

Personal Daily Schedule for

Ms. Petra Schollmann

**On Wednesday,
8. August 2018**

**We wish you much success in losing weight and a
relaxing stay!**

Your Hotel Tanneck****



„Youth would be a better time if it came later in life.“

-Charly Chaplin-

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Your Daily Routine

08:00 – 08:45 **Water aerobics with Manuel**
in the indoor pool
drink, rest

9:30 **cold drink, breakfast**

11:00 – 12:00 Uhr **Vital training with Steffi**
in the panoramic gym
drink, rest

13:30 Uhr **cold drink, have lunch**

15:00-16:30 Uhr **Vitalwalking with Steffi**
Meeting point in the hotel lobby
drink, rest

18:00 Uhr **cold drink, dinner**
drink, rest

daily relaxation in the infrared cabin and wellness area
daily 15 min well-board

Please bring a large, brown towel for all trainings

Your daily menu

Breakfast

Arla Skyr Musli

Lunch

Gratinated polenta corners on spinach leaves

Dinner

Veal schnitzel with tomatoes and mushrooms

or

Roast turkey with broccoli and cauliflower



Polenta is a porridge made from corn flour and water and provides protein, potassium, magnesium and silicic acid.

All recipes can be found on our internet blog:
<https://gewichtsreduzierung.wordpress.com/downloads>