Tuesday 19 November

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

**Health Check 40+**
During this day you can participate in a health check if you are 40 years and older. **A sports card is not needed!** The health check is provided by Top Support in cooperation with AON (also known as IAK assurances) and the Student Sports Center. The tests will take about 45 minutes of your time. A doctor and specialists are present to answer your questions. Special clothing is not needed! A vision and hearing test are optional. Signing up is necessary for participation!

**Time:** 08:30 – 17:00, (45 min.)
**Location:** Hall 2, Student Sports Center
**By:** Student Sports Center together with AON (also known as IAK), Top Support, St. Anna

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

**Leefstijl als medicijn – Inclusief lunch (Dutch only)**
Een lezing waarin informatie wordt verstrekt over simpele veranderingen in levensstijl en voeding waardoor het slikken van (veel) medicijnen vervangen of zelfs voorkomen kan worden.

**Tijd:** 12:15 – 13:00 (45 min)
**Locatie:** Student Sport Center, SSC Conference room, behind Fitness 2
**Spreker:** Hans van Kuijk

**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:** 14:00 – 14:15 (15 min.)
**Location:** Energy Forum
**Teacher:** Jaya
Street-Show ‘Gedoe’ (No registration needed)
Lunch with a side of “gedoe”! Let the drama queens of ‘Heldere Zaken’ entertain you during your lunch break. With recognizable, hilarious, thought-provoking skits directly from your office or student life, prepare to be entertained and reflect on how YOU communicate. After this lunch show, your work will never be the same. See you there!

**Time:** 12:00 – 13:00  
**Location:** Atlas ground floor south  
**Act by:** Vieve ter Laak

Vitality Core Team - Physical Activity Group (No registration needed)
Bored of sitting all day and in serious need for some physical activity? Join us in the central hall in Atlas during the lunch break to see a theatre play and share the ideas you have about physical activity and vitality!

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

Mindfulness break
Enter the Now and TINT have consolidated efforts to keep on bringing you some mindfulness every Tuesday lunchbreak during this academic year. Join us for a short meditation session during lunch time. If you are looking for experimenting with the benefits of meditation for concentration and inspiration, just come and join (meditation experience isn’t required)!

**Time:** 12:40 - 13:20 (40 min.)  
**Location:** MF 2 or 3  
**By:** Enter the Now and TINT

Journey to a vital campus. We invite you to join us to become the most vital campus of the world!

The TU/e Vitality Core Team aims to develop the campus into one of the healthiest campuses of the world.

We want to present our achievements and plans and get your input. Furthermore, we want to brainstorm with you about the future and our journey to achieve our goal to become the most vital campus of the world. During this activity we will provide some healthy snacks and drinks.

**Time:** 16:00 – 17:30 (90 min.)  
**Location:** Atlas ground floor  
**Speakers:** TU/e Vitality Core Team
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.