

NephroCare

for me

Medal of honour

Spanish clinic awarded

25 years

Fresenius Medical Care

New
series:
Exercise
for
happiness

Welcome
Netherlands

New NephroCare clinic in Amsterdam

Welcome!

Dear Reader,

Our last issue had a topic that is still affecting us today – the Covid-19 pandemic. More than a year after it started to affect us, we are still on our way back to what we call a normal life. As much as we all would love to go on a wonderful vacation this summer, we will again not be able to do that.

But we can at least think about traveling, plan ahead and enjoy the anticipation. And that's what we will do in this issue. We will take you to the Netherlands and enjoy an imaginary trip to one of Europe's most beautiful countries. After an acquisition last summer, **Amsterdam is now part of the NephroCare network**. It is centrally located and offers holiday dialysis services.

This is a very special year for us at NephroCare. With our network of dialysis clinics in Europe, Middle East and Africa we are part of the **Fresenius Medical Care corporate group which is celebrating its 25th anniversary in 2021**. In 1996, the Fresenius Medical Care corporate group was founded and was listed as Fresenius Medical Care AG at the stock exchange in New York and Frankfurt am Main. Join us in looking back at a quarter century of dialysis care.

There is another great reason to celebrate. It's the extraordinary story of our center in a small city in Spain that was **awarded the Medal of Honor** of their home town – and it all happened because of a recommendation by one of the clinic's patients.

We have some really tasty recipes for you, really effective and easy exercises for the body, some for the brain as well. And we have a small but important request of you. This September, we will conduct **our annual Patient Experience Survey** and we would really like you to be part of it. You will find all relevant information about it in this issue.

Even if we might be staying at home this summer – we can still travel in our imagination, and we can still make the best of the season.

We hope you will enjoy reading this issue as we enjoyed creating it.

Have a healthy summer,
Your NephroCare for me Editorial Team

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Exercise for happiness

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Welkom (in) Nederland!



Summertime is coming. Oh, and how much we would like to just pack our bags and go. But who said we need a suitcase? We can all go on a nice imaginary holiday together. How about the Netherlands? There are plenty of good reasons.

Let's just close our eyes for a moment and imagine we are in Amsterdam. Never been there? You are now! The Netherlands is such a beautiful little country. Or is it Holland as many people refer to it?

The answer is simple. The country is called the Netherlands. It consists of 12 provinces, and two of them are called Holland – North Holland and South Holland. Amsterdam is located in the North province, so if you are visiting Amsterdam, you are in Holland as well as in the Netherlands.

Another curious fact: the Netherlands is a country with two capitals. Amsterdam is where the residence and palace of the King and Queen are located, and The Hague – located in the South Holland province – is the executive center.

No matter what you call it, it's a country with a long history and a rich cultural heritage. At the same time, it is one of the most modern countries in Europe, very friendly, easy-going and hospitable.

In good hands

But there is another really good reason to think about the Netherlands: excellent medical facilities. Its healthcare system ranks among the top three worldwide, regarding access the Netherlands even ranks as number one.*

What's even better: in June 2020, the excellent Diapriwa medical center became part of our network, offering holiday dialysis for travelers in this beautiful country. Of course you don't need their services on our little imaginary trip – but it's good to know that you can rely on NephroCare when our dream of holidays finally becomes reality. But first, our imaginary tour guide will tell you a little more about the Netherlands.

Little big city

Most people that come to the Netherlands will arrive in Amsterdam. With less than a Million inhabitants, it's among the smaller capitals of Europe. The advantage: everything is quite close to each other. Amsterdam has an excellent public transport system that will get you to any part of town quickly.

Imagine the sound of thousands of bicycles. Everyone seems to be riding one – there are literally more bikes than people in this city. And the water... it's everywhere. Amsterdam has an astonishing 165 canals running through the city with a combined length of 50 km (31 miles).

The Dutch call these canals grachten, and there are many boats offering tours and dinner cruises along the canals, passing under picturesque bridges and along beautiful homes built in more than five centuries.

* Source: Commonwealth Fund analysis



Amsterdam has more canals than Venice and more than 1500 bridges.

Are you picturing yourself on a cruise boat already?

Meet van Gogh

One great advantage of an imaginary trip is that our tour guide can introduce you to some very famous people. You can meet them at one of the country's world class museums like the Rijksmuseum, Van Gogh Museum and Rembrandt Museum. And within an eyeblink we can be in Otterlo at the Kröller Müller Museum or the Mauritshuis in Den Haag. Look – it's Vermeer's famous "Girl With The Pearl Earring"!

