Join a Vital Campus!

Organizing vital activities for students and employees stimulates better physical and mental health. This overview gives activities in four different themes; Mental health, physical health, nutrition and physical environment. Usefull, affordable and easy to organize!

Want to contribute? Vitality@tue.nl
### Heartmath

**Title of activity**: Heartmath  
**Type of activity**: Training  
**Executive party**: Professional Development (DPO)  
**Target group**: Employees  
**Budget**: Free  
**Description**: In this course you will explore practical, easily applicable techniques to gain control of your stress levels. This leads not only to better health but to better presentations as well as deeper insight into yourself. With the help of theory, self-discovery exercises, practical exercises and biofeedback, you will learn to gain control over your body’s response to stress and to neutralize negatively loaded experiences.  
**Goal**:  
- Neutralize stress and stop the production of stress hormones with practical exercises  
- Manage your inner state by learning to tap into positive thought patterns  
- Generate creative solutions to problems and break negative patterns  
- Prevent wasting of energy and experience working in a “flow”  
- Learn to listen effectively  
**Preparation**: ~ 15 minutes, 1 or 2 months up front  
**How to do**: The training dates for the course are organized based on demand. When enough participants have registered for the holding list (wait list), DPO Training Support will contact you 4 - 8 weeks in advance of the training with the exact time and date.

### Work walk

**Title of activity**: Work walk  
**Type of activity**: Tour  
**Executive party**: Real Estate Management  
**Target group**: Employees  
**Budget**: Free  
**Description**: Get moving during working hours: don’t book a boring meeting room in ‘Book My Space’, but book a Workwalk! A blue dotted line of two kilometers that you can follow to try a new way of meeting or discussing.  
- Get people more active during the day  
- Boost motivation and concentration  
- Stimulate physical health  
- Stimulate oxygen, vitamin D intake  
- Feedback from participants  
**Preparation**: ~ 15 minutes, one month up front  
**How to do**:  
1. Choose a starting point  
2. Invite colleagues by sending a meeting

### Office fruit

**Title of activity**: Free fruit  
**Type of activity**: Distribution action  
**Executive party**: Fruitful office  
**Target group**: Students & Employees  
**Budget**:  
- 20 p € 34  
- 50 p € 85  
- 120 p € 155  
* Based on 4 pieces p.p. each week  
**Description**: Provide fresh, local and seasonal fruit in your workspace.  
- Stimulate a healthy lifestyle  
- Show that you care about vitality  
**Preparation**: ~ 15 minutes, one month up front  
**How to do**:  
1. Contact Vitality@tue.nl  
2. Get connected to Fruitful office, start a 2 week trial and create your contract to your preferences.  
3. Fruitful office will bring the fruit!