



HEALTH
INNOVATION
PERFORMANCE



HIP | Health
Innovation
Performance

360 VITALITY HUB



THE DESTINATION FOR LONGEVITY

We have dedicated the last decade to unlocking the secrets behind longevity and wellbeing. This commitment has resulted in HIP clinics and retreats. We want to help you become the best version of you, from a mental, physiological, medical, psychological and cognitive perspective. We want to unlock your future longevity and potential.

Our innovative and 360 degree approach enables us to build a comprehensive health map for each individual and tailor a life-changing program to meet their very specific needs. We want to give you the insights usually reserved for elite performers and athletes to give you the edge. Our experts will impart their knowledge of science, nature and technology to help improve lifespan and healthspan.



"Imagine a future where you're not just living longer, but thriving with vitality at every stage of life.

Welcome to HIP – Health Innovation and Performance.

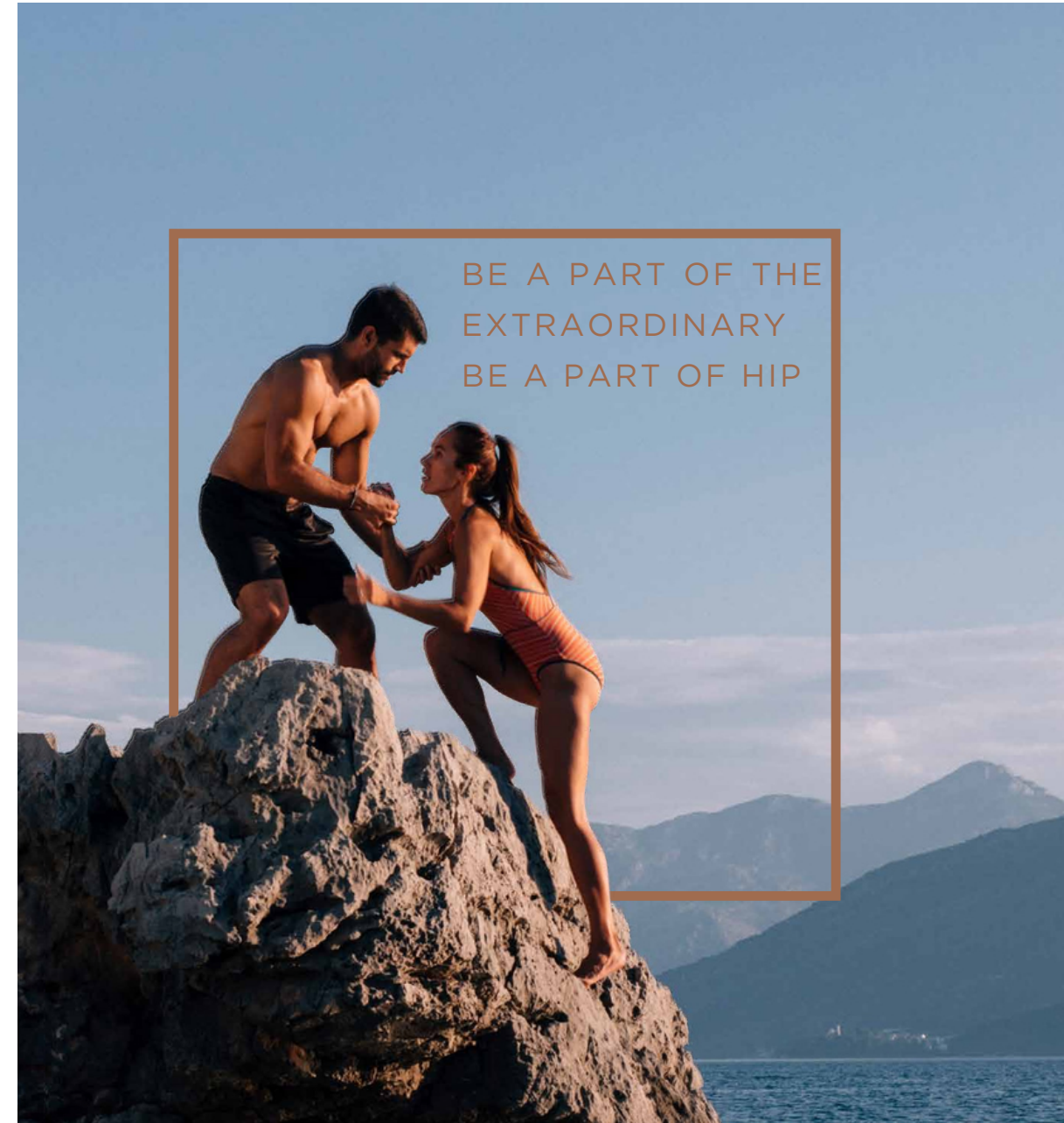
We're not just a performance service; we're your personal health revolution. Combining the latest in scientific research, state-of-the-art technology, and personalised care, we offer a unique approach to health optimisation.

