

Oracle® Hospitality BellaVita
Fitness Consultation Installer & User Guide
Release 2.7

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Preface

This document has been created to provide guidelines for the configuration and use of BellaVita Fitness consultations. It is intended to be used by BellaVita product specialists.

Audience

This guide is intended for system administrators and support familiar with BellaVita.

Customer Support

To contact Oracle Customer Support, access My Oracle Support at the following URL:

<https://support.oracle.com>

When contacting Customer Support, please provide the following:

- Product version and program/module name
- Functional and technical description of the problem (include business impact)
- Detailed step-by-step instructions to re-create
- Exact error message received
- Screen shots of each step you take

Documentation

Oracle Hospitality product documentation is available on the Oracle Help Center at

<http://docs.oracle.com/en/industries/hospitality/>

Revision History

Date	Description of Change
July 24, 2013	<ul style="list-style-type: none">• Initial publication. Document Version Number: 1.0

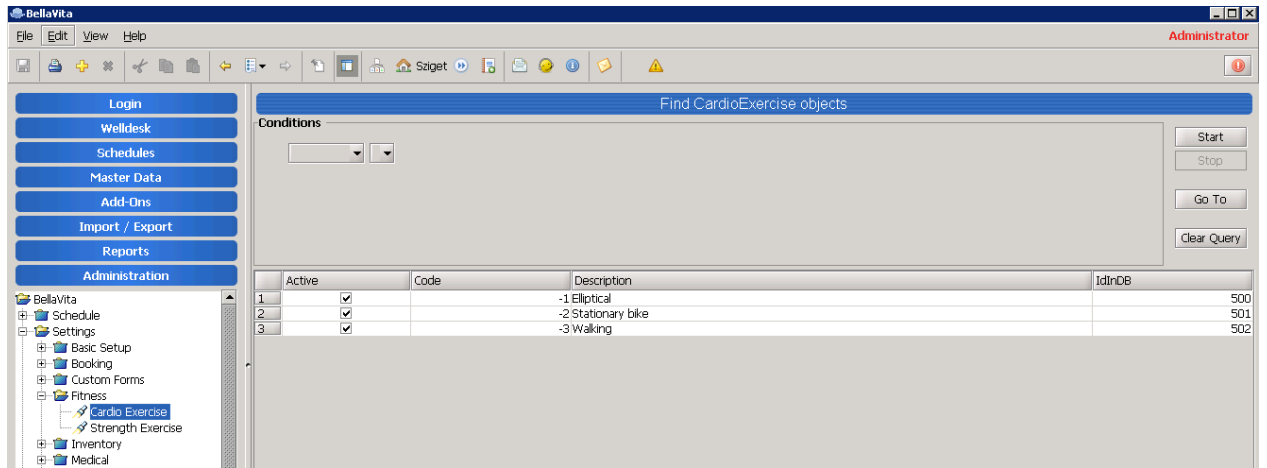
1 Fitness Consultation

Fitness consultations are special type of offers, which store the necessary information to join a fitness program. To start a fitness program, the first step is to examine the physical condition, health status, set up the goals and give workout instructions. This information is stored in the fitness consultation. This document explains how to make the necessary setting to allow the use of Fitness consultation and the actual use of the function.

