

FEDERICO “CHICCO” PELLEGRINO SECRETS SAUNA AND ZEROBODY DRY FLOAT

Federico Pellegrino is an Italian champion, a world champion, Olympic cross-country skiing medallist and often World Cup protagonist.

He is currently the Italian national team captain and excels thanks to a meticulous psychophysical preparation. The born in 1990 will be again at the start of the Tour de Ski, which will end in Val di Fiemme. Between the champion from Val d'Aosta and Val di Fiemme there is a close relationship that allows “Chicco” to fully take advantage of the Starpool partnership. Starpool is a company from Ziano di Fiemme that, thanks to scientific research and its experience of almost 50 years in the wellness field, has created an innovative format entirely dedicated to a series of products and programs aimed at the full psycho-physical recovery and to the performance enhancement that are essential themes in the life of every professional athlete. A format used by many other sport champions and, without moving far away from Val di Fiemme, even by Dorothea Wierer, the biathlete from South Tyrol who now lives not far from Ziano. Pellegrino wanted to bring in wellness in his house by choosing the tradition of the sauna and the innovation of the dry floating of Zerobody Dry Float, two of the most representative and effective equipment for the enjoyment of health and wellness. This is even more meaningful for a professional athlete, who stakes everything on his physical and mental performance, and Federico knows this well. Obviously, after the races it is important for an athlete to be able to count on these devices that are present in many wellness centres. Federico Pellegrino, instead, on the occasion of the Tour de Ski in Val di Fiemme will be able to spend the post-race at the Starpool facility where he will be able to recharge his batteries inside the Recovery Lab, also because the hotel where the Italian national team stays is located exactly in Ziano. Federico Pellegrino is a preparation perfectionist: “Cross-country skiing is a discipline that requires a lot of efforts and constant movement. After an exhausting training session or after a long journey, it is fundamental for me to be able to recover physical and mental energies quickly and effectively. This is why I chose Starpool”. He adds: “My sport is a mix of strength, endurance, strategy and time and rhythm management. I train with discipline and perseverance because I strongly believe that results come with hard work and concentration.”

Thanks to constant research and collaboration with the best centres, Starpool studied for Federico a real weekly training program: the sauna, followed by the appropriate cold reaction, trains the heart and breath to maximize physical performance, explosive strength and endurance, while filtering the metabolic waste such as lactate and heavy metals. The therapeutic power of dry floating offers the ultimate expression of relax and recovery, helping the athlete in obtaining the most out of his body and mind. The Starpool sauna used by Federico Pellegrino, thanks to its dry and intense heat, maximises the effectiveness of training programs and helps to boost sport performances, always elevating them to the highest levels. With its ergonomic and functional design, it is born to integrate perfectly into spaces dedicated to recovery.

With the Dry Float Therapy instead, thanks to a reduced perception of gravity and dry environment that does not alter the vestibular system, the brain recognises the possibility of relaxing and reduces the activation of the neuromotor system, thus triggering a virtuous mechanism of both physical and mental regeneration. When integrated in training with specific usage programs, Dry Float Therapy activates circulation and stimulates the cardiovascular system, thanks to the activation of the parasympathetic system. Starpool also offers Recovery Lab and Recovery Station for sport enthusiasts looking for wellness, two innovative formats that aim to maximize sport performances by focusing the attention on recovery, a phase to be considered essential to training. By integrating technologies such as Sauna, Sport Infrared Cabin, Zerobody Dry Float, Ice Bath and Zerobody Cryo, it is possible to reinforce both the pre- and post-race phases, encouraging the mental focus and guaranteeing an optimal recover. With over 4.000 spas, Starpool reaches 81 countries worldwide, where it is presents with four foreign subsidiaries and 31 distributors.

Info and details on: www.starpool.com



Photo Gaia Panozzo