Whether you're aiming to enhance brain health, physical fitness, or overall well-being, our team of experts crafts a tailored plan just for you, addressing everything from diet and exercise to cognitive performance. We believe in proactive, not reactive, health care, empowering you to unlock your full potential.

With HIP, you're not just surviving; you're thriving.
Are you ready to become the best version of yourself?"

Our Mission

Our mission is to empower individuals to reach their fullest health potential through cutting-edge research, personalized health optimization strategies, and holistic care. By integrating advanced technology, expert knowledge, and a comprehensive approach to health management, we aim to enhance longevity, boost brain health and physical performance and improve overall life quality. Our commitment is to make proactive, individualized health care accessible and effective, helping people live their healthiest, most vibrant lives."





INTRODUCING VIVE 360 COMPLETE BODY TRANSFORMATION

As we put the finishing touches on our latest HIP clinic, we're thrilled to offer exclusive access to select guests for elements of our groundbreaking weight management pathway, VIVE 360.

This program represents elements of our 360-degree approach, featuring:

- Physiological Testing
- Psychological Analysis
- Brain Health Testing
- 3D Body composition Analysis
- Body Sculpting

VIVE 360 is more than a program; it's a transformational experience designed to guide you to your peak physical and aesthetic form.

With HIP and VIVE 360, you're not just improving your health; you're embarking on a journey to discover the ultimate version of yourself.

Welcome to the future of personalized health and wellness.

Welcome to HIP.

