

The Holiday Magazine for a Long Life.

Lifetime



Spring 2014

Feel better, live longer!



The Lifetime Hotels: Vacation for a Long Life.

The Salzburg Pinzgau: A Place of Power Touches the Senses.

News: Rethinking for a Healthy Future.



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EDITORIAL

PERMANENTLY HEALTHY AND HAPPY AT THE SAME TIME—IS THIS POSSIBLE?

Dear Readers!

Unfortunately, our modern everyday life is all too often characterised by pressure and a fast pace. We lose perspective on the essentials and only recognise this if we have completely lost our true values or have had a burnout. To be permanently healthy, it is not enough to delete a few “to-dos” from the agenda. Rather, we should develop an attitude for long-lasting health and happiness.

We have founded the Lifetime Hotels to commemorate a spirit which surrounds us and is inherent in all of us: nature. Together with the Paracelsus Medical University Salzburg, we have done research and found out that exercise in an intact natural landscape at higher altitudes, a regional authentic diet, and a “natural” way of thinking can markedly increase body values.

We had not anticipated that this which is taken for granted and is available to us unlimitedly, has such a high health value. That motivates us to continue our research and to inspire our guests with the findings to reevaluate.

Concerning the subjects that surround nature and health, we would like to light the same fire in you that burns in us—with our Lifetime Magazine. Treat yourself to some inspiring moments while reading and let yourself be motivated with every action and more awareness to live your life better.

Isabella Dschulnigg-Geissler

Josef Schwaiger



Lifetime Hotels
Feel better, live longer

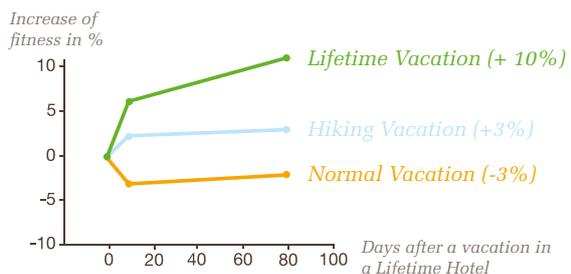


Spokes-people of the Lifetime Hotels in the Salzburg region are Isabella Dschulnigg-Geissler from the Saalbacher Hof and Sepp Schwaiger from the Hotel Eder am Hochkönig

THE FOUNDING LIFETIME HOTELS:

- Lifetime Hotel Active by Leitner's
- Lifetime Hotel DIE SONNE
- Lifetime Hotel Eder
- Lifetime Hotel Habachklause
- Lifetime Hotel MAVIDA
- Lifetime Hotel Riederalm
- Lifetime Hotel Saalbacher Hof

THIS IS HOW A LIFETIME VACATION AFFECTS YOUR PERSONAL FITNESS:





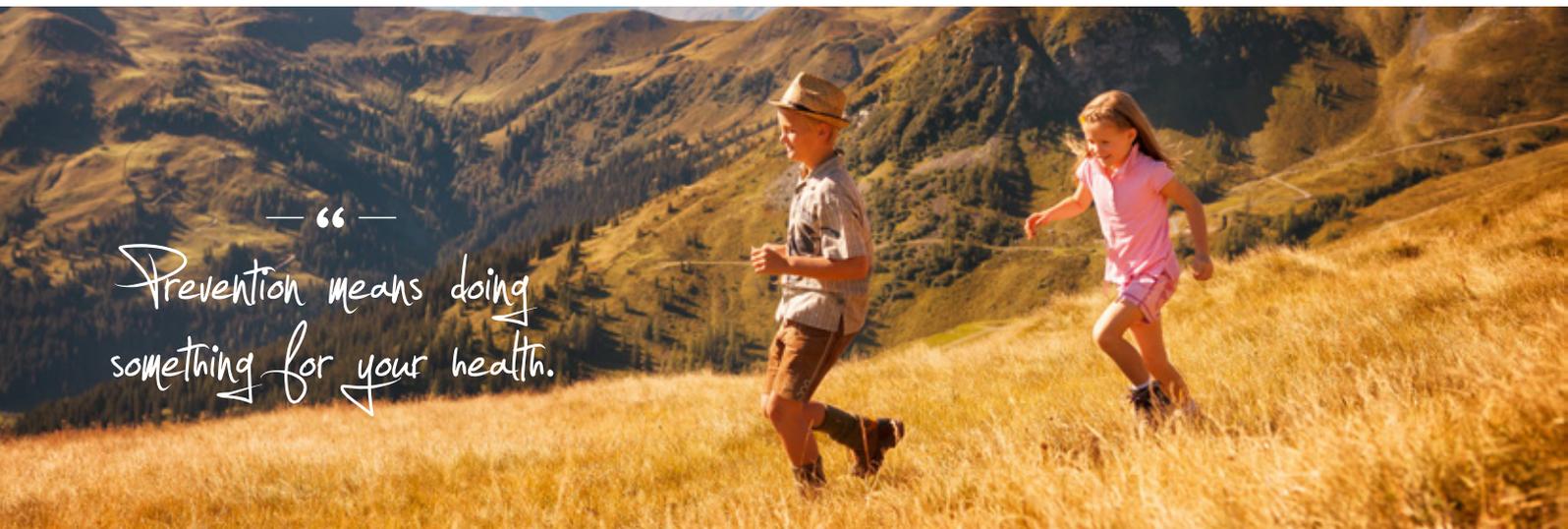
NEWS

Rethinking

for a healthy and stable future.

