR1



HC-BH-MA774-NR1



HC-BH-MA769-NR3



HC-BH-MA764-NR1



HC-BH-MA770-NR1

PHYSIOTHERAPY EQUIPMENT

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6000 12W & 5000 SWT



4820SL/4825SL Premium



4000 PREMIUM (E)



4800SL Combi



4000



Reduction of puffiness and pain syndrome



Improvement of metabolic processes, joint mobility



Elimination of inflammatory processes



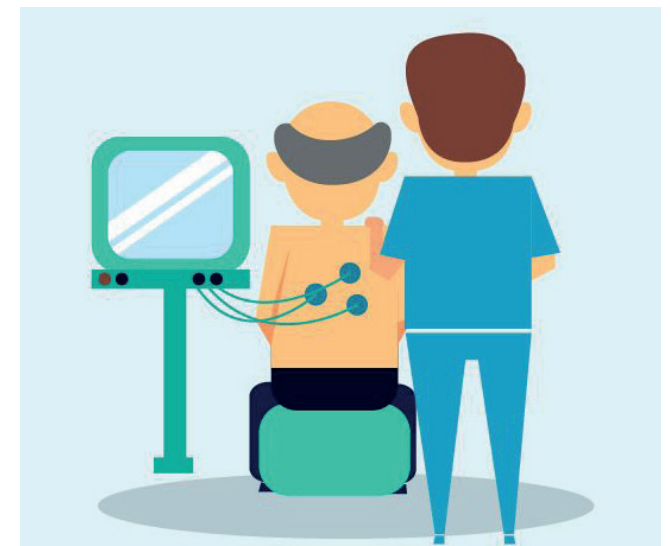
Acceleration of muscle rehabilitation processes

Physiotherapy combines includes various types of therapeutic effects (electro-, ultrasonic-, magneto-, shock-wave- therapy, etc.)

Equipment advantages:

- Simplicity and ease of use
- Multifunctionality
- Programmable treatment methods

These devices have a beneficial effect on parameters of motor system with medical and preventive purpose.



PHYSIOTHERAPY EQUIPMENT



INTELECT ADVANCED



6000 SWT



MOBILE S



5000 Magnet



ARIES



16 Plus



6000 Shortwave 200



5000 SWT POWER



4000 Magnet



5825L Combi



5000 SWT POWER



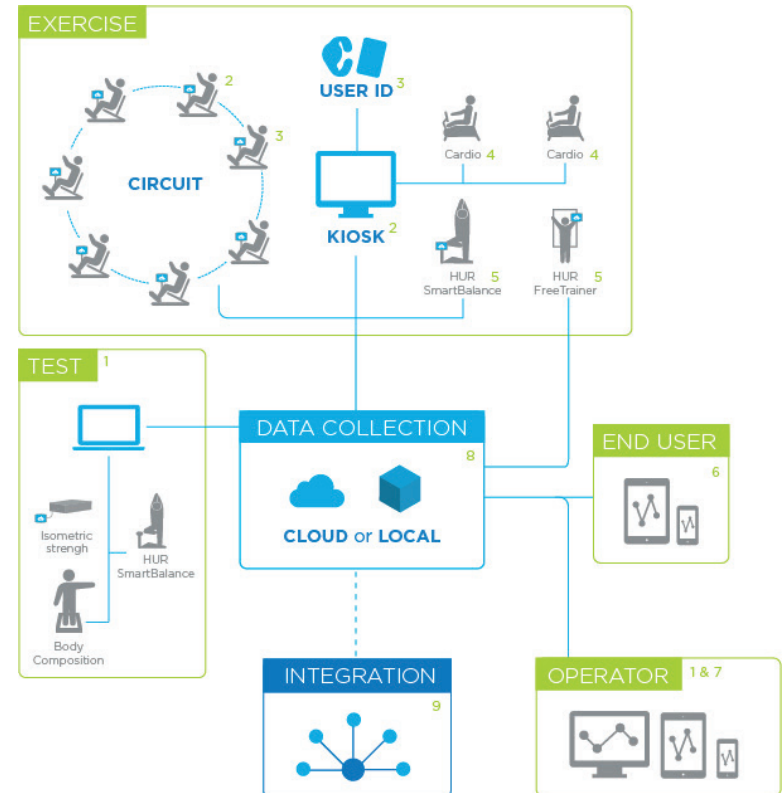
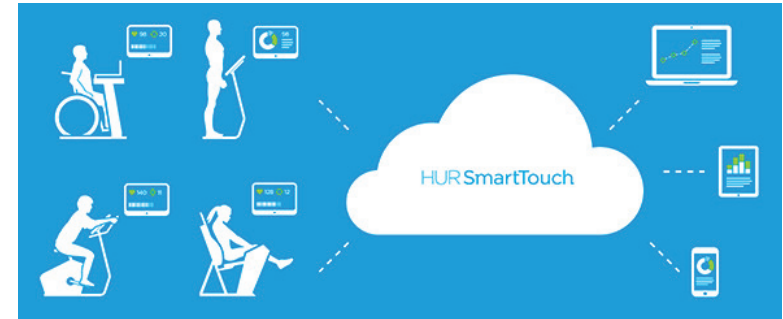
5800LM2 Combi

CLOUD PATIENT MANAGEMENT SYSTEM

SMARTTOUCH is an ecosystem of exercise equipment for physical exercise and rehabilitation based on the principles of evidence-based medicine. Perfect combination of Pneumatic Power Equipment and software will improve the process training, improve the efficiency of the wellness center, save staff resources and simplify work for instructors. With SMARTTOUCH you can teach and track the progress of your clients.