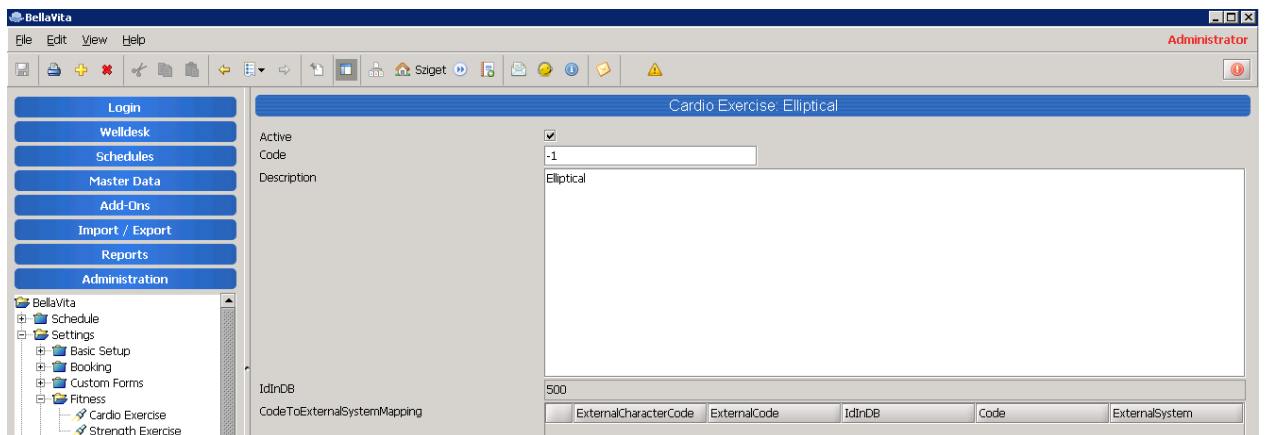
2 Administration

Administration – Settings

You can set up the exercises in 2 types: Strength and Cardio under administration/settings/fitness.



Add new by the yellow plus. Mark it as active and give it a description as it will appear in the application and the printed guest program.

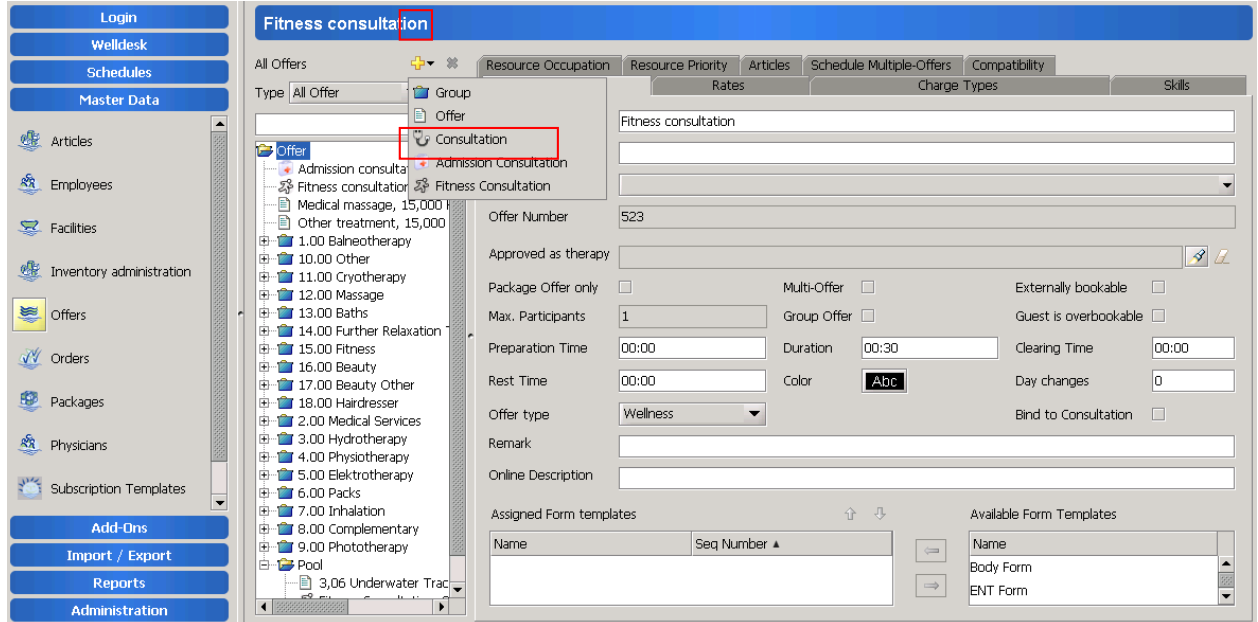


To use the print templates you also have to change the system parameter for FitnessReport.Enabled to true as only Crystal report templates are available.