Many of the most famous museums in Amsterdam are actually located really close to each other around Museumplein, the cultural center of the city. And whenever you want to just sit down and enjoy the atmosphere, parks and cafes are everywhere and make sure you have a good time.

Hit the beach

Even in reality, the seaside is waiting just outside Amsterdam. Local trains take you to Zandvoort every 15 minutes – it is so close that it's often called Amsterdam Beach. Just think about miles and miles of spectacular beaches. Take a deep breath. Can you smell healthy seaside air already?

Another option is the wonderful IJsselmeer (or Lake IJssel) with its pretty little towns. It used to be part of the North Sea and much bigger too – the Dutch simply built a 20 mile long dam and started to drain it. The land that was won is big enough to have

become the 12th province of the Netherlands – Flevoland.



Watercolor painting by local artist Wim Tromp.

Rely on Diapriwa

As soon as we are all safe to travel again, NephroCare is there for you. Our dialysis centre in Amsterdam is offering holiday dialysis services and you can easily register for it online. Like most people in the country the staff speaks English, and the atmosphere has been designed to make you feel at home as much as possible.

It's a quiet place in the southern part of Amsterdam, just a 15 tram minute ride from downtown. It is located very close to one of the city's largest and most picturesque parks. The clinic is working in close partnership with the nearby Amsterdam University Medical Center.

60 employees are taking care of more than a hundred patients every day. NephroCare Amsterdam has 15 single rooms that are dedicated to patients that want to dialyze during the night. They have even started a self-care department that created a handbook that enables nurses to teach patients how to carry out the treatment independently.