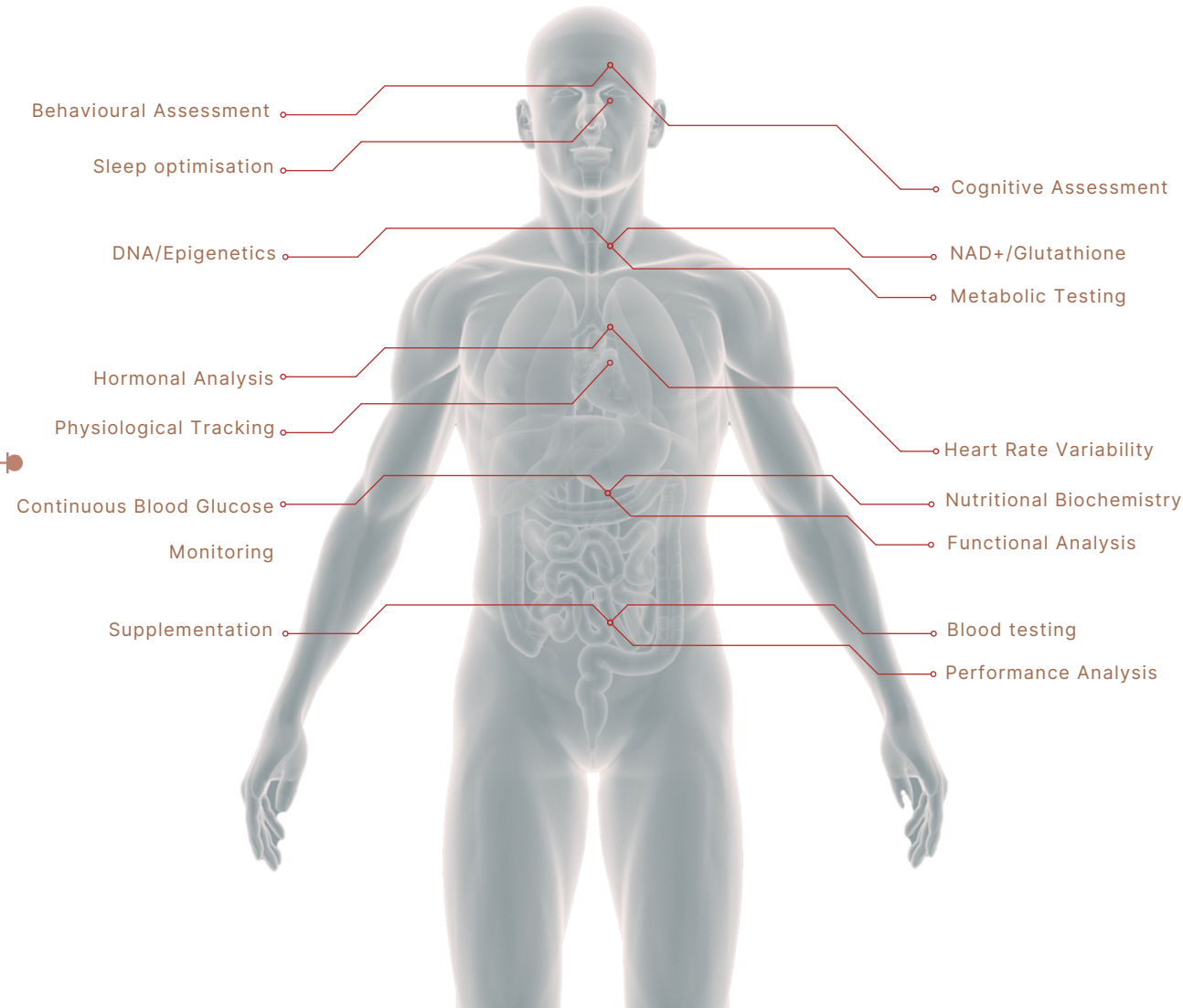


BE A PART OF THE
EXTRAORDINARY
BE A PART OF HIP
BUT FIRST LET'S
VIVE

THE FUTURE OF FITNESS, HEALTH & WELLNESS:
DIGITAL, DATA-DRIVEN, PERSONALIZED & HOLISTIC



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VIVE360 gives you access to our data driven, 360-degree approach to health and wellbeing with a focus on weight management and body composition



