

EUROPE'S FIRST PURPOSE DESIGNED  
HEALTH RESILIENCE VILLAGE

HEALTH  
VILLAGE BG

PERSONAL RESILIENCE INTERVENTION

Pre Launch  
May 2016

## THE FUTURE OF PREVENTATIVE HEALTHCARE



## Giving you the tools to cope and to perform

*Most people with responsibility are familiar with the need to "try not to get ill" - leading a life embattled by coughs and colds, beaten down by stress and desperately attempting to balance convenience food with the need for nutrition. Whilst this gives us the ability to 'carry on', sustainable high performance cannot be maintained.*

Health Village embodies a new approach, developing personal resilience through intrinsic health and maximising each client's performance in order that they can reach their full personal potential.

This is achieved firstly by providing a temporary reprieve to an uncluttered, nature-led environment, free of distractions and distant from the stress of everyday life.

In this unique environment, each client is given the tools and the time to understand the needs of their mind and body, focusing on proactive ways to increase health and performance through better sleep, exercise, nutrition and techniques for mental wellbeing.

## A sustainable community enabling behavior change and improvement

*A unique opportunity to be involved in a ground breaking health resilience village development, located in one of the least developed locations in Europe. Health Village BG offers a unique, personalised and salutogenic approach to health, giving participants ground-breaking tools to develop personal resilience.*

Resilience is about more than just a healthy immune system; it describes overall health as a combination of of three important factors:

- **Mind** - the ability to cope with stress and change whilst maintaining intellectual and emotional performance
- **Body** - overall physical health and wellbeing giving the ability to fight infection and minimize fatigue
- **Movement** - focusing on fitness as well as muscle and bone health to increase performance and reduce pain

Health Village focuses on each of these areas in isolation, providing an uncluttered and step-wise approach to personal improvement. This boosts outcomes by focusing on individual resistance resources and helping clients to develop a coherent approach to managing their resilience both during and after their visit.



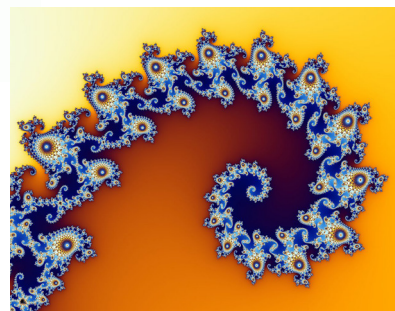
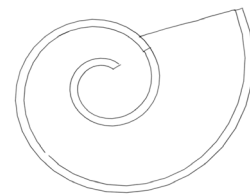
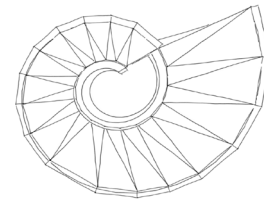
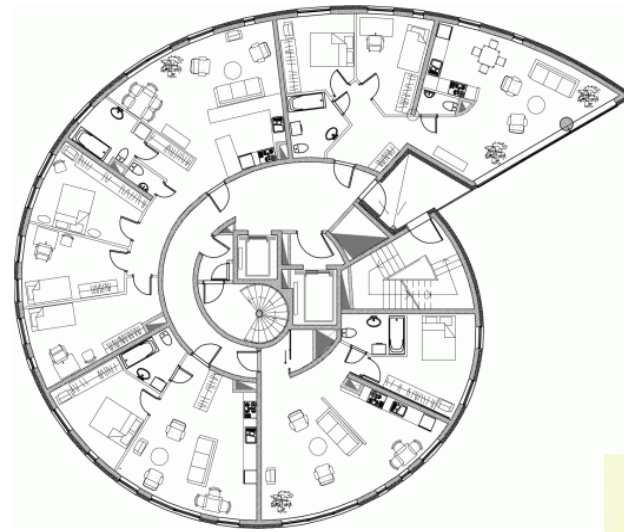
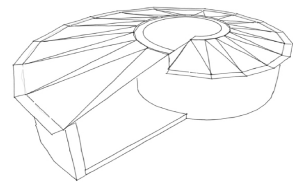
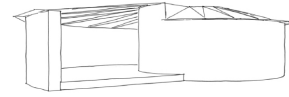


# Nature, Community and Sustainability

The design of Health Village goes hand in hand with conservation: it is the same principles which protect our local environment that allow us to begin our journey of restoration and recovery.

## Nature-Inspired Shapes

In nature, cubes occur very rarely indeed, yet the natural world embraces curved forms that are no less mathematical. At Health Village we have chosen to bring out these qualities in simple yet beautiful architecture drawing from natural forms such as the Spiral Mirabilis.



## LIGHTING

What exactly constitutes healthy light? Enormous research has gone into identifying the components of light that affect health and well-being and Health Village benefits from a huge wealth of knowledge. Each house includes minimal artificial lighting, relying instead on natural daylight and deliberately encouraging a natural sleep-wake cycle. Nonetheless, the lighting installed is cutting-edge: carefully controlled dynamic lighting acts to boost the body's natural hormone-driven waking cycle in tandem with sunlight, providing energy and alertness during daytime and preparing clients for restful sleep as the Sun sets.

## TEMPRETURE

Temperature is another major influence in our ability to function at our best - and like light, our needs vary naturally over the course of the day and night. Though Health Village is free of air-conditioning, the air temperature is controlled by the introduction of fresh air into each house, and through recovery of heat from stale air that is exhausted. Hemp-lime walls are designed to store heat, releasing it slowly and gently to prevent night-time temperatures falling quickly, whilst slowing down the daytime warming of the interior. Likewise, windows and overhangs are carefully calculated to ensure that each house benefits from solar gain without overheating.