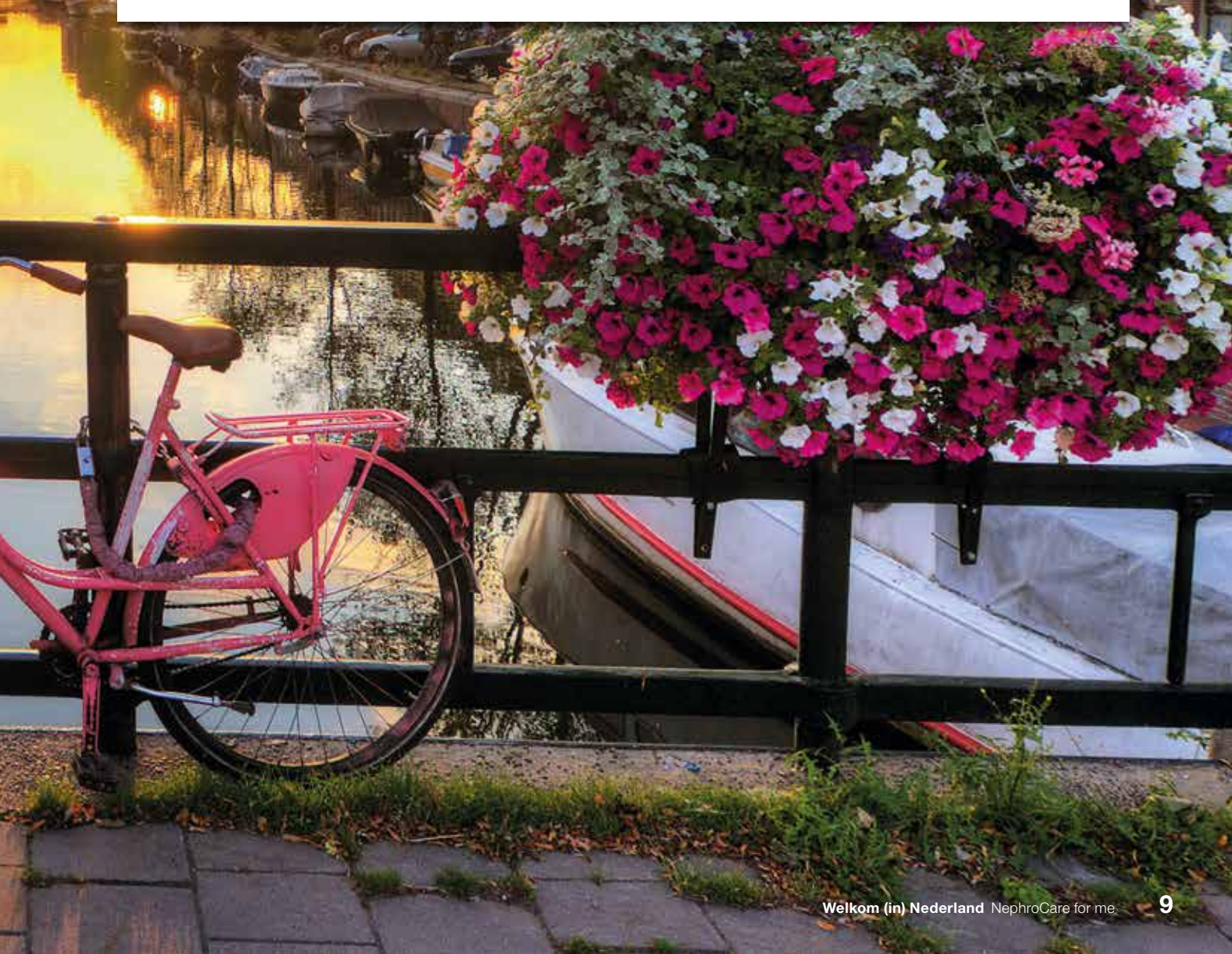
Drop in

By now you can probably already picture yourself walking through the pretty little streets of Amsterdam. Wherever you go, there are little shops and cafes to discover. Amsterdam has a great selection of restaurants as well, and they are famous for two things: their down to earth approach and their ability to make you feel at home.

Lots of small galleries are selling the works of local artists and beautiful handicrafts – perfect places to find a souvenir that will keep your memories of Amsterdam fresh.

See you soon

Did you enjoy our imaginary trip to the Netherlands? We all need to wait a little longer to make it a real one. But isn't it nice to plan for it already? Have a wonderful and healthy summer.



Nominated by a patient:

Palma del Rio dialysis centre receives medal of honour

Everyone at Fresenius Medical Care is happy and grateful when patients tell us how much the treatments they receive help them to lead a more joyful life. But what recently happened in the city of Palma del Rio in the South of Spain is truly unique.

It's the story of Emilio Delgado Martos, a dialysis patient that has been receiving treatment at Fresenius Medical Care's local dialysis centre since July 2018. Over the years, he has spent considerable time there, and he vividly remembers when he first entered the centre: "When you arrive there for the first time, you find yourself frightened and unsettled by an unknown treatment."

For him, it was very important that this initial feeling of insecurity was recognized and taken care of, that he would feel reassured by the treatment. His hopes were more than fulfilled: "I found their way of working excellent. The patience of the staff, their professionalism, their humanity and the way they apply the treatment – it all makes the stay at the centre easier. It's very important for those



Mr. Martos and the crew at the clinic.

of us who spend so many hours and days a week connected to a monitor."

A grateful patient

Mr. Martos was so grateful for the way he was treated at the centre that he nominated the facility to receive the Medal of Honour of the city of Palma del Rio. The city council not only accepted the nomination – it decided to actually award the Medal. It was presented on February 28th during the festivities of the annual Andalusia Day.

For the director of the institution, Dr. Isabel Berdud Godoy, it was a wonderful moment when she accepted the medal on behalf of the dialysis centre. "We are all so grateful



... it tells us that the people who matter most to us truly appreciate the work that we do.

Dr. Isabel Berdud Godoy

and honoured. After all, this was proposed by one of our patients – it tells us that the people who matter most to us truly appreciate the work that we do.”

At the Palma del Río dialysis centre 11 healthcare professionals take care of up to 25 patients, and all eleven were at the ceremony to accept the Medal, accompanied by their non-medical colleagues. Dr. Godoy is convinced that being able to apply the best possible treatment and a constant focus on personal and individual care are the most important factors for a successful treatment. “We need to take care of every patient individually - they spend many hours of their lives with us.”

A great honour

Emilio Delgado Martos took the opportunity to personally thank the centre for its work: “Thank you for your professionalism, your humanity, patience, perseverance, for your work so well done, for making those almost five hours more bearable when our life is in your hands. Without you, those machines to which you connect us would not do their job so well. Thank you for your attitude towards us, for your smile, for your love, for the encouragement and help you give us.”

Beautiful words that describe in an almost poetic way what every healthcare professional wants to achieve with their work – and what is at the heart of what we do at Fresenius Medical Care.

The award: „Medalla de la Ciudad“.



Always there for you: Our Corporate Value Award winners

Everything we do at Fresenius Medical Care is guided by very important values. We make sure that these values are more than theory – we even have an internal award that recognizes outstanding performance. How about meeting a few of the award winners here?

Working in healthcare is a lot more than a regular job – and it is very rewarding. Nothing is as gratifying as the grateful smile of a patient. It’s also a kind of work that carries a big responsibility. It requires special abilities from very special people.

We want them to be **collaborative**. Taking care of a patient is always team work. We want them to be **proactive**, to always be attentive and act as early as possible. We want our people to be absolutely **reliable**. The wellbeing of our patients

depends on it. And of course we want them to be **excellent** at what they do. To be the best caregivers they can be.