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VIVE 360 SERVICES



STYKU
3D BODY COMPOSITION SCAN

RESTING
METABOLIC RATE

VO2 MAX TESTING
CPET/METABOLIC TESTING

EATING BEHAVIOUR
PSYCHOLOGY ASSESSMENT

INJECTIBLE WEIGHT
LOSS MEDICATION

COGNITIVE TESTING
BRAIN HEALTH

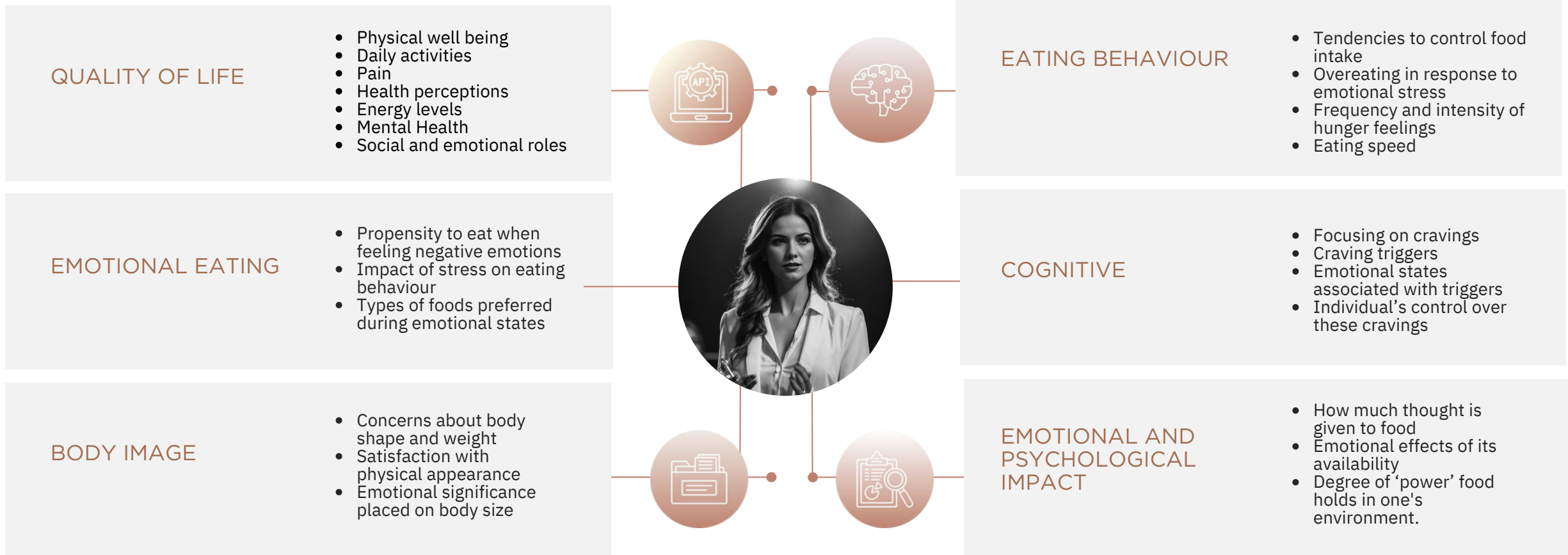


CONTINUOUS BLOOD
GLUCOSE MONITORING

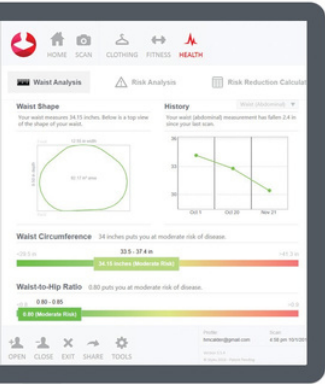
EMSELLA
PELVIC FLOOR

EMSCULPT NEO
BODY SCULPTING





3D BODY COMPOSITION SCAN



HEALTH PROGRAMME

Our experts at VIVE will use measurements with health risks and track how those measurements are changing over the course of a wellness program

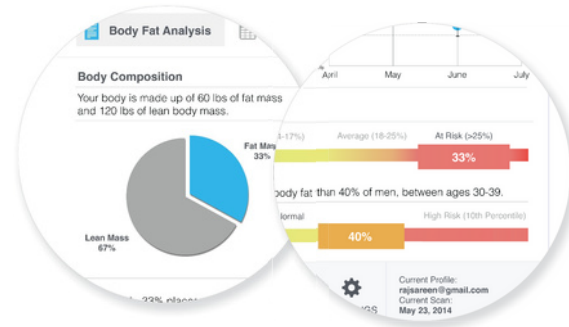
CALORIC EXPENDITURE

Styku will determine the calorie deficit per day to meet your goal. Explore your energy balance by setting your desired activity level to meet your goal and calculate your maximum calorie intake