At the moment, our healthcare system involves primarily the treatment of already sick people. Due to medical and technical advances we can live longer today than we did in the past.

However, one is more apprehensive to interact with the increasing proportion of older people, who are prone to diseases and are thus no longer actively participating in the labour market. The healthcare sector is hardly able to financially cope with this situation.



— “ —
Prevention means doing
something for your health.

PREVENTION MEANS TO NOT EVEN LET DISEASES EMERGE.

In Austria today, about 80 percent of the ca. € 30 billion health expenditure per year is used for chronic diseases. Most could be avoided through prevention. To avoid a collapse of the system, the focus should be placed on prevention, not about the early detection of diseases, but about their anticipation.

To do this, a variety of options exist. Vaccinations, for instance, protect against often deadly sicknesses. Another example is strengthening muscles that can help prevent backaches. Wholefoods and natural foods counteract overweightness. Hence, there are many approaches that make it possible for you to do something for your health.

FOCUS ON EXERCISE, NUTRITION, AND HEALTHY THINKING.

According to the WHO (World Health Organisation), health is “a state of complete physical, mental, and social well-being and not just about the absence of disease or infirmity.” It is clear that, in addition to a focus on exercise and nutrition, thinking the right way also plays an essential role. On the one hand, it is important to get to know yourself and resolve deeply rooted patterns of thought.

When thinking patterns such as “I can’t do this” or “I am too weak for that” are uncovered, they can be transformed into something constructive. Social contacts and the development of a life-affirming attitude are also an integral part of preventative health maintenance.

SUPPORT FROM STATE INSTITUTIONS.

Health insurance companies now offer a series of information sessions, seminars, and courses, which cost little or are free of charge. The State is also involved in many projects and information campaigns. In Austria, the fund “Healthy Austria” (FGÖ = Fonds Gesundes Österreich) is the federal contact point for health promotion. This fund deals specifically with preventive measures such as exercise, diet, or mental well-being.



Precautionary Measures [®]

BY FRIEDL HERBST,
LIFETIME HOTEL
RIEDERALM—LEOGANG

- *exercise at least three or four times a week*
- *high fibre diet with wholemeal food*
- *at least five servings of fruit or vegetables per day*
- *eat only when you're really hungry*
- *do something good for yourself every day*

“These small changes have completely changed my life.

I changed my diet gradually to one that is as natural as possible. As often as possible, I did not use the car, but walked more and had more exercise during the day. Today, I'm hungry for exercise. I feel full of energy and am looking forward to the good food that gives me the strength to do so. And without torturing myself, I've lost 20 pounds along the way.”





NEWS

Vacation for a long life.

Support also after the Vacation

Holidaymakers will find support even after the vacation. The Lifetime Hotels run an exciting blog on the topic “be healthy and live longer.” Almost every day on Facebook, there are inspiring items to motivate you to improve your health and prolong your life.

The Lifetime Hotels are seven family-run hotels of the Salzburg Pinzgau region, which have set themselves the goal of improving the quality of life of their guests sustainably and thus extending their lifetime. With the focus on a “vacation for a long life” and its focus on nature, they set new standards in the entire healthcare system.

ACTIVE VACATION AND STAY HEALTHY LONG.

A Lifetime Vacation aims to increase the body values of the guest and to launch a health-oriented sustainable rethinking. Different from a wellness holiday, which is purely about well-being, guests learn methods of preventing diseases. Thus, varied exercise programmes, a natural authentic cuisine, and special coaching are the basis for an increase in life quality and a healthy and long life.

THE POWER OF NATURE.

The Lifetime Hotels orient themselves toward nature, which is of outstanding quality especially in the locations of the participating hotels. At over 1,200 metres above sea level, the mountain air is extremely low in allergens, germs, and hazardous substances and is particularly conducive to the regeneration of lung cells. The differences in altitudes bring significant health values while being physically active. They increase cardiorespiratory fitness and ensure good stamina. The diversity of nature offers a whole variety of regional foods, which are important for a healthy diet.

Industrially processed foods such as sugar, isolated carbohydrates, as well as low quality fats contain hardly any essential nutrients and can lead to chronic inflammation in the body, which is the basis of most diseases. In the Lifetime Hotels, the chefs cook exclusively with regional, natural foods, which are rich in antioxidants and fibre. Together with outdoor exercise programmes, they can lead to an increase of health.