Collaboration, proactivity, reliability, excellence. This is our promise to every patient – and these are the categories of our Corporate Values in Nursing Award. All of the winners in this award are nominated by their colleagues and there are winners for each clinic, for each NephroCare country, and overall winners.

Let’s introduce you to four of them:

A delighted Lúcia Pedro receives her well-deserved “Proactive” award.

Flowers for one of our winners: Yeliz Aydin was awarded in the Excellence category.



Meet Lúcia

In 26 years of being a nurse, Lúcia Pedro has experienced a lot. She loves her work, she really does. And she cares. She tells us the story of a patient that really needed help. A former high-performance athlete and businessman that started to lose his hope waiting for a transplant. Lúcia could not let that happen. She talked to the family, organized psychological help, and within a year the man was in good enough shape to receive his transplant.

What makes Lúcia an exceptional nurse is her eagerness to keep learning and to find ways of improving the ways patients are cared for. She constantly motivates her patients to install their “myCompanion” apps and tells them how to use it. She even completed the post-graduation as a Mental Health Nurse to support her patients even better.



Lúcia Pedro is one of our nurses at the Clinica de Diálise de Abrantes in Portugal.

Lúcia is convinced that a renal nurse needs to have superior assessment skills, good attention to detail, and that teamwork is most important. She always has a positive attitude and a word of encouragement. “I love my patients” she says with a smile. Lúcia is one of our winners in the “Proactive” category of our award and we are very happy for her – and her patients.



This is Slavojka

One of the main aspects of this award is that all candidates are nominated by colleagues. And it’s no surprise that Slavojka Devic was selected. She knows that only great teamwork can give her patients the best possible care. And after three decades in her job she is the one that takes care of the team.

She says that it fills her with joy when she can pass on her knowledge to younger colleagues, and to see how this improves the team as a whole. Her secret to patient care

Slavojka Devic is a great mentor and teacher for younger colleagues.

People

is not just being a good listener – but also to understand what they really want to say. Her colleagues said: “It never happened that she didn’t do the best she could.”

Her attitude towards care is proof of her great experience – to her, patience and collaboration are most important. She says that her even temper is one of her most valuable assets: “That is why I have a very nice relationship with patients, with mutual respect.” Slavojka is one of the winners in our “Collaborative” category. Congratulations to her and her team.



A winner in our “Collaborative” category:
Slavojka Devic from Banja Luka.



Dusica Sladoje always lends a helping hand – even during a flood.

Say hello to Dusica

When we asked Dusica Sladoje what reliability means for her, she didn’t have to think. In her eyes, reliability is indispensable in any relationship, whether it is private or professional. “Reliability is something that creates trust” she says, and we couldn’t agree more.

To Dusica it is also related to a sense of duty. During a major flood a few years ago Dusica passed the dialysis centre and saw workers rescuing equipment. She immediately joined in and stayed until late at night. The next day, the whole town was flooded and Dusica herself needed to be evacuated by boat.

To her, it is important that a nurse is able to understand the patient’s feelings in certain situations. It takes emotional maturity and stability. Dusica is one of our winners in the “Reliability” category. We are proud to have her on our team.

Meet Yeliz

Excellence has many facets and it can be demonstrated in just as many ways. What happened to Yeliz Aydın is far from the way we usually experience it, but it is a story worth telling. Early last year she was about to end her shift when an earthquake struck the region. The problem: one patient was still dialyzing.

But instead of escaping she stayed with the patient and comforted him. She ended the dialysis treatment as soon as she could and waited until the patient was safe to leave. What's almost more remarkable: when we

A happy winner under the Bosphorus bridge:
Yeliz Aydın in Istanbul, Turkey.



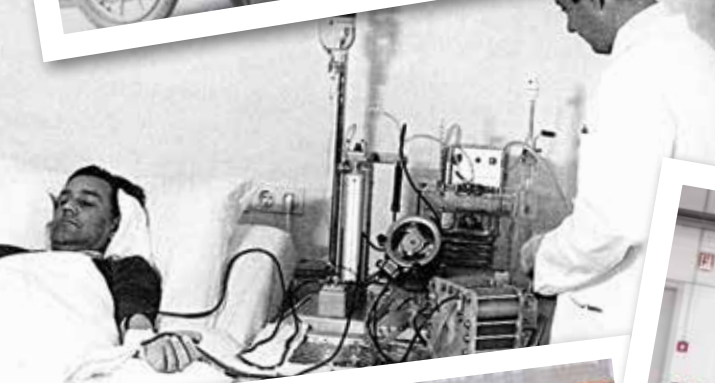
asked her about a truly memorable moment in her career, she didn't even mention this day.

