Monday 18 November

Register: [https://tinyurl.com/vitalityweek2019](https://tinyurl.com/vitalityweek2019)

**Nutrition Advice**
During a 15 minutes consultation it is possible to pose personal questions about healthy food and weight.

**Time:** 09:30 – 11:30 / 17:45 – 19:00 (15 min.)  
**Location:** Fysio room (Fitness 2), Student Sports Center

**Games in Energy Forum (No registration needed)**
Meet up with fellow students for a break at the Enery Forum where you can engage in several games. Score and win! Make it a competition during Vitality Week. May the best team win!

**Time:** 10:00-17:00  
**Location:** Energy Forum  
**By:** Library Metaforum

**Vitality Core Team - Nutrition Group (No registration needed)**
While you enjoy the most delicious soup created by the VITAM chef, the Vitality Core Team Nutrition Group will show you what we did in the past year. Next to that, there will be a nutrition consultant to give you free advice. Come join us in the central hall in Atlas during lunch breaks and share your ideas about nutrition and vitality!

**Time:** 12:00 – 13:00  
**Location:** Atlas – TU/e Blue Zone central hall

**Introduction workshop 'From survival-mode, to thrive-mode’**
Your state-of-being influences the choices you make. The big ones, but also the ‘every day’ ones. Basically, you can live in four modes of living: survival mode, functional mode, life mode or in thrive mode. Are you interested in your state of being and how it affects your choices? Learn more about it in this workshop.

**Time:** 13:00 – 15:00 (120min.)  
**Location:** SSC Pavilion
**Workshop ‘Etiket lezen voor beginners’ (Dutch only)**

Hoe maak je tijdens het doen van de dagelijkse boodschappen op een simpele manier bewustere keuzes? Gezond eten begint al bij de boodschappen. Als je weet waar je op kunt letten, hebben voedingsmiddelen geen geheimen meer.

Wil jij meer weten over het etiket dat te vinden is op voedingsmiddelen, schrijf je dan nu in voor de workshop ‘Etiketten lezen voor beginners’.

**Tijd: 14:00 – 15:00 (60 min.)**  
**Waar: Student Sport Center, SSC Conference room, behind Fitness 2**  
**Verzorgd door: Yvonne de Kinkelder**

**Fit Break**

Special trained SSC-instructors visit your workplace and offer you and your colleagues a short program full of relaxation-, strength- and stretch exercises in small groups of 5-10 people.

**Time: 15:00 – 15:15 (15 min.)**  
**Location: Atlas**  
**Teacher: Iker Abin**

**Workshop ‘Soup – Black Box’**

Together we will work with leftover ingredients to create healthy soups! In teams we will make the most delicious soups under guidance of VITAM, which we will eat together. The best recipe from the workshop will be used to create a big pot of soup, which we will hand out on Tuesday in Atlas during lunch hours.

**Times: 17:00 – 19:00 (Incl. diner)**  
**Location: Auditorium Canteen**  
**Lead by: Vitam**
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.