BASIS OF A LIFETIME VACATION.

The Lifetime vacation is based on the HICO study (Hiking & Coaching), developed and carried out jointly by the PMU Salzburg (Paracelsus Medical University) and the Institute of Economic Psychology of the Paris-Lodron-University of Salzburg. A total of 100 test subjects were observed and their health values checked at regular intervals for over a year. Hiking, in combination with healthy nutrition, resulted in a significant increase in cardio-respiratory fitness, even after only one week.

COACHING FOR THE FIRST STEPS.

To promote these processes, the Lifetime Hotels provide their guests with specially trained coaches. They help to find the perfect form and the right amount of exercise for participants. Guests are helped to identify thought patterns which prevent them from taking the step towards change. The study found that this group, which had additional coaching, scored even better cardiorespiratory values than the other groups, even after only two months.



NEWS

The Three Pillars

of a Lifetime Vacation.

Lifetime Active

With each step, we come closer to good health.



Regular endurance sports are important to keep the organism in full swing, for exercise helps to strengthen the body's defences, reduce symptoms of stress, and prevent cardiovascular diseases, diabetes, obesity, and osteoporosis.

Even brain performance is positively influenced by sports. For these health effects to occur, one should exercise for about 30 minutes, three to five times a day.



Lifetime Cuisine

To eat healthily does not mean to abandon something, but to replace it with something better.



Few things are more important than nutrition for the preservation of health. The human organism best absorbs dietological, regional, and authentic natural foods: plenty of fruits and vegetables, raw or cooked, in all colours and varieties, little meat, lots of vegetable carbohydrates, abundant legumes, low-fat dairy products, high-quality oils, low sugar. The Lifetime Hotels have aligned their dishes to these foods. Produce is prepared as gently and as naturally as possible, so that valuable nutrients are preserved.



Lifetime Coaching

The knowledge for successful change exists in each of us.



Coaching means "living learning" in the sense of being self-aware. Lifetime Coaches question the guest's behaviour concerning everyday health related matters. The coaches redirect the guest's consciousness to the central areas of exercise and diet. Jointly, objectives are defined and individual measures developed. This leads to more quality of life. This is how the guest breaks any blockages and can transform the learned into their everyday life. A trained Lifetime Coach supports every guest during their stay in a Lifetime Hotel.





FROM THE REGION

A Place of Power

Touches the Senses.

The Salzburg Pinzgau area is a place where nature magically touches you. Mighty waterfalls, impressive mountains, unusual rock formations, and stunning lighting effects resonate with the mind and soul.

The soulfulness as the overall quality of the Pinzgau region leads to an unintentional, self-forgotten, and resonant awareness. Diverse components characterise the place, such as, for instance, geological zones, terrestrial energies, or also human encounters, with their social, historical, and cultural events. You will find the most powerful forces and their places in the Salzburg Pinzgau region divided in the five elements.



HEALING WATER: THE KRIMML WATERFALLS.

The Krimml waterfalls are the fifth highest in the world and at 385 metres, the highest in Austria. They are located at the outskirts of Krimml, a village in the region of the Hohe Tauern National Park. The high concentration of negative ions in

the vicinity of the falls affects health in a very positive manner. They stimulate the immune system and lead to a lasting improvement of the entire respiratory tract due to the strong cleaning effect. Moreover, they strengthen the function of the lungs. A stay at this place is therefore highly recommended for allergy sufferers and asthmatics.

— “ —

*Water, wood, earth, fire, air:
The elements in the Salzburg Pinzgau region*





ENERGETIC WOOD: ALPINE FLORA IN THE HOHE TAUERN NATIONAL PARK.

The flora of the Pinzgau Salzburg is particularly diverse due to the vast differences in altitude, and their location on the main Alpine ridge. In a confined setting, it meets different climatic conditions. The Hohe Tauern National Park houses one third of all species occurring in Austria. Due to the size of the National Park, almost all of Austria's alpine flora is represented, and there are also several nationally unique biotope types, such as, for instance, Alpine roses, fire lilies, fireweed, pheasant's eye, plants from the orchid family and, of course, the deep blue gentian, and edelweiss.



NOURISHING EARTH: THE POWER OF THE GENTLE GIANTS.

In terms of area, the Pinzgau is the largest district in the State of Salzburg. Three mountain formations gather here: the glacier mountains of the Hohe Tauern, the Steinerne Meer together with the Birnhorn in the North, and the Pinzgau grass mountains. The glacier of Kitzsteinhorn is covered almost all year-round with ice and snow. Up to ten months in the year, the lifts are opened. And should the snow really melt one day, impressive hiking trails would lead up to an altitude of 3029 metres above the eternal ice of the Kitzsteinhorn.