## SPACE

Each house at Health Village is not only a place of residence but also a functional space, promoting and nurturing the mind, body and movement. Careful design and thoughtful execution maximises comfort and safety, promotes healing and recovery, and guarantees relaxation. Sleep is at the centre of each house - just as it is central to the purpose of the village itself. Surrounding this are spaces devoted to each segment of healthy life - washing, relaxation, studying, cooking and exercise. Each flows into the others just as these activities overlap in life. A generous but covered outdoor space encourages reconnection with nature.



## MIND

Depression and anxiety, often caused by stress, are the most commonly diagnosed mental health problems in Britain, with 9% of people meeting criteria for diagnosis. Our salutogenic approach to mind health helps to build resilience though developing internal coping resources, encouraging good sleep and finding a sense of coherence. Health Village provides an environment to recharge and de-stress.



## BODY

Understanding our body's needs opens the door to increased comfort, greater levels of energy and a robust immune system. Health Village's ultra-low-toxicity environment is free from chemicals and light pollution, and deliberately avoids external stressors such as screens and excessive electronics. It seeks to restore clients' personal sleep-wake cycle by linking them back to the natural environment.



## MOVEMENT

Our natural state during waking hours is one of motion, something increasingly sidelined in the Modern World by our "wired in" mode of desk-based working. Health Village seeks to restore clients' natural energy and movement, taking first steps toward replenishing muscular and respiratory capacity and helping clients to work movement into their daily routine, before and after the conclusion of their stay.

# Personalisation of your Health & your Self



## COMMUNITY

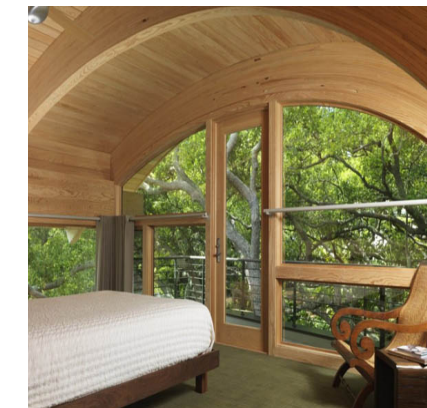
Health Village is uniquely designed as a self-contained community of thoughtfully designed, interconnected spaces allowing guests to relax, meditate, meet, eat and exercise in complete freedom, either alone or with others. The highest levels of comfort, and first-rate facilities are combined with care and understanding to create an environment that optimises visitors' recovery and self-discovery.

## NATURE

Central to our philosophy is nature itself. Health Village is physically located in one of the most unspoilt, natural habitats in Europe, benefitting from incredible biodiversity. Nature continues to flourish here thanks to cutting-edge environmental design credentials and a fundamental belief that to connect clients to the very planet we inhabit is to give a sense of place, and a context from which to grow.

## NUTRITION

What we feed our body is every bit as important as what we do with it. At Health Village, clients will have the opportunity to experience 100% organic, local produce, prepared by world-class chefs to an exceptional standard. Our nature kitchen also gives visitors a chance to take part in meal preparation, learning simple principles for creating quick, healthy meals and expanding good habits for use at home.







## Personal Resilience Intervention PRI

**The time has come to stop treating illness and begin proactively building personal resilience.**

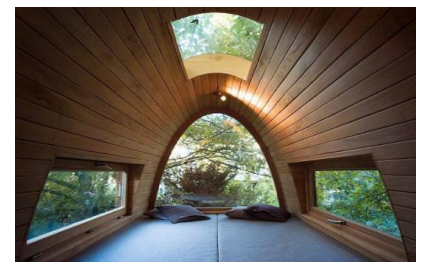
*There is a new generation of working people, professionals who are looking for self health and a change to their life- and health-style, so that they can compete effectively in the business marketplace.*

*Health Village presents a unique opportunity for a quantum leap in preventative healthcare - building physical and mental resilience and improving work performance, fitness and life balance.*

*We are actively recruiting performance care partners now to join us at the inception of this unique project.*

- P** PERFORMANCE  
What is it you are wanting to perform better at?
- E** ENERGY  
Where does your personal energy come from and how to tap in to it?
- R** RESOURCEFULNESS  
Your 'self ability' - of your mind and your body.
- F** FITNESS  
What can be achieved by the small changes you can implement?
- O** ORIENTATION  
Balance with the vibrations of nature and the world/lifestyle you live in.
- R** RECOVERY  
Your ability to understand how your body has to recover.
- M** MONITORING  
Ongoing recording of the improvements you achieve.

**A personalised approach to performance through mind, body and movement.**



### **Absence of Illness.**

**Health Village holds 7 key outcomes placing it above and beyond all others:**

- Sleep science.*
- Nature orientation.*
- Life cycle balance.*
- Nutritional education.*
- Community connection.*
- Distance data monitoring.*
- Continued health validation.*



#### **INVESTMENT OPPORTUNITY AT HEALTH VILLAGE**

Health Village includes a number of exciting investment opportunities for interested parties.

For more information, please contact us at:

[info@abnl.co.uk](mailto:info@abnl.co.uk)

**HEALTH  
VILLAGE BG**

PERSONAL RESILIENCE INTERVENTION



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