Yeliz is convinced that a renal nurse needs to always be open to new information in her field, keep learning and training. Her relationship to patients is a close one: "I see my patients as part of my family. For them, I do whatever I can." Yeliz is one of our winners in the "Excellence" category.

Proud of the NephroCare nurses

It's not always an earthquake or a flood that brings out the best of us. Sometimes it is just someone that needs to be comforted or supported. But it is always something that is coming from the heart and the spirit of the people. These are the ones that we celebrate. NephroCare nurses.

We are looking forward to introduce you to more winners of our Value Award in our next issue. So stay tuned for more stories. We are looking forward to introduce you to more winners of our Corporate Value Award in our next issue. So stay tuned for more stories.





25 years of Fresenius Medical Care – A celebration of ingenuity

Fresenius has always been leading in the development of technologies and treatment methods that help people with chronic kidney failure. 25 years ago, the continued success led to the foundation of the Fresenius Medical Care corporate group. It was a great moment for us and we are proud to be part of a long history of dialysis. Join us in taking a look back.

People often think that chronic kidney failure is a fairly modern medical challenge – but it is as old as humanity itself. And even long time patients are sometimes surprised to hear that the ancient Romans already tried to find cures and remedies.

Before anyone can find a way to treat anything it needs to be determined what the actual problem is. And even with the limited medical abilities people had two thousand years ago, they already had an idea about the issue they were dealing with.

They tried many things, some of them rather drastic. Hot baths, sweating therapies, enemas, even bloodletting – by the Middle Ages it was already a widely accepted fact that it had something to do with the body's liquid resources. But it was a very long path towards first effective methods of treatment.

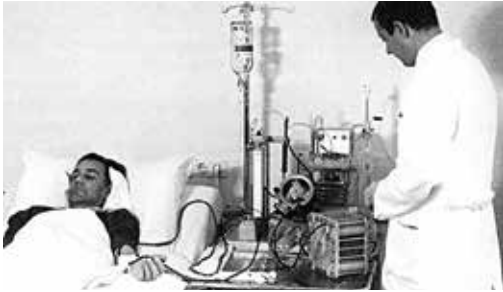
The solution

It took centuries of research and many generations of inventors and physicians to come up with a way to treat chronic kidney failure. The answer was found in the principle of osmosis – the exchange of liquids through semipermeable membranes.

Soon after World War II, first systems for dialysis treatment were developed, and Fresenius started to contribute to the development. **At that time, Fresenius already had a long history. It was founded in 1912** by Dr. Eduard Fresenius who had been the proprietor of the Hirsch Pharmacy in Frankfurt, Germany.

After his unexpected death in 1946 his foster daughter Else Kröner took over. She even studied to be a licensed pharmacist to be able to lead the company. She proved to be a very successfully businesswoman. It was

Milestones



1966

Beginning of dialysis

A new era: Fresenius expands its product range and starts to sell dialysis machines and dialyzers. The company quickly gains substantial market shares.



1996

Fresenius Medical Care

Our company is founded from a merger of the **Fresenius Dialysis Unit** and **National Medical Care**, and is listed at the stock exchanges Frankfurt and New York



1912

Foundation

Dr. Eduard Fresenius, proprietor of the Hirsch Pharmacy in Frankfurt (Germany), establishes the **pharmaceutical company Dr. E. Fresenius**.



1983

Synthetic polysulfone dialyzers

Still setting the quality standards for dialyzers today: **synthetic polysulfone dialyzers** were first produced in the early eighties.



1994

NephroCare

Already two years before Fresenius Medical Care was founded, the first NephroCare center was opened.



2012

Production record

Fresenius Medical Care produces the **500,000th dialysis machine**



2019

Acquisition of NxStage

NxStage Medical, Inc. is integrated – a company that specializes in the production of medical devices for home dialysis and critical care.



2006

Expanding the network

Acquisition of the U.S. dialysis care provider **Renal Care Group, Inc.**



2016

Academia-Industry partnerships

Foundation of the **independent subsidiary Unicyte AG**, focusing on regenerative medicine



Dr. Eduard Fresenius, pharmacist and proprietor of the Hirsch Pharmacy commences the production of pharmaceuticals.

her decision to start manufacturing products that are needed for dialysis.

In 1966, first products were sold, and within less than two decades, Fresenius rose to become one of the innovation leaders in this field.

Chronic hemodialysis treatment was already possible, but still a very expensive treatment that needed twelve hours. Still - there was hope for patients that needed long-term treatment, and more and more it turned into the mission of Fresenius to drive the improvement of the treatment forward.