PURIFYING FIRE: MIDSUMMER IN SAALFELDEN LEONGANG.

Traditions and customs are still lived in the Salzburg Pinzgau region. An old custom is the midsummer fire that illuminates the Leongang stone mountain chain and the Steinernes Meer at the start of each astronomical summer. The festival of the Midsummer Night has a long history and was already celebrated by the Celts and Germanic peoples. It is a pagan custom asking the mystic powers for a good harvest. The fire is a symbol of the sun and stands for light, heat, fertility, and purification.



CLEAR AIR: LOW-EMISSION CLIMATE FOR THE RESPIRATORY SYSTEM.

The Pinzgau region is characterised by a particularly healthy and anti-allergenic climate. With an average of 1000 metres above sea level, the altitude results in a climate that is extremely low in allergens, germs, and hazardous substances. The relatively low average annual temperature and the dry air leads to a strong reduction of dust mite allergens in the house known to trigger asthmatic symptoms. In contrast to the lowlands, Pollen allergens occur briefly and are confined to grass and tree pollen.

ENERGY Tip [®]

BY CHRISTIAN ALTENBERGER,
LIFETIME HOTEL MAVIDA
ZELL AM SEE



“The further and higher man ventures into nature, the more he is grounded. At first glance, this may seem a contradiction, but one gains depth and returns back to one's roots with every step up towards the peak. A humble and grateful attitude is achieved, which carries one above all worries, and even dissolves them. My personal power spot is the Kitzsteinhorn mountain in Zell am See/Kaprun. Here I can really feel the grounding and liberating force of the gentle giants.”



PORTRAIT

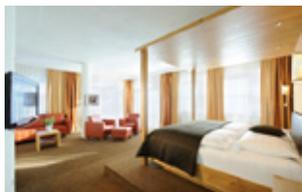
The Lifetime Hotels

Introduce Themselves.

Life time is a major concern in the Lifetime Hotels. Since it lies within ourselves to make use of it. Use life carefully and fill it with positive things. With this guiding principle, the Lifetime Hotels want to offer their guests a special place where they can forget space and time and be in harmony with themselves.

Beautiful rooms invite you to come and dream. Lovingly prepared and healthy menus give strength for the many adventures that await you in nature, which are to be discovered up here in the mountains.

A life of traditional events and customs leads you back to the fundamentals of living. All the while, each hotel offers a distinctive charm and individual priorities. See for yourself!



01


 Hotel
 Saalbacher Hof

Lifetime Hotel Saalbacher Hof

Tel.: +43 (0) 6541 7111 | Email: hotel@saalbacherhof.at
5753 Saalbach

The Saalbacher Hof is surrounded by the gigantic natural backdrop of the Kitzbühel Alps. For over eighty years, this holiday hotel is a unique combination of tradition and modernity and offers an ideal place to arrive, relax, and activate your spirit.

At best, the rooftop garden of 3,000 square metres, the rock indoor swimming pool, the new outdoor swimming pool, the three saunas, the clay tennis courts, as well as hiking and biking routes that start directly at the front door invite you for this. The cultural space above the rooftops of Saalbach,

where concerts, painting lessons, and cabarets take place, conveys pure *joie de vivre*.

In addition to the daily changing exercise and entertainment programmes, the special rethinking menus are the best chance to make life more vital.

The Dschulnigg & Geissler family serves national and international cuisine and pays attention to the high quality of local ingredients.

02



Lifetime Hotel DIE SONNE

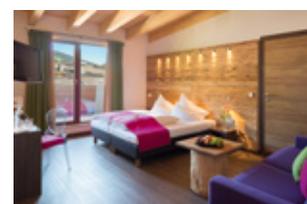
Tel.: +43 (0) 6541 7202 | Email: saalbach@hotel-sonne.at
5753 Saalbach

The hotel DIE SONNE offers holidays on the sunny side. The hotel is located in the heart of Saalbach Hinterglemm and opens up new horizons. With great spa and vitality offers, such as the Sun oasis—with an aroma sole grotto, infra-red, a brine steam bath, a Finnish sauna, and lots more, the guest easily finds a way to him or herself.

Energized, one continues on in the spacious fitness room as well as in the breathtaking nature in the middle

of the Salzburg mountains. Skiing, hiking, golfing, biking—in the summer as well as in the winter, entire family members find comprehensive programmes that leave no wishes unfulfilled.

The little ones are well catered to with a cordially-run child care. An excellent cuisine with many different buffet and menu variations ensures delicious and healthy sustenance during your stay.



EIN ORIGINAL
Kinderhotels
MITGLIEDSBETRIEB

03

Habachklause
All Inclusive Baby- Kinderhotel & Bauernhof-Resort

Lifetime Hotel Habachklause

Tel.: +43 (0) 6566 73900 | Email: office@habachklause.com
5733 Bramberg am Wildkogel

The generation hotel Habachklause offers all vacation needs under one roof. It is a unique baby and children's hotel with twenty-two suites. Adventurous children's programmes are offered throughout the day.

