Workshop ‘Forget your size, discover your figure!’

The workshop ‘Forget your size, discover your figure!’ is for females only. It’s about the shape of your body, taking a look at your vertical and horizontal proportions. During this session you will learn more about accentuating, camouflaging and most importantly accepting and embracing your body with its upsides and downsides. I would love to show everyone that we all have parts of our body that we can celebrate and with the right kind of clothes we can accentuate these! Tips and tricks will be given so it will be much easier for you to find the right clothes and accessories and wear these with absolute confidence.

**Time:** 15:00 – 16:30 (90min.)
**For whom:** Females only
**Location:** Student Sports Center, SSC Conference Room
**By:** Iris Rutten
Every day activities without registration during the Vitality Week

Chair massage
Experience a chair massage. This is a relaxation massage that lasts 5-10 minutes. During this massage, given in a special massage chair, you can keep your clothes on. After the massage you will feel relaxed and refreshed so you get back to work with new energy.

When: 18 - 22 November
Time: 12:00 - 14:00
Location: Atlas – TU/e Blue Zone
By: Fysiotherapy students

Join Student Sports Center group lessons and open swimming hours
The Student Sports Center offers several lessons in the morning and during lunch time. During the Vitality Week all TU/e employees are welcome to try out one of these classes. Feel free to bring a colleague. A sports card is not needed!

Registration beforehand is not necessary. Just show your TU/e campus card at the SSC front info counter and fill out a voucher.

Date: 18 – 22 November
Time Location: Check schedule ‘Group lessons & Open swimming hours’
Info: Infodocument Grouplessons + Voucher

TU/e Blue zone: ‘TU/e most vital campus in the world’
Come to the central hall in Atlas to learn about and experience vitality on campus in the TU/e Blue Zone. The TU/e Blue Zone is the place to be to relieve stress, listen to music, make your own smoothie, relax after a long and busy day at work, and get free healthy snacks and gadgets.

The Vitality Core Team aims to support and create healthy initiatives at our campus. Drop by to learn more about nutrition, mental health, physical activity, physical environment and technology & vitality. We would love it if you would share your ideas with us!

Date: 18 – 22 November
Time: 12:00 – 13:00
Location: Atlas – TU/e Blue Zone central hall
Student Sports Centre - Special week menu

During the Vitality week there are a few special recipes at SSC Sports Café.

SSC Vitality Week Menu:

- Low-fat autumn quark | € 3,50
- Vegetable omelet | € 3,50
- Soup | € 2,00
- Grilled sandwich with pesto | € 2,50

Date: 18 – 22 November
Location: SSC Sports Café

Book a WorkWalk

Workwalk is part of the research program of the Vitality academy to encourage walking meetings. Get moving during working hours: don’t book a boring conference room via ‘Book My Space’, but book a Workwalk! Workwalk consists of a blue dotted line of two kilometers that you can follow. You can book the Workwalk as the location of your meeting and have a working meeting that takes place while walking. Route has been created by Ida Damen.

When: Every day!
More info: bookaworkwalk.com
Duration: Walking the WorkWalk takes about 25 minutes and takes you past most buildings on campus.