Dedicated to dialysis

It is one thing to create a method and technology to help people with kidney failure – it's a completely different challenge to make it available for patients worldwide. Fresenius

gradually expanded the range of products and produced the first synthetic polysulfone dialyzer in 1983 – a device that still sets the standard for dialyzers today.

Our products helped make dialysis more efficient, less time consuming, easier to apply, and most of all less expensive. The strategy was so successful that Fresenius Medical Care was founded and turned into a corporation in 1996 – with NephroCare as an important part of this new company.

It was a logical step. Until that time, the technical side of dialysis had its home in the Fresenius Dialysis Unit while National Medical Care was in charge of treatment. The two companies joined forces, were called Fresenius Medical Care and even received a listing at the stock exchange in Frankfurt and New York. It turned into a truly global corporation.

Continued success

The strategy of combining the two parts of the business – the product development side as well as the care provider side – proved highly successful. Lots of achievements were made in years that followed.

Fresenius Medical Care kept developing new and better dialysis products. In 2012, the company celebrated manufacturing the 500.000th dialysis machine. Today, every second dialyzer worldwide has been built by our company. A special honor was awarded in 2005 when our Dialysis Therapy System 5008 won the Innovation Award of German Economy.

And we keep expanding the network continuously to be there for you – in your hometown as much as in all the places you visit. In 2006 the USA based Renal Care Group joined us, making it possible to reach more patients than ever before. And in a recent development, Fresenius Medical Care acquired NxStage Medical – an American company that focuses on home dialysis devices.

25 years of Fresenius Medical Care – that's what we are celebrating this year. NephroCare is an important contributor to this great success. In fact, our first dialysis center had already been opened two years before the company was created – and many more were to follow.



NephroCare for you

Today, Fresenius Medical Care is present in more than 50 countries with more than 3.900 centers. NephroCare has clinics all over Europe, the Middle East and Africa. Our mission is to provide the best possible dialysis treatment.

In more than 30 countries, way over 20.000 employees welcome you in our more than 800 centres. Can you imagine 10 Million dialysis treatments every year? Even for us that's an incredible number.

Thank you

Our 25th anniversary is a perfect moment to say thank you to our patients. Without all of the feedback we get, without our conversations we have with patients worldwide it would be impossible to achieve all of this.

Every word helps – and that's why we would be happy if you could be part of our patient experience survey. You will find a story about it in this issue of NephroCare4me.



Our survey:

Help us create the best care experience possible

When we are really good at something the best among us want to become even better. But how? By finding out what is working well and what can be done better. It is our ambition to provide the best care possible. And the person that can help us do that is – you. Here's how.

Every time we welcome a patient in one of our dialysis centers, we want to make sure that their experience is as pleasant as possible and that the care and treatment they receive is excellent.

Of course, there are always two perspectives – the one of the caregiver and the one of the patient. And as much as we can try as caregivers, it is almost impossible for us to fully take the view of the patient.

That's why we regularly conduct our Patient Experience Survey. It's our way of getting as close to understanding how you feel about us as your care provider.

What is it like?

We all have done surveys before. Most of them try to find out whether we are satisfied with a service or a product. We did that as well – but we found out that the results usually only reflect on what people think about us, not much about how they experience us.

This may not sound like much of a difference. But it is. Imagine someone asking whether you like going to the beach or not – or being asked what it's like for you to spend time there, being asked what you like to do, how your experience could be made even more enjoyable.

It leads to better results as well. Your impression of us as a company is important, but it's even more valuable to know how you feel, what part of your stay at our center is mak-



Key to even better care: your participation in the survey.

ing you feel good, which aspects of it show room for improvement.

It gives us the chance to be better next time you visit us.

Be a part of it

This survey is your opportunity to shape the care of the future, to tell us what we can do to do more than just provide high-quality therapy. You will have experienced it yourself – even if two people get the same treatment, they will not necessarily experience it the same way.

As a part of this survey, you can tell us if the care that you receive is respectful, whether it

is responsive to your individual preferences, needs and values. You can tell us how much your experience is in line with your expectation.

What we try to achieve is what we call patient-centered care, and even if the survey is strictly anonymous, the results of it will help us get closer to this goal.

How it works

Every year, the survey is conducted simultaneously in 15 or more of the 30 NephroCare countries. In other words: each country participates at least every second year. In the summer we meet at our headquarters to discuss the survey with the country teams so that all of them have a chance to give

their input. A campaign is created around the survey – with posters and leaflets or letters.

Our country coordinators are then discussing the deployment with the clinic teams to make sure it gets the right support and attention. And when autumn comes, our clinics get three to four weeks to conduct the actual survey.