Thus, the little cowboys and cowgirls can feed cows, goats, rabbits, and geese or search for gems along the Emerald hiking trail, frolic in the forest playground, or, in winter, fasten the skis or toboggan downhill. The ideal location between Kitzbühel and the

Hohe Tauern National Park guarantees families an unforgettable mountain and nature experience.

The new "Healing Hand Spa" offers parents a break and pampers them with massages and soothing body treatments.

The culinary delights, served by the Habachklause staff, by the way, come from the hotel's own bakery, butchery, and agriculture.



04

Lifetime Hotel Eder

Tel.: +43 (0) 6584 7738 | Email: info@hoteleder.com
5761 Maria Alm / Hochkönig

The family-run hotel Eder is an architecturally modern and traditionally run 4 star hotel, offering unique hiking, golfing, biking, and relaxation vacations in the centre of Maria Alm. The special ambience gives the hotel its extraordinary charm—it combines tradition and modernity to a place of warm hospitality.

Elements from nature here convey a true sense of being. Whether yoga on the mountain, massage in the relaxation oasis in the hotel, or E-biking and hiking with trained guides and

mental coaches—the Hotel Eder is situated in one of the most beautiful alpine villages and is a place of power with strong roots.

Rustic bars and modern rooms invite guests to completely let go of everyday life, to relax, and to reflect upon the active day in the picturesque nature. With regional ingredients and menu variations from all over the world, the Hochkönig Lifetime Hotel Eder perfectly dovetails the vacation of its guests.



05

Lifetime Hotel Riederalm

Tel.: +43 (0) 6583 7342 | Email: info@riederalm.com
5771 Leogang

The Hotel Riederalm is located on a front row seat directly next to the valley station of the Leogang mountain lifts and the BikePark Leogang. It is framed by the Leogang stone mountains and the Pinzgau grass mountains.

This top location makes the Hotel Riederalm an ideal base for sporting activities and excursions of all kinds. The family Herbst personally runs the hotel with great passion.

The hotel is lovingly furnished, the cosy spa area and the relaxed atmosphere make for an all-around, absolute feeling of well-being. The Hotel Riederalm stresses the physical well-being of their guests. In line with the motto “tradition meets modernity,” the kitchen team, centered around son Andreas, prepares exceptional culinary delights. The specially designed Lifetime Menus turn “healthy eating” into an experience.





06

Lifetime Hotel MAVIDA

Tel.: +43 (0) 6541 7111 | Email: info@mavida.at
5700 Zell am See

In the Hotel MAVIDA Wellness Hotel & Sport in Zell am See, guests enjoy a combination of exclusivity and generosity. It is a place where you can give time to yourself and others, where beautiful moments are to be enjoyed, and one is completely in tune.

The exclusive MAVIDA rooms and suites serve as perfect oases of calm. And they display how elegance and design awareness create a special atmosphere here.

MAVIDA
WELLNESSHOTEL & SPORT
ZELL AM SEE

The spacious spa area with saunas, relaxation rooms, as well as indoor and outdoor pools provide for new energy.

With the à la carte premium cuisine, holidays at the MAVIDA are also something extra-special.

Unique dishes emerge when traditional recipes are combined with contemporary knowledge about food and supplemented by Mediterranean influences, as well as with local products.

07

Lifetime Hotel Active by Leitner's

Tel.: +43 (0) 6547 8782 | Email: info@active-kaprun.at
5710 Kaprun

Life and style in the here and now for a new generation beyond age and lifestyle—this is what awaits guests at Hotel Active by Leitner's on the Kitzsteinhorn.

With much wood and glass, the hotel's ambience appeals to style-conscious eyes, and through its architectural subtlety, the barometer of cosiness is raised quite high.

ACTIVE by Leitner's
★★★★ StyleHotel & SPA at the Kitzsteinhorn

The large glass fronts make views in the lounge and the bar something extraordinary, as does the spa area, with its swimming channels, steam baths, and saunas, massage and relaxation rooms spread over two levels.

The restaurant in the 600 year-old farmhouse, in which national as well as international dishes are conjured, offers varied specialities from which one can be spoiled with pleasure.



— “ —

When there are mountains, I know
that I can climb up to get a new perspective
on life from up there.

Hubert von Goisern

Excursion Tip

BY WOLFGANG UND ROSMARIE
LEITNER, LIFETIME HOTEL
ACTIVE BY LEITNER'S—KAPRUN

“The Kaprun reservoirs are surrounded by the impressive Hohe Tauern mountains, which are 2,000 metres above sea level. You can explore the inner workings of the dam walls with a guided tour or visit the museum’s exhibition, “Experience World Electricity and Ice.” The views of the Glockner group are fantastic from the sun terrace of the mountain restaurant Mooserboden, and go wonderfully well with a little rest.”