	ParameterDescription	ParameterKey ▲	ParameterValue
1	BellaVitaReporting.FitnessReport.E...	BellaVitaReporting.FitnessReport.Enabled	true
2	BellaVitaReporting.FitnessReport.U...	BellaVitaReporting.FitnessReport.UseJasperPrintTemplate	false

3 Master Data

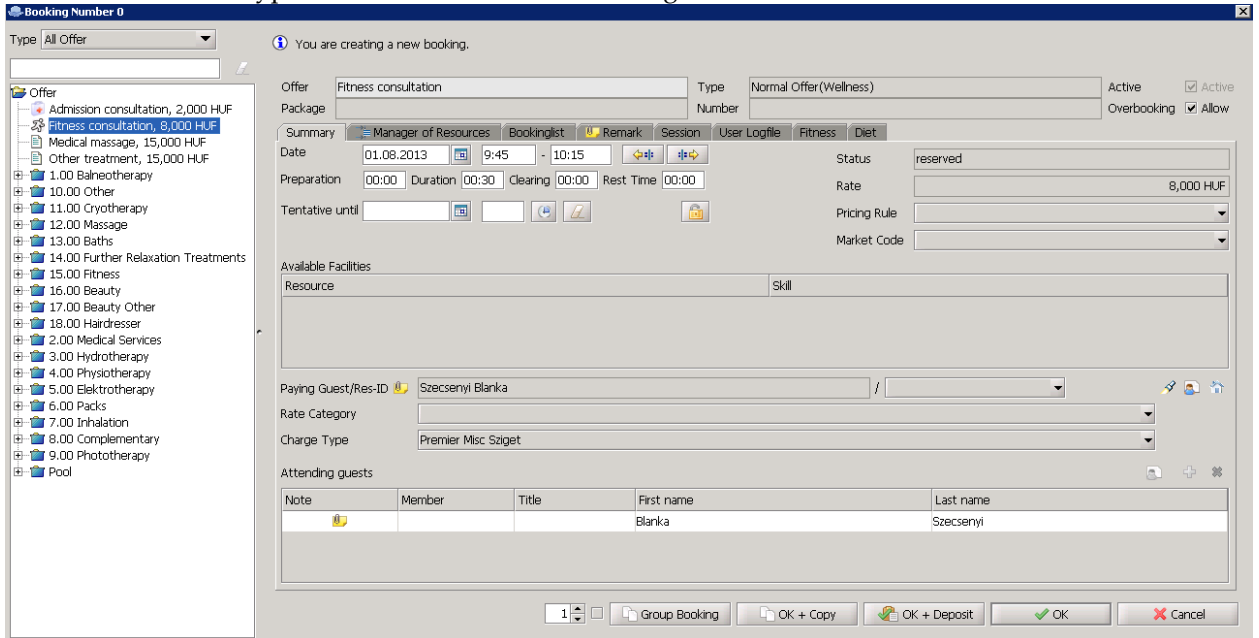
Go to Master Data / Offers and create a new Fitness consultation with the yellow plus sign. It can be configured as normal offers explained in EAME Master Data Manual.



4 Fitness Consultation Booking


Create a new booking (as explained in EAME BellaVita Everyday tasks) and choose the Fitness consultation as the offer of the booking. You can also filter the list of offers by selecting the type: fitness consultation.

Fitness consultation type of offers is marked with this sign: 



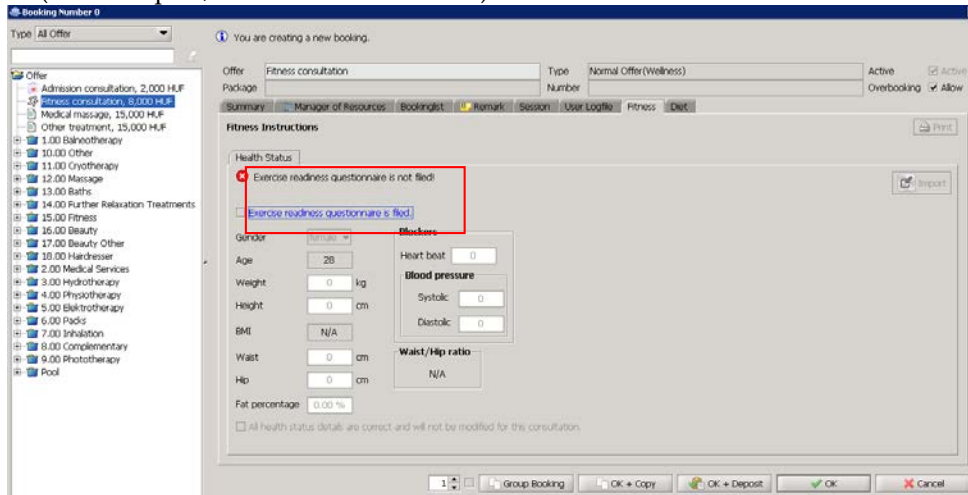
The screenshot shows the 'Booking Number 0' window. On the left, a tree view lists various offers, with 'Fitness consultation, 8,000 HUF' selected. The main form contains the following details:

- Offer: Fitness consultation
- Type: Normal Offer (Wellness)
- Package: Number
- Active: Active
- Overbooking: Allow
- Date: 01.08.2013, 9:45 - 10:15
- Status: reserved
- Preparation: 00:00, Duration: 00:30, Clearing: 00:00, Rest Time: 00:00
- Rate: 8,000 HUF
- Paying Guest/Res-ID: Szecsenyi Blanka
- Charge Type: Premier Misc Sziget
- Attending guests table:

Note	Member	Title	First name	Last name
			Blanka	Szecsenyi

On Fitness tab you will see the information which makes this consultation special. These are Fitness Instructions, Goals, and Workout Plan.

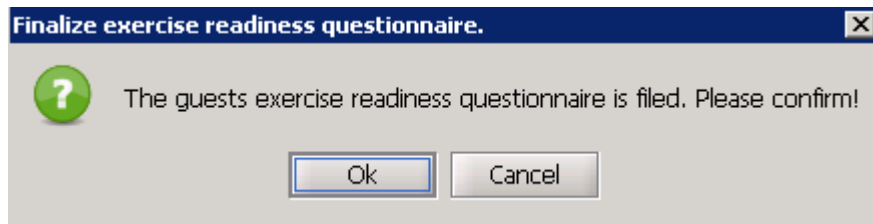
First you need to confirm that the "Exercise readiness questionnaire is filed". This means that the guest has already filled in a questionnaire regarding their responsibility and the terms and conditions (offline report, not stored in BellaVita).



The screenshot shows the 'Fitness Instructions' tab. A red box highlights the message: "Exercise readiness questionnaire is not filed". Below this message is a link: "Exercise readiness questionnaire is filed". The form also includes fields for personal data:

- Gender: Male
- Age: 28
- Weight: 0 kg
- Height: 0 cm
- BMI: N/A
- Waist: 0 cm
- Hip: 0 cm
- Fat percentage: 0.00 %
- Heart beat: 0
- Blood pressure: Systolic: 0, Diastolic: 0
- Waist/Hip ratio: N/A

Tick and re-confirm by the pop-up:



Then fitness instructor can start to fill in this form.

Exercise readiness questionnaire is filed.

Gender: female

Age: 28

Weight: 0 kg

Height: 0 cm

BMI: N/A

Waist: 0 cm

Hip: 0 cm

Fat percentage: 0.00 %

Blockers

Heart beat: 0

Blood pressure

Systolic: 0

Diastolic: 0

Waist/Hip ratio

N/A

If the value is out of range, a warning will remind the instructor that there are contraindications which need to be considered in the fitness program here because of health risks.

Field	Description	Normal range	Contraindicator/Blocker
Gender	Data comes from Guest profile	N/A	N/A
Age	Data comes from Guest profile	N/A	N/A
Weight	Manual input in kg	N/A	N/A
Height	Manual input in cm	N/A	N/A
BMI	Calculated= $\text{weight}(\text{kg})/\text{height}(\text{m})^2$	17-30	Contraindicator, not blocker
Waist	Manual input in cm	N/A	N/A
Hip	Manual input in cm	N/A	N/A
Waist/Hip ratio	Calculated= waist/hip	Men: < 0.90 Women: < 0.85	Contraindicator, not blocker
Fat percentage	Manual input in %.	Men: < 25% Woman: < 32%	
Heart Beat	Pre-exercise heart beat	55-90	Blocker
Blood pressure: Systolic	Pre-exercise	140-90	Blocker
Blood pressure: Diastolic	Pre-exercise	90-60	Blocker

See examples below.

