

Move & Relax

DEAR MOVE & RELAX GUESTS,

Welcome to the Sportresort Hohe Salve – I'm delighted that you are interested in our hotel and the Move & Relax concept. As a former competitive athlete, I followed a strict training programme for many years – on the one hand to remain competitive among the world's elite in my discipline and, on the other hand, to prevent injuries and setbacks.

My interest in sports science and in the different ways of understanding the human body developed over a period of many years due to the need to be aware of my body, listen to it and understand what stimuli it is able to process correctly. We live in a performance-driven society, where a high degree of physical and psychological energy is demanded of every individual person. In the professional world as well as in sport, heavy demands are placed on body and mind – limits are often exceeded. Very few of us really understand how to gauge stress and intensity correctly in both areas or how to allow our bodies to regenerate properly and thus bring our personal well-being into balance.

The aim of our concept is to help you to increase your awareness of these important areas during your stay. With our wide range of packages and offers, which we tailor to your needs, and with our state-of-the-art infrastructure, which meets the latest requirements, we aim to find the right combination of MOVE & RELAX for you, to help you feel rejuvenated for your daily life.

Yours, Patrick Koller



Patrick Koller
Head of the Move
& Relax area,
former Austrian
professional ski
crosser & Olympic
competitor