ACTIVE

Hiking

The Art of Hiking.

Hiking is much more than just walking. It is an art that allows for a deep engagement with nature and with the self. The mind can wander, new perspectives emerge, fantasies bloom. It is also good for your health and fitness. We'd like to make you have a desire to go hiking, for it does wonders for the body and soul:

WALKING IS A SENSORY EXPERIENCE THAT BRINGS YOU FURTHER IN LIFE.

Who once discovers the pleasure of hiking feels that it is far more than merely a leisure activity.

Each step is an interplay of physical, sensory, mental, and emotional sensations. The many bumps and turns, ups and downs characterise not only the actual path, but also the moods that open up when walking.

And those who learn to love these constant ups and downs, and with mindfulness approach these phenomena, advance themselves well.

Children's Tip

BY THOMAS MAIER,
LIFETIME AND CHILDREN'S HOTEL
HABACHKLAUSE—BRAMBERG



Hiking with children—to what you should pay attention:

- *actively include children in the planning*
- *motivate large and small children with adventure and nature trail hiking activities*
- *uphill with the gondola, downhill on foot*
- *tour length for children between 5 and 10 years: 2-3 hours*
- *carry backpack with healthy snacks and tea*
- *take breaks in rest stops that are also playgrounds*
- *appropriate footwear, breathable hiking clothes, sunscreen and rain protection*
- *take many photographs with the children*

How hiking affects the body

- *Mobilisation of the immune system*
- *Improved blood lipid levels and a reduction of lactate levels*
- *Training of the cardiovascular system with a positive influence on blood pressure and vascular systems*
- *Strengthening of muscles and the skeleton, prevention of osteoporosis*
- *Relaxation, stress relief, and regeneration*

STEP-BY-STEP THE SKY IS EVER CLOSER.

Experienced hikers claim that those who have an “enlightenment by hiking,” experience an intense cleansing of the body, mind, and soul. Thoughts subside and adjust themselves to a somnambulistic state as the mind disengages the motion of accumulated stress on the muscles.

All things unimportant fall by the wayside, so that the one walking musters the power to concentrate on

the essentials. A deep connection to animals and plants that you encounter along the way is felt.

Hiking is therefore a formative experience that allows us to know ourselves better and to realise what lies deep inside us. It is comparable to an art, as Johann Wolfgang von Goethe wonderfully said, a mediator of the unspeakable. For it shows what is hidden.



CUISINE

Healthy Diet

What is really healthy?

Some swear by the Mediterranean cuisine, others on the Ayurvedic. Men need more hearty food, women prefer it lighter. Truth is, our tastes are so different, like grains of sand by the sea. Every person has different needs to feel satisfied. And so there is also no “proper” diet that is good for all.

Regardless of culinary preferences, Anton Enzinger, Chef de cuisine of the Lifetime Hotel Saalbacher Hof, favors food that maintains its natural connections: in the ingredients, preparation, and thoughts at dinner. He tells us his twelve most basic thoughts on the topic of nutrition.

| 01

THE BASIS for the preparation of high-quality food is the appreciation of food as gifts of nature. From farmers to cooks/waiters, many people are responsible for the food before it arrives to the guest.

| 02

WE COOK only “with water” literally, but, in fact, best of all, with fresh, clear, spring water.

| 03

Cereals, grains, seeds, and nuts should occupy the **MAJOR PART** of our diet. Not only are important carbohydrates, proteins, fats, vitamins, and minerals contained within, but also lots of active plant ingredients. In particular, the concentrated life-force for the next generation of plants.

| 04

MY NEXT THOUGHTS go to root and tuber vegetables. Located in them is the stored life-force of the respective plant.

| 05

FRUITS AND BERRIES and many of nature’s other wonderful and true energy bombs should occur as much as possible in our diet.

| 06

THE SIXTH IDEA applies to the leafy vegetable that has in recent years been somewhat forgotten. It is a herbal plant that captures solar energy and makes it available for us.

Cabbage and herbs especially should be used more often. They have been providing people with essential vitamins for many centuries in the winter months.

| 07

USE MANY HERBS! They grow directly on our doorstep and due to their high density of active ingredients they encourage good digestion and are metabolic sustenances. The essential oils also enchant our senses.

| 08

Since **PLEASURE** always attracts the special, a variety of exotic spices found their way in our kitchens over the centuries. There are no limits to the imagination.

| 09

THE MAJORITY of our guests are not vegetarians. Meat plays an important role in our kitchen. Here goes: quality has top priority. We prefer local products from species-appropriate husbandry from suppliers in which we have confidence. A growing proportion is from controlled organic farming.

| 10

TWO ANIMAL FOODS have a special place in my opinion. Eggs are the first. The eggs we use are organic, and free-range. They are true powerhouses. In them is everything needed for the first 21 days of a new life. Despite the constant discussion “pro egg and contra egg” I consider eggs to be a very high quality food.

| 11

THE SECOND SPECIAL CASE is milk and all related products. Those who are not suffering a milk protein allergy or from lactose intolerance may enjoy abundantly. We prefer Austrian dairies and their products.

| 12

Every day, **WE OFFER GUESTS** the possibility to select a variety of items that is delicious and good for you at the same time. Of importance here is to be moderate—as already described in the Temple of Delphi. For you know that often more is less.