BODY FAT ANALYSIS

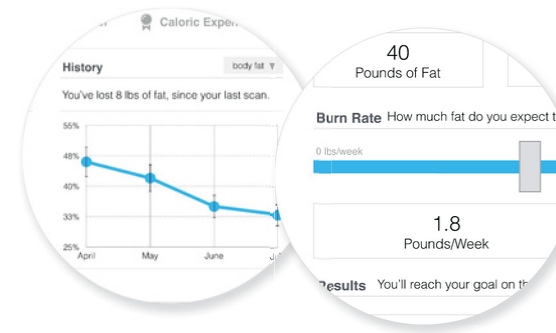
Determine body composition and non-fat vs fat mass every time you scan



RISK ANALYSIS

View and track anthropometric measurements, subcutaneous fat changes across multiple scans.

Calculate increased likelihood of obesity related diseases using anthropometric measurements.



FAT LOSS CALCULATOR

Set fat loss goals for body fat % and fitness level and track progress across multiple scans. Reach your goal in a specified amount of time by setting the amount of weight per week you would like to lose

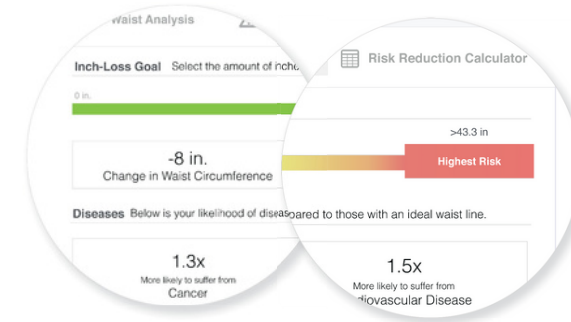


BODY SHAPE ANALYSIS

Calculate waist circumference and analyze the shape. Determine your risk level for disease using waist circumference and waist-to-hip ratio



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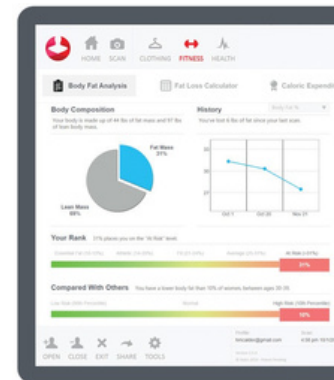


RISK REDUCTION

Use Styku's interactive calculator and explore how reduction in anthropometric measurements can reduce the risk of obesity related disease

FITNESS

We use Styku's fitness tools to provide precise body composition with the precision of a DEXA scan



BRAIN HEALTH

COGNITIVE ANALYSIS AND WEIGHT

How we remember past food experiences, anticipate the consequences of eating, and resist temptations significantly influences our dietary choices and, consequently, our weight.



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WHICH ELEMENTS OF COGNITION ARE TESTED?



Memory:

- o Short-term and Long-term Memory
- o Episodic Memory

Executive Function:

- o Decision-Making
- o Inhibition Control
- o Problem-Solving

Attention:

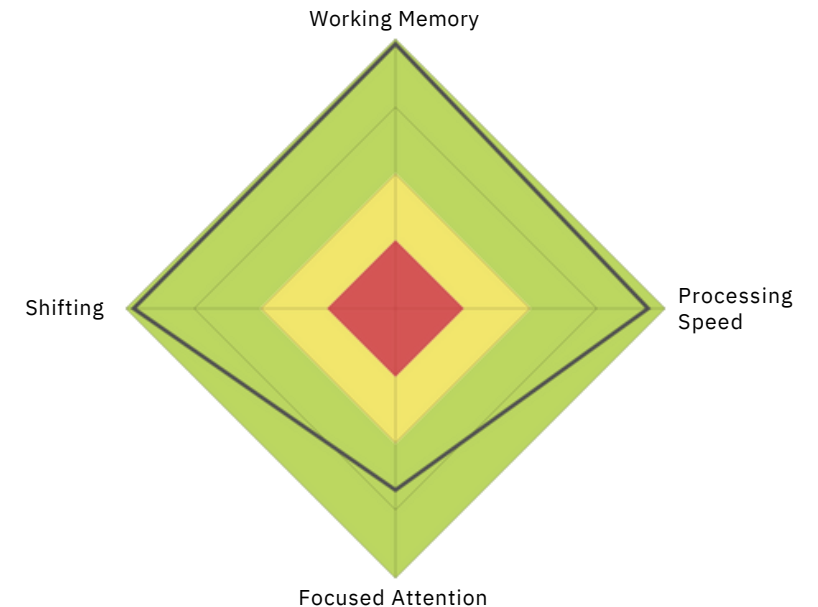
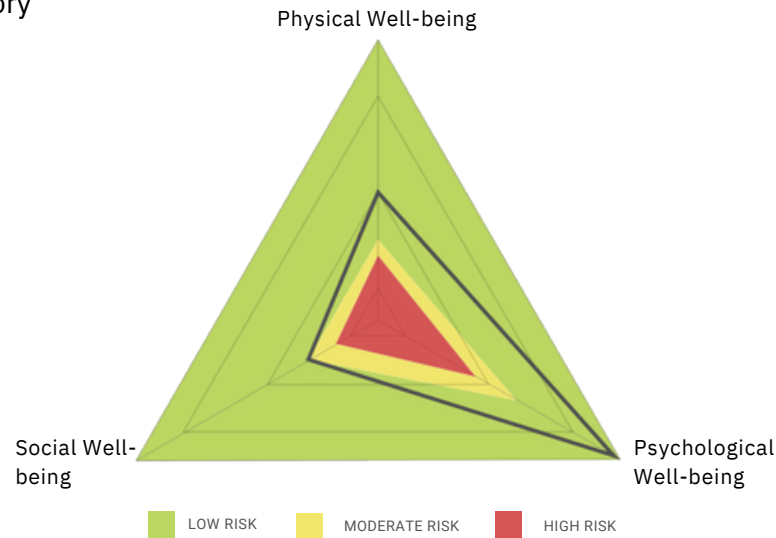
- o Selective Attention
- o Sustained Attention

Processing Speed

Cognitive Flexibility

Emotional Regulation

Reward Sensitivity



METABOLIC TESTING

RESTING METABOLIC RATE

RMR is the number of calories your body burns at rest in 24 hours. It can vary greatly between individuals based on age, body composition and metabolism. Establishing an accurate RMR is one of the keys to successful dietary planning. Then, we factor in activities of daily life and exercise, and you'll know how many calories you burn per day.



VO2 MAX TESTING

VO2 Max test tells us how much oxygen you breathe in, the CO2 you exhale and your heartrate.

We determine your fat burning zone and the heartrate at which you use fat as a source of fuel.

We also determine cardiovascular training zone, the zone that is optimal to increase lung and heart function.

VO2 Max test is a baseline indicator of your cardiovascular fitness level, a measure of how much oxygen your body can consume during maximal exercise. The more oxygen you can consume, the more aerobically fit you are.



ACHIEVE THE RIGHT CALORIE DEFICIT
OPTIMISE TRAINING ZONES
OPTIMISE FUELLING
CONSUME CORRECT MACROS
DETERMINE THE SMART WAY TO TRAIN



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WHY TEST VO2 MAX

A higher VO2Max increases calorie burn

Increasing your VO2Max helps you burn more calories. By exercising at a higher % of your VO2Max, you can burn more calories in a shorter amount of time. This is because your body is able to burn more oxygen therefore, you will be able to work out harder for a longer period of time without feeling as tired.

Bespoke exercise planning

The best way to develop your VO2Max is to train at 95% of your VO2Max. The only way to know your VO2Max is to test it. Once you know your maximum, then you can use a heart rate monitor to train in the correct zone. Athletes have been using VOMax testing to improve their performance for years, and weight loss is no different.