KEY FEATURES

- Efficient pneumatic equipment
- Modern software for clinics and centers
- Ability to maintain work of several clinics or rehabilitation centers
- Personal account (profile) of the client visualizes progress, program of workouts
- Automated reporting on client progress, condition of the clinic/ centre, use of equipment, etc.



SMART ECOSYSTEM

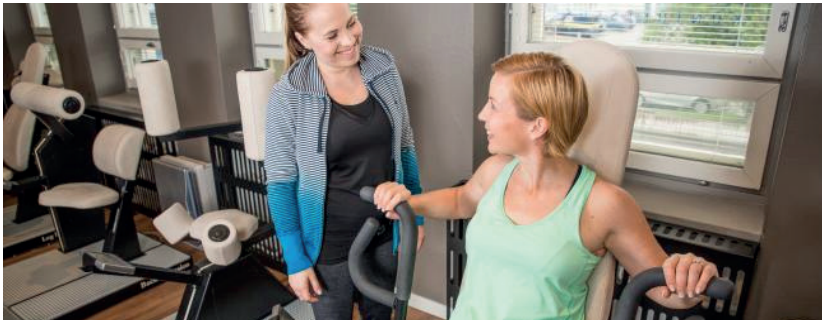
SMART for the operator



AUTOMATIC REPORTING ON THE PERFORMANCE OF YOUR CLIENT, WORK OF YOUR CLINIC / CENTER AND USE OF THE EQUIPMENT

The system will provide the operator of the institution with indicators for tracking exercise and automatically provide client progress documentation.

SMART for the instructor



SPEED UP ATTRACTION OF NEW MEMBERS AND GET RID OF PAPER AND ROUTINE TASKS

For the instructor, the system will speed up the introduction of new customers and make it easier to keep track of existing clients. Loads for customers can automatically increase as the program progresses and the system will provide the documentation required to track progress.

SMART for the client



INDEPENDENT TRAINING

Your clients will be able to exercise on their own. Instructions, goals, and progress feedback are displayed on the touch screen. It gives an immediate feeling of achievement and keeps people motivated.



CENTER FORMATS



Small and medium cities

Population up	to 900 thousand
Investment size	from \$585,000
Payback	from 65 months

Square	from 500 m ²
Main hall	+
Gym	-
Cardiozone	+
Sauna	+
Doctor's office	+
Massage room	+



Big cities

Population from	1 million
Investment size	from \$945,000
Payback	from 63 months

Square	from 750 m ²
Main hall	+
Gym	+
Cardiozone	+
Sauna	+
Doctor's office	+
Massage room	+

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FINANCIAL EFFICIENCY CALCULATION



Small and medium cities

Investment costs, USD	585 000,00
Mobile pneumohangar	160 000,00
Block-modular buildings	188 000,00
Power equipment	130 000,00
A set of accessories for exercise therapy and lessons with an instructor	12 000,00
Physiotherapy equipment	64 000,00
Patient Distribution flow Software	5 000,00
Furniture and plumbing	17 000,00
Employee training	3 000,00
Doors Open Day	3 000,00
Rent for the period of hangar construction	3 000,00
Average monthly revenue, USD	25 000,00
Average monthly expenses, USD	16 000,00
Payroll (including assignments and percentages from sales)	9 000,00
Accommodation space rental	1 000,00
Equipment depreciation	1 000,00
Utilities	2 000,00
Advertising	1 000,00
Purchase of goods for a fitness bar	1 000,00
Unexpected expenses	1 000,00
Net monthly profit, USD	9 000,00



Big cities

Investment costs, USD	945 000,00
Mobile pneumohangar	240 000,00
Block-modular buildings	282 000,00
Power equipment	260 000,00
A set of accessories for exercise therapy and lessons with an instructor	18 000,00
Physiotherapy equipment	64 000,00
Patient Distribution flow Software	7 000,00
Furniture and plumbing	25 500,00
Employee training	4 500,00
Doors Open Day	5 000,00
Rent for the period of hangar construction	7 000,00
Average monthly revenue, USD	54 500,00
Average monthly expenses, USD	39 500,00
Payroll (including assignments and percentages from sales)	25 000,00
Accommodation space rental	2 000,00
Equipment depreciation	1 500,00
Utilities	3 000,00
Advertising	2 500,00
Purchase of goods for a fitness bar	1 500,00
Unexpected expenses	4 000,00
Net monthly profit, USD	9 000,00

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