*“Enjoy varied foods and relish everything that nature has to offer.
This is how you improve the quality of life.”*

*Anton Enzinger,
Lifetime Hotel Saalbacher Hof*



Host family Schwaiger in the Hochkönig Lifetime Hotel Eder, Maria Alm



CUISINE

Baking Bread

What makes a good loaf of bread?

Coarse rye bread, fresh Kaiser rolls, grainy wholemeal slices—with more than 300 different sorts, there is an extraordinarily large variety of bread. Bread has been one of the most popular and also healthiest staple foods for thousands of years. Provided it is produced correctly.

Almost all industrial bakeries use ready-made cake mixes containing lots of additives. Although these undergo strict controls and must be shown in the list of ingredients, what usually occurs is they are written cryptically. Few know, for instance, that E 280 stands for propionic acid which provides the beautiful color. Additionally, transparency is made more difficult through waiving the declaration obligation, if the additive in the final product becomes ineffective. Although the additives permitted in Austria are not harmful to health, in allergic individuals they may cause incompatibilities that reduce the positive properties of the original content-rich grain.

To make good and healthy bread, you need only freshly ground wholemeal flour, water, salt and natural leavening (sourdough, yeast or baking leaven). The most fibre is contained in the outer layers of the grain. Therefore, the consumption of wholemeal bread is preferred over white

flour products. In addition to gorging strength and valuable protein, they provide many fibrous materials (fibre), minerals (potassium, magnesium, iron), trace elements (copper, zinc, manganese, chromium), and vitamins (provitamin A, vitamin B complex, vitamin E).

— “ —

*In the Lifetime Hotel Eder
the bread is based on Grandma's
traditional recipe.*



Lifetime recipe

WHOLEMEAL BREAD

INGREDIENTS FOR A 2 KILO BREAD:

1.2 KG RYE FLOUR
30 GRAMS OF WHEAT FLOUR
1 CUBE YEAST
3 TSP SALT
1 TBSP CUMIN, FENNEL, CORIANDER
CA. 1 L WATER

PREPARATION:

Mix the flour with the spices, make a dent in the center, pour yeast, add some water, and let the dough rise for about 30 minutes.

Then add the remaining flour and water and knead into a medium soft dough. Let the dough rise up to half of its original size, knead again briefly, and form two loafs.

Decorate the bread to your liking with sunflower seeds and “wipe” with water. Bake in the preheated oven at 220 degrees for 20 minutes, and then reset the oven to 170 degrees until the bread is golden brown and done. The total baking time is about 1 hour.

THE MOST IMPORTANT ADDITIVES AT A GLANCE

ENZYMES:

provide for a stable crust and more volume. Often, they are to be found in frozen bakery products. While baking, enzymes are neutralised and, hence, need not be in the ingredient list.

MONO AND DIGLYCERIDES:

make bread more durable. They are not neutralised in production and therefore must be labelled.

EMULSIFIERS:

give the bread a finer crumb structure, making it softer and more durable. During the baking process, emulsifiers will be destroyed, and therefore must not be specified.



COACHING

The Search

for the right speed.

More and more people work late into the night, on weekends, already in the morning before the day's events. The market rewards the fastest. But this pressure damages in time our health and diminishes our quality of life. When is it enough?



CHAOS IS A CENTRAL CHARACTERISTIC OF OUR MODERN SOCIETY.

The more hectic the times become, the more possibilities digital communication offers us, the more we are always and everywhere accessible, the more the desire for leaving behind everything and finding ourselves becomes greater. But also in leisure, we try to accommodate as much as possible. Our true needs do not get the chance to be satisfied.

FAST RELAXATION TIME. THE PARADOX OF OUR TIME.

Quickly relaxing does not work even if we so desire. Who does more things in a shorter time, will be even more rushed in the long run. To get energy, the body must emit the hormone

equivalents of adrenaline due to stress. Therefore, it is more efficient to take a walk or a hike through nature.

PULL THE BRAKES. NOW!

Who grunts in this hamster wheel is also at a greater risk for colds, obesity, high blood pressure, diabetes, burnout, and depression, in addition to impaired concentration and sudden fatigue attacks. To come out here is much more than a little wellness for the stressed-out soul. It is about returning to the very essentials of being: to think, to reflect, to find new ideas, to provide the body with fresh air and good food.

