

# Vitaal op Maat! Introduction



**Vitaal op Maat! is a preventative fitness training programme aimed at improving your vitality. If you feel fit and energetic, you will see your capabilities increase, both at home and at work. The Vitaal op Maat! Introduction allows you to find out whether the full programme might be something for you.**

### **What's in it for you?**

Over the course of three weeks, you will experience what it is like to exercise and work on your vitality under the guidance of our professionals. If you are keen to continue, you can then sign up for the full 28-week Vitaal op Maat! programme.

### **Who's it for?**

If you're interested in the Vitaal op Maat! programme, this introduction is a good way to find out more about it.

### **What do you need?**

You need to be motivated to participate in the programme. Your manager will also need to support you in this.



## What does the programme involve?

- Duration: three weeks
- Starts with a short assessment and an initial fitness training session in.
- Over the next three weeks, you then have the opportunity to train four more times under the guidance of our professionals
- A minimum of five fitness training sessions (including the initial one)
- Following the last training session, you can decide whether to continue.

## What information is reported?

We will inform your manager about your participation and the decision you make at the end of the introduction. If you were signed up by your company doctor, he/she will receive an email detailing your participation and the decision you make at the end of the introduction. No detailed information is provided to either your manager or the company doctor.

## Where do the sessions take place?

The initial session and the training sessions take place at the Heliomare Vitality Centre, Zonnewijzerstraat 3, 1951 MP, Velsen-Noord. You decide from where you participate in the online training sessions.

## What will it cost me?

Your time and effort. All other costs are paid by your employer.

## How do I sign up?

- By email: send a message to [info-VC@heliomare.nl](mailto:info-VC@heliomare.nl)
- By phone: call 0251 21 55 02 or 06 10 65 77 63
- Through the website: [www.heliomare.nl/vitaliteitcentrum](http://www.heliomare.nl/vitaliteitcentrum)



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