Fat burning

Increasing cardiovascular fitness can improve your ability to use fat as a fuel source during exercise and at rest. This can help improve performance, body composition and health. VO2Max testing can tell you what intensity you should be working at to improve your fat burning.

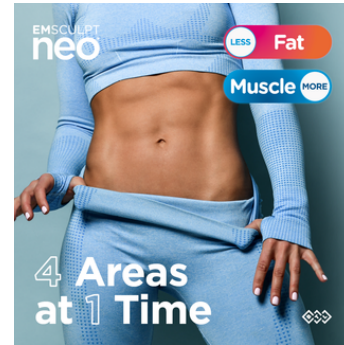
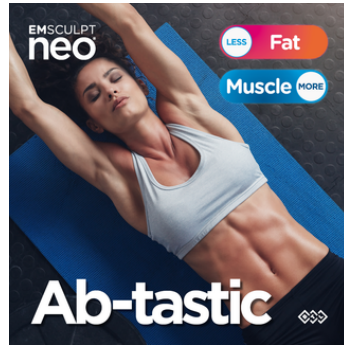
Eat more carbs

Improving your VO2Max increases muscle glycogen (carbohydrate) stores and the amount you can use when exercising. This enables you to eat and enjoy more carbohydrates without putting on unwanted weight!

BODY SCULPTING WITH EMSCULPT NEO



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WHY EMSCULPT NEO?

- Reduce fat by 30%, build muscle by 25%
- Combine 2 treatments RF and HIFEM+ in 1 session
- Equivalent of 12-16 weeks of HIIT
- No pain or downtime

SPECIFIC TARGET ZONES

lower abs, flanks, outer and inner thighs, banana rolls.

WHAT DOES IT DO?

- Non-invasive lipolysis (fat breakdown) of abdomen
- Reduction in abdominal circumference
- Improvement of muscle tone
- Strengthening of core muscles
- Development of firmer abdomen and arms
- Strengthens, tones and firms buttocks, thighs and calves.

EMSCULPT^{neo}

ABDOMEN BUTTOCKS CALVES THIGHS ARMS

EMSELLA CHAIR



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WHY EMSELLA?

- Men or women who suffer from urinary incontinence
- Stress incontinence following childbirth
- Women going through the perimenopause
- Women who have been through the menopause
- Women with decreased sexual satisfaction
- Men with erectile dysfunction

WHAT DOES IT DO?

EMSELLA uses HIFEM energy to cause deep and intense pelvic-floor muscle contractions, helping your incontinent patients regain their confidence. HIFEM stimulates the entire pelvic floor area and helps with restoring neuromuscular control.

A single session causes thousands of supramaximal pelvic-floor muscle contractions, which are extremely important in muscle re-education, and improvement of intimate wellbeing.

EMSELLA®



INCONTINENCE

SEXUAL SATISFACTION

ERECTILE DYSFUNCTION

MENOPAUSE



CORE TO THE FLOOR



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WHAT'S CORE TO THE FLOOR

Core to floor therapy utilizes two HIFEM therapies to strengthen, firm and tone the abdomen and pelvic floor muscles. The result is increased muscle hypertrophy and hyperplasia and restoration of neuromuscular control, which can improve strength and balance as well as incontinence.

Core to the floor addresses your entire core — your abs, back, and pelvic floor muscles — in under an hour, providing both functional and cosmetic benefits.

BENEFITS

- Improved core strength
- Decrease in symptoms of urinary incontinence
- Fat reduction
- Improved erectile function
- Enhanced sexual satisfaction
- Improvements in muscle mass
- Better balance improved posture

CORE STABILITY

BALANCE

POSTURE



VISIT US



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THE GATEWAY TO
HEALTH, INNOVATION
AND PERFORMANCE

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