Making good choices and investing time in health and fitness are needed to become or keep yourself fit. The TU/e appreciates health and fitness of all employees and therefore organizes in cooperation with the Student Sports Centre the Fit Check 40- on Thursday 21 November from 8u30-17u00 in the SSC as part of the Vitality Week 2019. Participation is open to all TU/e employees up to 40 years. For employees of 40 years and older a Health Check will take place on Tuesday 19th of November! The Vitality Week is a co-creation of DPO, SSC, ESA, employer’s organization and trade unions and TopSupport St. Anna.

The Fit Check 40-
This Fit Check is not a medical examination but it can give you info about basic physical outcomes as bodyweight, fat percentage and blood pressure. In addition a selection of tests will give you a snapshot of your physical performance as body strength, flexibility, stamina and balance.

For this test sport clothes are required as well clean indoor sports shoes. You can take a shower and get changed in the SSC. The Fit Check takes about one hour. We respect your privacy and no personal data will be given to others for commercial purpose.

Consults
After the Fit Check, you can have the option to have a number of free consults. These consults take about ten minutes of your time.

- Improving your fitness.
- Improving you running technique and checking your running shoes.

Registration
Registration is needed to participate:

- You have to register and to book an available time slot
- You can cancel your booking or change your one week before the Fit Check.