All of the anonymous data is collected at our headquarters for analysis and to understand where we have room for improvement – for every country and for every single clinic. Based on the findings we then discuss possible or even necessary steps. It's important for everyone that the improvements can be implemented locally.

Our goal is to provide truly patient-centered care.





Real results

In 2019 our survey led to several specific changes. One of the findings was that we needed to improve our complaint management. As a consequence, we launched a standard operating procedure of grievance processing and established defined channels for patients to contact if something goes wrong.

Another finding was that our patients need more information and education, more guidance. Our decision was to start a program to improve this for all patients throughout our network across Europe, the Middle East and Africa.

Fully anonymous

This level of openness is only possible when none of the information you are putting in our

hands is connected with personal data. We make sure that our patients can complete it in the privacy of their own homes and we never ask for personal data. All links are anonymous and all of the login codes can only be used once.

For a global survey like this, it is important that as many patients participate as possible. Thankfully, about 15.000 patients give us their feedback every year – and we sure hope that you will be one of them this year.

Be sure to participate. It will help create the best care possible.

Please participate: When your caregivers approach you in autumn about filling out the survey, please don't hesitate. It will only take a few minutes. Thank you.



Exercise for happiness!

Exercise is highly beneficial for your health. That's not really a surprise to anyone. But did you know that exercise increases your level of happiness as well? It's true. Scientific evidence actually shows a consistent positive relationship between physical activity and happiness.*

And you don't need a scientist to tell you how you feel better physically when you are happy, right? So let's try it. Let's do some simple exercises that anyone can do. Right in your own living room! Exercise for happiness. It really works.

Each exercise has three different levels – choose the one that fits your abilities best.

* Zhanjia Zhang & Weiyun Chen: A Systematic Review of the Relationship Between Physical Activity and Happiness, Journal of Happiness Studies, 2018, <https://doi.org/10.1007/s10902-018-9976-0>

Exercise 1: static lunges

Let's start with a simple exercise.

Lunges are really easy to do, and this is **level one**:



You start in step stance. Both toes point forward, the upper body is upright. Place your hands on the back of a chair as support for stabilization.



Now bend your legs until your front thigh is parallel to the floor. Your front knee stays above your heel as you go low. Make sure that your upper body always remains in a stable and upright position.



Bend your knees so that your lower knee almost touches the floor and then return to the starting position.

Try to do 2–3 sets of 12 repetitions and make sure you rest for 1 minute between sets.

12 X  **2-3**  **1 min**

Level two: If you feel stable and strong, try to do your lunges without holding on to a chair.

Level three: You still feel like you could do more? Great! Wear a backpack while you are doing your lunges. Add items to it for more weight.

Exercise 2: shoulder press

This is another really simple exercise.

This is how you do **level 1**:



Sit in an upright position on a chair. Choose two identical objects **that both weigh about half a kilo** and hold them firmly in your hands.



Lift the weights slowly, bending your arms outward until the weights are about head high and your arms form a right angle. Hold the weights in the palms of your hands without bending your wrists too much. **This is the starting position.**



Now push your arms upwards until your arms are stretched. Slowly move your arms down until you've reached the starting position again. It's really simple. Try to do 2–3 sets of 12 repetitions and make sure you rest for 1 minute between sets.

12 X  **2-3**  **1 min**

Level 2: If you feel like you can push more weight, try to do it with two objects of 1,5kg.

Level 3: You can do even more? Great! Try to do this exercise when you stand straight.

Exercise 3: table push ups

Push-ups are a lot easier when you do them standing up.

This is how you do **level 3**:



Place yourself in front of a table, about an arm's length away.



Carefully lean forward and place your hands on the table. Start bending our arms to lean towards the table for your push up.



Push yourself back again to return to your original position.

Try to do 2–3 sets of 12 repetitions and make sure you rest for 1 minute between sets.

12 X  **2-3**  **1 min**

Level 2: If this is a little too challenging for you, lean against a wall instead of a table. Start with a little more than arm's length.

Level 1: Still a little too much? No problem. Simply move closer to the wall – at arm's length.



Yes, you can: healthy veggie options.

More and more, the world of nutrition is changing. Vegetarian and vegan food is becoming increasingly popular. Not just because it is perceived to be more healthy – if we all eat less meat, the planet will benefit as well. For us, this is a little tricky. When our kidneys force us to be careful about what we eat, and when vegetables can create challenges for our wellbeing, we feel like we don't have a chance to try out a vegetarian diet. Some people even think that a vegetarian meal is a dull meal. Today, we want to prove that yes, you can enjoy vegetables and yes, it can be really delicious. You can even create a very tasty burger without meat. Try it! You will be surprised.

Grain Curry with Tofu

Ingredients

1 package of rice or coconut vegetable cream (200ml)
Chickpeas (400g)
Tofu cubes (240g)
1 carrot in cubes (120g)
1 chopped onion (180g)
2 chopped garlic cloves
2 tablespoons of oil
1 teaspoon curry
1 teaspoon turmeric
Fresh pepper and ginger to taste
Parsley to serve

Serves 4

Nutritional Information

(value per serving – 1 person)

Energy	472 kcal
Protein	19 mg
Carbohydrates	65 g
Lipids/Fat	15 g
Sodium	339 mg
Phosphorus	315 mg
Potassium	584 mg

Preparation

1. Start by soaking the chickpeas for a while, ideally 8-12 hours over night. Discard the water from the soaking and cook it. Heat the oil in a frying pan and sauté the onion, garlic and ginger until it begins to brown.
2. Add the carrot to the cubes and enough water to cover and cook covered for 3 to 4 minutes until the carrot cubes start to soften.
3. Add the chickpeas and tofu and season with pepper. Let it cook for another 3 to 4 minutes.
4. Finally add the cream, curry and curcuma and stir until it starts to boil.
5. Check the seasoning and serve with chopped parsley on top.
6. Serve with boiled white rice (4 tablespoons)



Start your own recipe collection!

Simply take these pages out of the magazine for your own recipe collection. It will help you stay inspired about your nutrition.

Lentil Hamburger

Ingredients

350g green or brown lentils.
1 clove of chopped garlic
1 medium onion, chopped
1 tablespoon of oil
85 g brown rice flour
8 tablespoons of oat flakes
1 bay leaf
Salsa to taste
Cumin to taste

Serves 4

Nutritional Information

(value per serving – 1 person)

Energy	463 kcal
Protein	20 mg
Carbohydrates	80 g
Lipids/Fat	8 g
Sodium	154 mg
Phosphorus	436 mg
Potassium	678 mg

Preparation

1. Start by soaking the lentils for two to four hours. Discard the water and cook them together with a bay leaf in a pot of fresh water. Drain well, rinse with cold water and place in a bowl.
2. Add garlic, onion, parsley and olive oil to the cooked lentils, season with cumin to taste and mix well.
3. Add the oat flakes and the whole rice flour little by little, until it forms a dough that is easy to shape.
4. Divide the dough into 4 equal parts and pass a dash of olive oil or some flour on your hands to facilitate the process of shaping the hamburger patties.
5. Form the hamburger patties as thick as you like.
6. Put them in a form lined with baking paper and refrigerate for 1 hour.
7. Remove carefully, bake the patties in the oven for about 40 minutes at 180° C. Turn them after 20 minutes so they can roast on both sides.
8. Serve with boiled quinoa (4–5 tablespoons).

Train your brain

There are lots of reasons why spending time on quizzes and puzzles every now and then is a great idea. Of course, it's no secret that it trains your brain – that's what they are for. It improves concentration, trains the memory, we keep learning and have a sense of achievement.

But the main reason is of course – they are fun to do! So take your mind away from your daily chores for a while and try our twisted Sudoku or look for mistakes in our image quiz.

Enjoy!

Irregular sudoku:

The rules for this variation of the numbers quiz are the same as always – find the right squares for the numbers 1–9 in every column, row and area. The only difference here is that the areas aren't 3×3 squares, they are irregular shapes. Can you solve it?

	A	B	C	D	E	F	G	H	I	
1		1		4		2		5		1
2		9		8	1				2	2
3	2	7	9	3				1	8	3
4	1				9					4
5	8	5						9	1	5
6					6				4	6
7	7	2				3	9	4	5	7
8	9				2	8		7		8
9		8		7		9		2		9
	A	B	C	D	E	F	G	H	I	

Find the mistakes:

This is nice and simple fun. Both of these images look identical. But are they? Find the **eight mistakes** in the image on the bottem. It's tricky...



Find the eight mistakes in this image



Irregular sudoku, solution:

	A	B	C	D	E	F	G	H	I	
1	6	1	8	4	7	2	3	5	9	1
2	3	9	5	8	1	4	7	6	2	2
3	2	7	9	3	4	6	5	1	8	3
4	1	4	2	6	9	5	8	3	7	4
5	8	5	4	2	3	7	6	9	1	5
6	5	3	7	9	6	1	2	8	4	6
7	7	2	6	1	8	3	9	4	5	7
8	9	6	1	5	2	8	4	7	3	8
9	4	8	3	7	5	9	1	2	6	9
	A	B	C	D	E	F	G	H	I	

Here are the eight mistakes...