PUT YOURSELF IN THE FIRST PLACE.

A change begins with yourself. Do not allow other things to run amuck and thus take control of your life. Be selfish enough to take time, in which you simply enjoy and do what you enjoy. Make your own well-being a priority in your life. The soul wants to be spoiled, as does the body. Better let a project go and invest in the quality of your life. The profit will be incredibly higher than you imagine it now.

HOW TO GET BALANCED:

- After one to two hours repeatedly insert breaks.
- Ask yourself what triggers stress in you and once you notice how thoughts in you take over, say: "Stop!" aloud.
- Enjoy the moment: think again in the evening of all things that are well-managed, situations and moments where you felt right at home.
- Learn to say "No" and "Yes" to yourself.
- Do not be so hard on yourself and discard unnecessary perfectionism.

Lifetime Tip[®]

by Camilla Schwabl

MY TIP FOR A HEALTHIER AND LONGER LIFE IS IMPLEMENTED EASILY.

Breakfast is very important and should include plenty of fruit and cereals. For lunch, I eat lots of vegetables, carbohydrates in the form of rice and potatoes, and little to no meat. I am not a vegetarian, but reduce consumption to the bare essentials. There is hardly any carbohydrates in my diet from lunch on, and I eat only something small in the evening or nothing at all. Every now and then, I may have a glass of wine. But I don't drink strong alcohol.

Despite my extensive job responsibilities, I take time to do sports three times a week and yoga in the morning. Plenty of fresh air and a little movement everyday carry me through stressful times. I stay calm, even if there is a lot going on in the hotel. What is also important: think positive, spend free time with the family, and much, much laughter.

Did you know that laughter is so healthy, it is like 20 minutes of jogging?

Laughter relaxes the muscles, frees emotions, and releases hormones of happiness. According to a scientific study, children laugh about 400 times a day; adults, however, only 15 times! Too rarely, experts say...



Camilla Schwabl (Lifetime Hotel DIE SONNE) with family

— “ —
*It is your lifetime,
enjoy every moment!*



COACHING

Stay Healthy

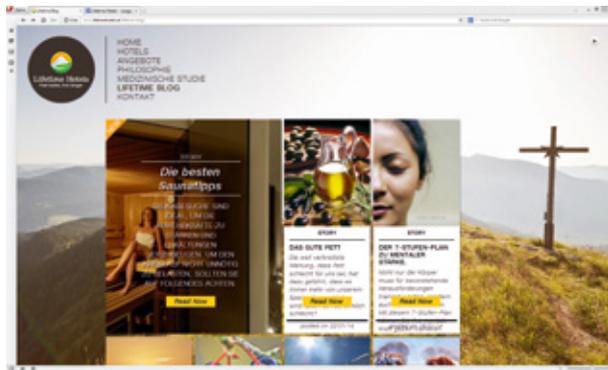
and Happy...

...THAT'S WHAT WE ALL WISH FOR!

The good news: mostly, we have it in our own hands. Our health, our well-being as well as our feeling of happiness. When we don't listen to the signals of our bodies and dissociate ourselves, illnesses and discontents frequently arise.

All that is required is a little attention that you give yourself. And so this focus does not disappear in everyday life, we would like to offer much inspiration from our home page, our blog, our Facebook page, and our newsletter. Go on, stay tuned!

On our homepage, blog, facebook fan page, and our newsletter you will also find many exciting tips for a healthier and better life.



Homepage

Immerse yourself in the world of the Lifetime Hotels and explore with us human life and its many facets.

www.lifetimehotels.at

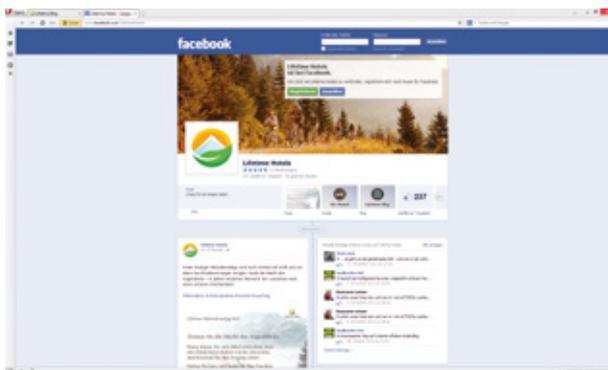
Blogpost

Let yourself be inspired by exciting contributions on the topics of exercise, nutrition, and happiness.



Facebook

Get lots of enduring power and enjoy tips daily on how you can make your life healthier.



Newsletter

Ask for the Lifetime newsletter today, and enjoy concentrated energy at home—easily by email.



Here you find the Lifetime Hotels in the Salzburg Pinzgau:



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