

Fit and healthy at work



When it comes to feeling fit and healthy, taking regular exercise or playing sports is very important. This is a well-established fact. Exercise and sport have positive effects on your health, irrespective of your age and the ease with which you move, alleviating physical ailments and preventing future problems. Heliomare's Vitality Centre can help you with any existing issues and build your fitness level to minimise risks. When it comes to posture and exercise, you can rely on our expertise. We also have a great deal of experience where vitality is concerned, including vitality in the work environment. We offer a wide range of options!

Flexible fitness

Monthly or annual membership allows you to make use of our fitness training facilities and the expertise of our professionals. You exercise individually, following a personalised programme. You can also participate in a range of group training sessions.

Vitaal op Maat!

Over the course of 28 weeks, you work towards fitness and vitality through a personalised training programme aimed at improving your vitality and long-term fitness for work.

Vitaal op Maat! Introduction

The introduction to Vitaal op Maat! consists of five training sessions over the course of three weeks.

Vitaal op Maat! Off-Site Fitness Training

This is the same as the Vitaal op Maat! programme but you train near to your own home, under the guidance of our professionals. Following a personalised fitness training programme, you work out at a gym near you. Once a month, you come to us to train and we make adjustments to your programme.

Workshop Exercise and Lifestyle – Introduction

This session lasts around three hours and provides you with information about exercise and a healthy lifestyle. You will also receive practical tips on how to improve your lifestyle.





Dietary advice

You may want to lose weight, or perhaps have an eating disorder. Or maybe you simply want to eat more healthily so that you feel better. Personalised dietary advice provided by our professionals will allow you to take the first step towards change. This consists of a one-to-one meeting, either in person or online, and three online coaching sessions.

Cool (Coaching on Lifestyle)

The Cool programme is a lifestyle intervention consisting of advice and guidance on nutrition, exercise and behaviour. Over the course of two years, you work towards a healthy lifestyle, weight loss, improved physical fitness and a better quality of life. Cool is covered by your basic health insurance policy. For more information, please visit www.heliomare.nl/cool.

Multidisciplinary training

Are you frequently absent from your work due to physical and/or mental issues (perhaps related to stress or a burnout)? Multidisciplinary training could help you carry on working in the long term. Over the course of 15 weeks, you take part in two half-day sessions a week, under the guidance of a physical and mental trainer and a job coach. You can sign up through your company doctor, rehabilitation specialist or family doctor. Information can be found at www.heliomare.nl/arbeidsonderzoek_en_training.

Workshop: Working with a Monitor

During this two-hour session, you will learn how best to work at a computer and/or laptop.

Workshop: Dynamic load at work

Does your profession make varied physical demands of you, involving you alternately having to stand, walk, push, pull, lift, carry and bend, often working beyond your capabilities? Over the course of two hours, you'll learn how to take care of your back, not only at work but also in your personal life.

What is the Heliomare Vitality Centre?

At its Vitality Centre, Heliomare supports employees and other individuals as they work towards a fit and energetic life and long-term employability. The centre was established in 2008 in cooperation with Tata Steel.

Facilities

There are two gyms in the Vitality Centre, each containing a range of fitness equipment and materials. The male and female changing rooms are equipped with showers and toilets. There is also a disabled toilet with a shower, along with lockers. Our professionals have qualifications in personal coaching and training or are certified lifestyle coaches. In addition, they focus on occupational training and guidance. For our online training sessions, we use Virtuagym and Microsoft Teams.

Have a question? Or want to sign up?

Feel free to drop by and take a look around. You can also call or email us. Alternatively, contact us through our website.

More information

More detailed descriptions of and leaflets for the individual services we offer can be found on our website (see link below).



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