



## STEFAN HUBERT

I grew up in Sömmerda, Thuringia (Germany), where I spent my childhood immersed in sports and music (saxophone). Through a general athletic education, I specialized in long-distance running and eventually mountain running during my youth. Today, I look back on German championship titles, team medals at mountain running world championships, good placements, and many successes.

Alongside sports, I always wanted to focus on my education, so after finishing my high school diploma, I moved to Potsdam for my studies.

In my degree program in Sports Science (Rehabilitation/Prevention), I gained fundamental knowledge about the human body and both conventional and complementary medicine fascinated me as I pursued my path to becoming a sports therapist. After a six-month study abroad in the USA, I returned to my educational institution to work in the Department of Regulatory Physiology and Prevention at the University of Potsdam. The research in the field of sports therapy and alternative medicine ultimately led me to study Applied Kinesiology, followed by my big goal of becoming a naturopath.

After working as a sports scientist at the Tamina Therme, I began my career as a therapist in Chiropractic Bad Ragaz and later founded my own practice in Widnau.

As a child, I developed a certain "helper syndrome" and have followed my passion ever since, taking on every challenge with positive energy!

I would be happy to welcome you to Chiropractic Bad Ragaz.