Health status without contraindications

Gender	female	Blockers	Heart beat	72
Age	28	Blood pressure	Systolic	120
Weight	60 kg		Diastolic	80
Height	175 cm	Waist/Hip ratio		0.85
BMI	19.59			
Waist	85 cm			
Hip	100 cm			
Fat percentage	10.00 %			

Health status with all contraindications.

Gender	female	Blockers	Heart beat	100	⊘
Age	28	Blood pressure	Systolic	150	⊘
Weight	100 kg		Diastolic	50	⊘
Height	175 cm	Waist/Hip ratio		1.00	⚠
BMI	32.65				⚠
Waist	100 cm				
Hip	100 cm				
Fat percentage	70.00 %				⚠

Once all details are filled out, please finalize the values.


Fitness Instructions

Health Status

⊕ Health status completed. Please finalize!

Exercise readiness questionnaire is filed.

Gender	female	Blockers	Heart beat	90
Age	28	Blood pressure	Systolic	120
Weight	60 kg		Diastolic	80
Height	170 cm	Waist/Hip ratio		0.84
BMI	20.76			
Waist	59 cm			
Hip	70 cm			
Fat percentage	10.00 %			

All health status details are correct and will not be modified for this consultation. 

Finalize Health status.

Are you sure?

Ok Cancel

Tick and confirm the pop up message: All health status details are correct and will not be modified for this consultation.

The Goals tab only appears after this to set the goals of this fitness program.

If the guest has any contraindications, the below message appears:

[This guest has contraindications. Please consider them while writing the program.](#)

If the guest has blocker contraindications, that means that a doctor's clearance form has to be filled:



Set the goals by the below categories with the options of increase, decrease and maintain.

What does the client want to achieve?

Weight	DECREASE:	5kg in 2months
Strength	INCREASE:	Cardio fitness INCREASE:
Flexibility	MAINTAIN:	Muscle weight MAINTAIN:
Spine strength	MAINTAIN:	Spine flexibility MAINTAIN:

Additional information can also be set in the form of notes:

Note

The above goals are realistic.

General lifestyle advice

Reduce stress.

Internal note

program to be reviewed by Fitness manager

When all the information on Goals tab is ready, the next tab appears. That is the Workout plan.

The program is built up as the following:

- Warm up
- Warm up Stretches
- Strength exercise program
- Cardio exercise program
- Cool down
- Cool down stretches

(see the screenshots below)

Warm up

A proper warm up can increase the blood flow to the working muscle which results in decreased muscle stiffness, less risk of injury and improved performance. Additional benefits of warming up include physiological and psychological preparation.

Warm up Stretches

Warm up

Add notes as instructions and use the stretches as icons to give exact instructions for this exercise. Click on the stretch button to select the different stretches.

Stretch Selection

Please select the stretch types.

Selectable stretches

Selected stretches

The highlighted icons appear as selected in the order of selection.

Cardio and strength exercises are set up by the yellow plus under each category.

Strength Exercise Program				Cardio Exercise Program		
	Strength Exercise	Sets	Repetitions	Cardio Exercise	Minutes	Intensity
1	Bench press		8	1	Elliptical	15
2	Lateral Pull-downs		8	2	Stationary bike	7
3	Pull up		4	•	<input type="text" value=""/>	100
4	Sit Up		8			

Select the exercise from the drop down menu. Delete unwanted items by highlighting them and using the red X.

The available exercises are the configured and active ones from Administration/Settings/Fitness/Exercises.

Cool down can be set as Warm up, including instructions and stretches.

Cool down

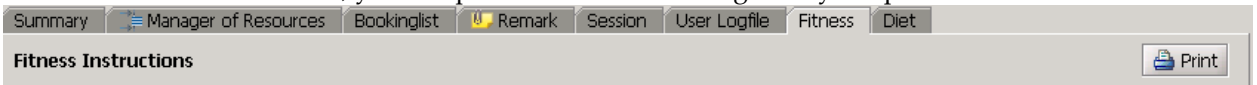
Cooling down helps your heart rate and breathing to return towards resting levels gradually;and helps prepare your muscles for the next exercise session, whether it's the next day or in a few days' time.

Cool down Stretches (Flexibility)



Fitness reports

Once all details are filled out, you can print the results for the guest by the print button.



There are 2 print templates:

