Thursday 21 November

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

**Fit Check 40-**
The Fit Check is a nice challenge for the younger TU/e employee. You can take part in a number of fit tests. Besides information about blood pressure, weight and fat%, you get information about endurance, strength, and agility and coordination ability. The fit check is meant for employees aged up to 40 years. But if you are 43 and still feel as fit as a 35 year old, you are more than welcome at our Fit Check 40-. The fit check takes about 45 minutes. Comfortable clothing is recommended, indoor sports shoes are mandatory.

Please note that enrollment for both the health check on 19 November and the fit check on 21 November is not possible.

**Time:** 08:30 – 16:30 (45 min.)
**Location:** Student Sports Center, Gymnasium
**Organizer:** Daan Guldemond

Register: [https://dms.studentensportcentrumeindhoven.nl/nl/home](https://dms.studentensportcentrumeindhoven.nl/nl/home)

**Vitality Core Team - Technology & Physical Environment Group**
*(No registration needed)*

Need some fun and exercise in between your study activities? Then come to Atlas during lunch hours! Next to that you can see what research is being done in the field of vitality, such as the research with the TU/e Running team and much more.

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

**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:** 13:00 – 13:15 (15 min.)
**Location:** Energy Forum
**Teacher:** Jaya
**Introduction Krav Maga**

Maga is an effective system in which you are trained in a very short time to defend against all kinds of violence. Think of attacks with a knife, pistol, rifle, chain, stick or hands. By applying Krav Maga you can free yourself from strangle grips and it is very effective against attacks by several people. Krav Maga is for everyone, male or female, large or small, who brings a positive attitude and is willing to work in a sporty way. One wants to feel safe and secure in a situation that has not been asked for itself, and which has aggression and/or violence.

**Time:** 16:00 – 17:00 (60 min.)  
**Location:** Dojo, Student Sports Center  
**By:** Willem Jan Romp

**Lunch Walk about TU/e History**

This 45-minute walk will lead you along some of the most significant buildings on the campus, and the guide will give an explanation about their history and what the present-day campus looked like before TU/e was established.

**Time:** 12:30 – 13:15 (45min.)  
**Meeting point:** Stairs markthal (MetaForum)  
**Guide:** Erik Geelen (Coördinator academisch erfgoed)

**Body Shape Mix (No registration needed)**

This new group lesson has been specifically designed for our TU/e and Fontys employees who would like to improve their muscle strength, posture and overall fitness level. A nice class together with your friends/colleagues, guided by a fitness professional.

**Time:** 17:00 – 18:00 (60min.)  
**Location:** Student Sports Center, Gymnasium  
**For whom:** Employees only  
**Instructor:** Lara Hofstra

**Intro to mindfulness and meditation in general**

The session will consist of:
- a short introduction of the team of ‘Enter the Now’ (Juul van Geleuken and Karsten van Asdonk);
- an intro to mindfulness and meditation in general;
- the meditation session itself (approx. 15 min.) guided vocally and with live guitar music;
- sharing of experiences / remarks.

**Time:** 12:30- 13:00 & 13:30 – 14:00 (30min.)  
**Location:** Metaforum – Energy Forum  
**By:** Enter the Now
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.